National i-THRIVE Programme Executive Summary

National i-THRIVE Programme

The National i-THRIVE Programme aims to improve children and young people's mental health outcomes. This is delivered by supporting localities to implement the THRIVE Framework for system change (Wolpert et al., 2019) through their Child and Adolescent Mental Health Services (CAMHS) transformation and service improvement programmes using an evidence based approach to implementation.

The Programme has directly supported 72 Clinical Commissioning Group (CCG) areas by delivering events, workshops and providing coaching and consultation support since October 2015. In addition, there are many localities implementing the THRIVE Framework independently who can make use of free implementation resources from the i-THRIVE Toolkit.

The National i-THRIVE Programme is delivered through a partnership between the Anna Freud National Centre for Children and Families, the Tavistock and Portman NHS Foundation Trust, the Dartmouth Institute for Health Policy and Clinical Practice and UCLPartners.

i-THRIVE Programme Spread

National i-THRIVE Community of Practice

The National i-THRIVE Programme team has grown the National i-THRIVE Community of Practice (CoP) into a successful and valued forum to share knowledge and expertise in implementing the THRIVE Framework, disseminating new learning, and in harnessing collective action through collaborative practice across sites. It has evolved into a social structure that brings together professional networks who share their enthusiasm, motivation and capability to drive improvement within their own organisations and professional communities. Members are sent monthly newsletters and are invited to attend bi-annual shared learning events.

There are 358 individual members: 50% NHS, 20% CCG, 10% local authority, 7% voluntary sector, 7% other and 6% education. Members cover 99 CCG areas, indicating that around 62% of children and young people in England live within a locality that is a member of the National i-THRIVE Community of Practice. This has grown 14% since March 2018.

At present there are 32 i-THRIVE Implementation Stories showcasing local site progress.

National i-THRIVE Community of Interest

Sites or individuals who are interested in, but not actively implementing, the THRIVE Framework can sign up to the National i-THRIVE Community of Interest to receive quarterly newsletters. There are currently 194 individual members of the i-THRIVE Community of Interest: 47% CCG, 24% other, 7% local authority, 5% GP Practices, 4% education, 2% voluntary sector, 2% patient representatives.

Local i-THRIVE Communities of Practice

Through the growth in the implementation of the THRIVE Framework across the country, the value of the social structures afforded by the National i-THRIVE CoP have been recognised to the extent that the team have now supported the development of a number of local i-THRIVE Communities of Practice (e.g. in Greater Manchester, Northern Ireland, Cornwall and the South West), that sit alongside and feed into the national forum.

Reach to sites since the NHS Long Term Plan

The THRIVE Framework was highlighted in the NHS Long Term Plan (2019) as an evidenced based operating model that can be implemented to deliver an integrated approach across health, social care, education and the voluntary sector. Since the plan was published, the National i-THRIVE Programme have started work with a number of new implementation sites in the south of England: Merton CCG,

Lewisham CCG, Somerset CCG, Oxford Health NHS Foundation Trust, and the 6 CCGs in the county of Surrey.

Training and events

i-THRIVE Academy
There are five i-THRIVE Academy modules covering key principles of the THRIVE Framework. This year, i-THRIVE Academy modules have been commissioned by 11 CCGs, two NHS Trusts, one Strategic Clinical Network and one voluntary sector organisation, either individually or as a series.
- Risk Support – 5 commissioned training days
- Getting Advice – 3 commissioned training days
- When to Stop Treatment – 5 commissioned training days
- Shared Decision Making – 4 commissioned training days
- i-THRIVE Grids – 8 commissioned training days

This is a total of 750 individual training places commissioned during 2019.

i-THRIVE Grids
The i-THRIVE Programme have developed eight one-page i-THRIVE Grids; paper-based shared decision making aids, co-developed with young people, parents and mental health professionals. NICE has endorsed five of the grids: Self Harm support in the NHS, Low Mood help or support in and out of NHS and ADHD help or support in and out of NHS. The 'Using i-THRIVE Grids to Improve Shared Decision Making' i-THRIVE Academy module accredits attendees to use the i-THRIVE Grids in practice.

Engagement events and workshops
From January – July 2019 the National i-THRIVE Programme have delivered commissioned events or workshops with:
- 10 CCGs
- A Network Learning Community
- An NHS Foundation Trust

There are currently events scheduled to take place covering 11 CCG areas throughout the remainder of 2019.

Common packages of support:
Local sites can buy in a variety of direct support and consultation options from the National i-THRIVE Programme Team to support implementation of the THRIVE Framework. Each package of support is discussed and agreed in collaboration with the site and is bespoke to the needs and strengths of the local area. The offer includes but is not limited to:
- A one off engagement event
- A series of events
- Membership of the National i-THRIVE Community of Practice
- Support to develop a local i-THRIVE Community of Practice
- Delivery of i-THRIVE Academy training modules

Future developments
We anticipate spread and adoption of the THRIVE Framework will continue grow, with the National i-THRIVE Programme committed to supporting sites on their implementation journey by providing direct input and maintaining the National i-THRIVE Community of Practice.

The National i-THRIVE Programme are collaborating with Mummu to develop a short animation to facilitate greater reach and knowledge sharing of the THRIVE Framework and the i-THRIVE Programme.

For more information about i-THRIVE please visit www.implementingthrive.org.