

# What is the THRIVE Framework for system change?



The [THRIVE Framework for system change](#) (Wolpert et al., 2019) is a conceptual framework for children and young people's mental health and wellbeing developed by a collaboration of authors from the Anna Freud National Centre for Children and Families and the Tavistock and Portman NHS Foundation Trust. The 2019 publication is an accessible summary of the Framework.

## What are the fundamental elements of the THRIVE Framework?

- The THRIVE Framework is an essential framework for communities who are supporting the mental health and wellbeing of children, young people and families.
- It provides a set of principles for creating coherent and resource-efficient communities of mental health and wellbeing help and support for children, young people and families.
- It aims to talk about mental health and mental health help and support in a common language that everyone understands.
- The Framework is needs-led. This means that mental health needs are defined by children, young people and families alongside professionals through shared decision making. Needs are not based on severity, diagnosis or health care pathways.

## Who does the THRIVE Framework relate to?

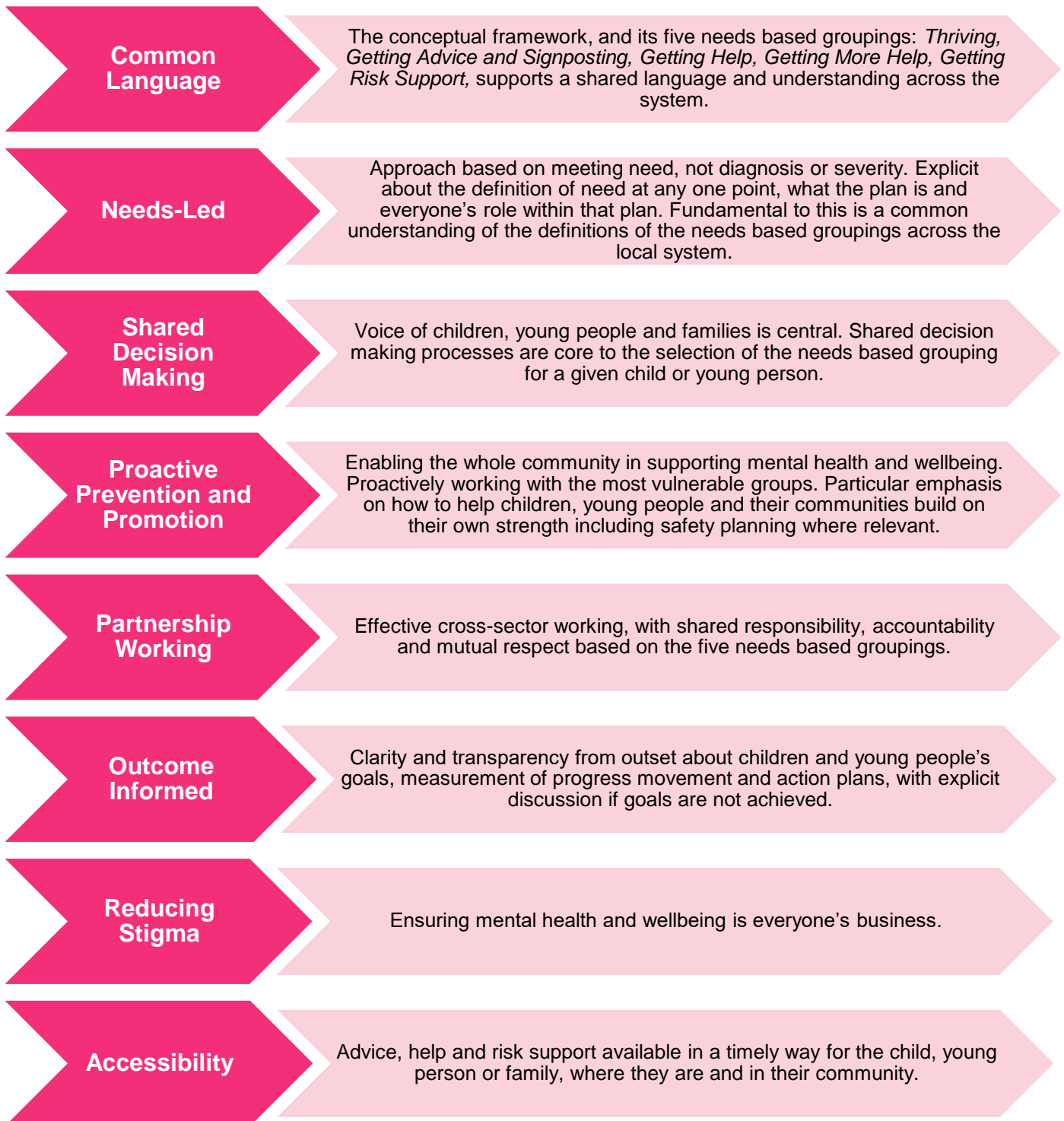
- All children and young people aged 0–25 within a specified locality, and their families and carers.
- Any professionals who seek to promote mental health awareness and help children and young people with mental health and wellbeing needs or those at risk of mental health difficulties (whether staff in educational settings, social care, voluntary or health sectors or others).

## What does the THRIVE Framework mean for children and young people in practice?

- No 'wrong door', meaning that anyone that a child or young person talks to about their mental health, whether they are a teacher, a GP or school lunchtime assistant, are able to provide them with support, or at the very least, signpost them to available support options.
- Whoever is helping a child or young person with their mental health knows the best ways to ask for their views about what is important to them and what they want to be different, so that there is genuine shared decision making about ways of helping.
- Signposting the child or young person, and their family and friends, to ways that they can support their mental health and wellbeing needs.
- Whoever is giving a child or young person more specialised mental health help will support the child or young person to evaluate their progress towards their goals and check that what is being tried is helping.
- Supportive and transparent conversations about what different treatments are likely to lead to, including their limitations.



## What are the key principles of the THRIVE Framework?





# What is the National i-THRIVE Programme?

## 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 across the country to implement the [THRIVE Framework for system change](#) (Wolpert et al., 2019) using an evidence based approach to implementation. i-THRIVE was selected as an [NHS Innovation Accelerator](#) in 2016 and is now endorsed in the [NHS Long Term Plan](#).

## Implementation Resources

The National i-THRIVE Programme includes different elements to support sites to implement the THRIVE Framework:

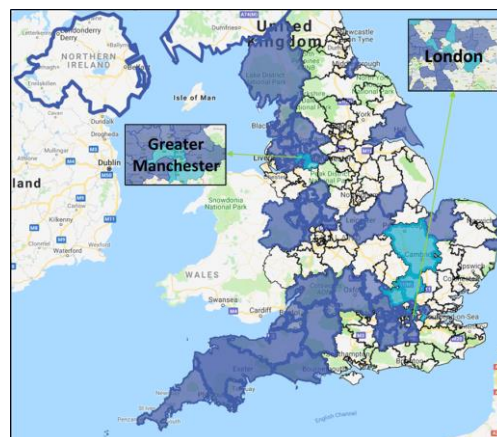
- [National i-THRIVE Community of Practice](#): a national shared learning forum
- [i-THRIVE Academy](#): five training modules
- [i-THRIVE Toolkit](#): free evidence based implementation tools
- [i-THRIVE Illustrated](#): implementation stories

## 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 cross sector i-THRIVE Community of Practice
- Delivery of i-THRIVE Academy training modules

Since October 2015, the National i-THRIVE Programme has directly supported 72 Clinical Commissioning Group (CCG) areas by delivering engagement events, workshops and providing coaching and consultation support. An overview of the spread of direct support delivered by the National i-THRIVE Programme is below:



## Future developments

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 for system change and the National i-THRIVE Programme.

# What is the National i-THRIVE Community of Practice?



## The National i-THRIVE Community of Practice

The National i-THRIVE Community of Practice (CoP) is a successful and valued forum to share knowledge and expertise in implementing the [THRIVE Framework for system change](#) (Wolpert et al., 2019).

It disseminates new learning, and harnesses collective action through collaborative practice across sites. The CoP 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 cover 99 Clinical Commissioning Group (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.

The CoP reflects the whole system of help and support for children and young people's mental health and wellbeing. Of the 358 individual members the breakdown is as follows: 50% NHS, 20% CCG, 10% local authority, 7% voluntary sector, 7% other and 6% education.

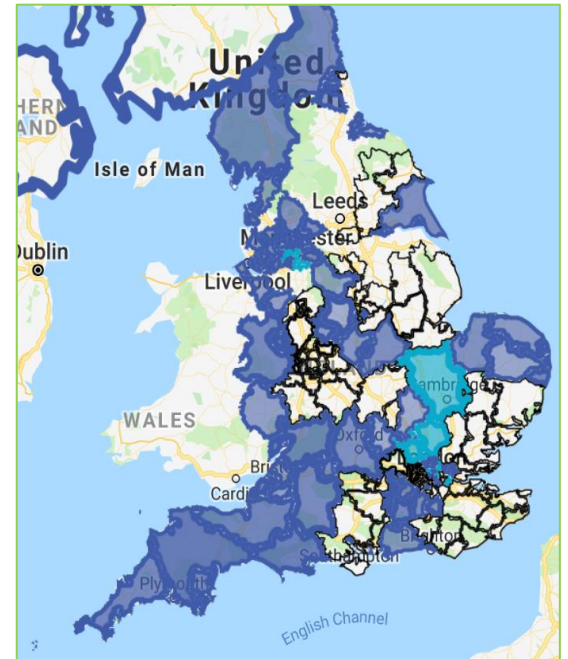


Figure 1. Map showing reach of the National i-THRIVE Community of Practice in England

## Paid membership of the National i-THRIVE Community of Practice

Local sites with paid membership are entitled to:

- Opportunity for cross sector representatives to attend bi-annual National i-THRIVE Community of Practice cross-sector shared learning events
- Receive monthly newsletters, sharing examples of best practice and resources to support implementation of the THRIVE Framework
- Opportunities for the children's workforce to liaise and engage with members of the National i-THRIVE Community of Practice, enabling collaborative practice across national sites
- Consultancy/coaching telephone calls with the National i-THRIVE Programme to build local capacity on a termly or quarterly basis (dependent on local need)

## 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.

## 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 a number of local i-THRIVE Communities of Practice have been developed that sit alongside and feed into the national forum.

For more information please visit [www.implementingthrive.org](http://www.implementingthrive.org) or contact Bethan Morris at [bmorris@tavi-port.nhs.uk](mailto:bmorris@tavi-port.nhs.uk).