



# i-THRIVE Toolkit: Children and Young People's Participation Workshop

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This is an outline of a Children and Young People's participation workshop that was developed as part of the ['Implementing i-THRIVE in North East London Foundation Trust'](#) project. This workshop is designed to be used with participation groups that are already set up and working well together.

For this workshop to be useful, it is helpful if the site has already undertaken the ['Pathway Mapping' workshop](#) as part of their first phase of implementing the [THRIVE Framework for system change](#) (Wolpert et al., 2019).

## Workshop Outline

### 1. Introduction (15 minutes)

Icebreaker activity: Ask each participant to share their name, how long they have been involved with their CAMHS service, and what has been their most memorable experience in working in the participation group to date? **(10 minutes)**

Explain the purpose of the session: The session will provide an opportunity for us to review the local mental health services from the perspective of the young people who access the service, to gain their understanding of the support available, identify any potential gaps, and to consider what opportunities for improvement there may be. **(5 minutes)**

### 2. What is the THRIVE Framework and i-THRIVE? (10 minutes)

Give an introduction to the THRIVE Framework for system change (Wolpert et al., 2019), the [National i-THRIVE Programme](#) and an overview of what has been achieved locally so far as part of the initial phase of implementation.

### 3. Getting Help in your locality and navigating the system

#### Activity: The reality of the pathway map (30 minutes)

Share the pathway map that was created as part of the initial phase of implementation. Explain to participants that this represents how professionals and services have visualised how the local system works in practice, and the different stages and steps that children and young people often need to go through in order to get the help and support they need.

Put a copy of the pathway map on each table and explain the key elements of it. You may wish to give comments such as:

*"We acknowledge that this may seem a little overwhelming. We want to work together with you to address any issues to help ensure that children and young people's journeys through services are more straightforward ..."*

Give participants green and red stickers. Each young person is encouraged to put a green sticker on the part of the map that they agree is a reflection of their experience, and a red sticker on the parts of the map that they think does not represent their experience. If they don't



know what a service is or what a service does, they should be encouraged to add a question mark to the map in the relevant places.

When the exercise is complete, take a photo of the map for your records.

#### **Activity: THRIVE Assessment Tool (30 minutes)**

Professionals from the locality will be using the [THRIVE Assessment Tool](#) to score how 'THRIVE-like' local services are as part of their service improvement. It is crucial that the voices of children and young people are included in this process.

It might be helpful to ask the group questions similar to those set out below:

- Have you ever been asked about the types of help and support that you would like to be available in your locality? This could be through a questionnaire, e.g., at school or when you are accessing a CAMHS service.
- Have you ever had a time when you have been working with more than one team or service at the same time? In that circumstance did you ever have to tell the same story more than once so that all teams were up to date? Or did the services share information with each other so that you didn't have to?
- Are there lots of different places that you can get support in your locality? How easy is it to find out what is available and where?
- When meeting with professionals are you given information about the choices that are available to you? Are you supported to give your own view about the type of help or support that you would like?
- Has it always been clear to you why you have been offered a particular service? Was there a shared agreement about what you are hoping to achieve together?

The questions above relate directly to some of the principles set out in the THRIVE Assessment Tool. You may wish to ask broader questions about experiences of young people accessing services.

The feedback collected from this activity can be fed back to the group of professionals that are completing the THRIVE Assessment Tool and other work undertaken as part of Phase 1 of implementation – '[Understanding your system](#)'.

#### **4. What do you think needs to change?**

##### **Activity: Discussion (20 minutes)**

Based on what has been discussed today, what three things would you prioritise that services in your locality could focus on improving?

Facilitate the group to try and reach a consensus on what their top three areas for improvement are.

#### **5. Close**

Explain to the group how the information will be shared with the professionals looking at how to improve services as part of the implementation of the THRIVE Framework.

Include any plans for further working with the participation group.