

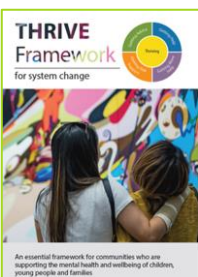


## National i-THRIVE Programme Pixar Pitch

**Once upon a time there were** many children and young people who were being held back in life by worries, despair or difficult thoughts. They, their families and teachers were not sure where to turn. They thought the only way of getting help was to see a specialist, but there were only a few specialists and not only could they not see everyone, but the help offered did not help everyone.

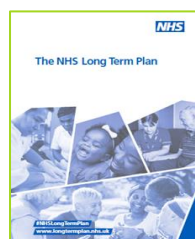
**Every day** teachers, GPs, other professionals and families themselves were referring children and young people to specialists, but the specialists were overwhelmed with the waiting lists that were often months or years. The teachers, GPs, other professionals and families felt helpless, and that they didn't know what they themselves could do to help.

**One day** it occurred to specialists at the Tavistock and Portman NHS Foundation Trust and the Anna Freud National Centre for Children and Families that they should come together, with schools and other professionals, to consider how to best meet the needs of children and young people who had worries, despair or difficult thoughts so that everyone could find the best ways to help together.



**Because of that**, they published their thinking: The THRIVE Framework for system change (Wolpert et al., 2019). This allowed specialists, schools and families to have a common way of thinking about problems and work together to meet their needs. It uses a values based framework, with shared decision making and the co-production of services at its core, and recognises the limitations as well as the strengths of current specialist services.

**Because of that**, sites across the country asked for support to implement the THRIVE Framework to help them put the theoretical framework into practice and the National i-THRIVE Programme Team was developed. The i-THRIVE Programme Team help sites across the country to implement the THRIVE Framework, according to the local needs and priorities. This helps to ensure that everyone knows what part they can play in helping children and young people with mental health needs, and their families.



**Until finally**, the implementation of the THRIVE Framework was included in the ambition of the NHS Long Term Plan as it has become clear that having integrated, cross sector systems to help and support children and young people's emotional health and wellbeing are crucial - the impact being greater than the sum of its parts.

Wolpert, M., Harris, R., Hodges, S., Fuggle, P., James, R., Wiener, A., Munk, S. (2019). *THRIVE Framework for system change*. London: CAMHS Press.