



i-THRIVE Illustrated: Shared learning from across the country

National i-THRIVE Programme

“If we keep on doing what we have been doing, we are going to keep on getting what we have been getting”



¹ The Tavistock and Portman
NHS Foundation Trust



Anna Freud
National Centre for
Children and Families



**The
Dartmouth
Institute**
for Health Policy
& Clinical Practice

Agenda



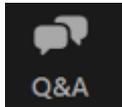
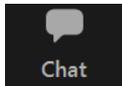
Time	Item	Presenter
10:30	Welcome	Rachel James
10:35	Thriving Plus – A Health and Wellbeing resource through COVID-19	Neelam Solanki
10:45	The Greater Manchester i-THRIVE journey so far	Angela Daniel Paul Wallis
10:55	Co-producing care plan needs based grouping information leaflets	Bethan Morris
11:05	Comfort break	
11:15	How Stockport's Parent Infant Mental Health service is aligned with the THRIVE Framework	Kirsteen O'Keeffe
11:30	Q&A	All
11:50	Closing Reflections	Rachel James
12:00	Close	



Welcome and house keeping



- Welcome from Dr Rachel James, Clinical and Programme Director of the National i-THRIVE Programme.
- **Please note: this webinar will be recorded.** Only the presenters will be visible, and following the webinar we will send a link to enable you to share with colleagues who may not have been able to join.
- If you need to communicate a technical issue please use the chat function, this is monitored by one of the team and we can attend to this ASAP.
- If you have a question or reflection on the content of the presentations please submit this using the Q&A function, and indicate who you would like to address it to. You can select to submit anonymously if you do not want your name to be included. We have dedicated 10 minutes after each presentation to review comments and respond to questions.



Please input your question

X

Send Anonymously

Send

- If you have any questions or reflections you would like to share following the webinar please feel free to send them to the i-THRIVE National Programme team at ithriveinfo@tavi-port.nhs.uk
- You will be sent the slides following the webinar.



Thriving Plus

A Health and Wellbeing resource through COVID-19

Neelam Solanki

Assistant Psychologist, National i-THRIVE Programme

“If we keep on doing what we have been doing, we are going to keep on getting what we have been getting”



The Tavistock and Portman
NHS Foundation Trust



Anna Freud
National Centre for
Children and Families



**The
Dartmouth
Institute**
for Health Policy
& Clinical Practice

Background



- COVID-19: surplus of resources, advice and guidance available to support the mental health and wellbeing of families
- Detrimental to families' sense of control and overall wellbeing.
- ['Thriving Plus'](#):
 - Tavistock and Portman NHS Foundation Trust's (TPFT)
 - London Borough of Camden
 - North Central London (NCL) Sustainability and Transformation Partnership (STP)
- Aim: to make it easy for families to find mental health and wellbeing resources that might be useful to them through these challenging times.

Aligning with the THRIVE Framework



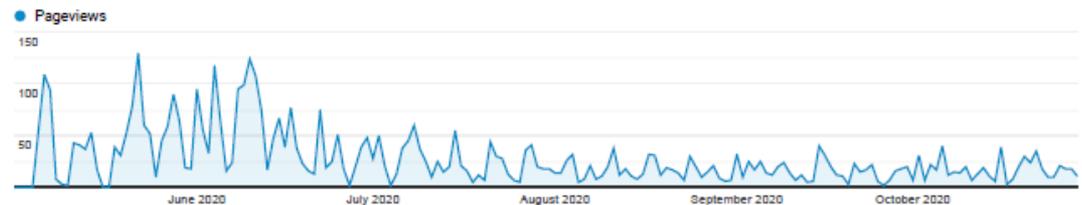
- The content has been mapped in accordance to the five needs based groupings of the THRIVE Framework
- Grouped on dedicated pages according to the needs based groupings
- The groupings help organise the different options that are available depending to support shared decision making regarding what the CYP and their families feel would be most helpful.
- An additional benefit of mapping the resources according to needs based grouping was the promotion of a shared language when talking about health and wellbeing needs, and particularly in orienting people to using the framework as a model of need.

Thriving Plus



- Launched on 3rd March
- Over 5000 page views from launch in May to present
- 1000 repeat page visits
- Average 1:26 spent
- 91.3% fed back that they found it useful
- Used as an intervention, aligned with a Getting Advice and Signposting offer

The screenshot shows the NHS website interface. At the top, there's the NHS logo and 'The Tavistock and Portman NHS Foundation Trust' branding, along with a '100 YEARS' anniversary logo. A navigation menu includes 'Home', 'COVID-19', 'About us', 'Care and treatment', 'Education and training', 'Research and innovation', and 'News, c'. The main content area is titled 'Thriving plus: resources for helping families at home'. It features a sidebar with 'Pages in this section' listing categories like 'Thriving', 'Getting Advice and Signposting', 'Getting Help', 'Getting More Help', and 'Getting Risk Support'. The main text discusses the impact of COVID-19 on mental health and provides resources for families.



Examples of Resources



[A Kid's guide to understanding and handling change](#): A resource explaining expected and unexpected change and how children and young people might manage them safely. This also discusses others' reactions to changes, and the consequences of people might decide to accept change or not.

[Preparing in a trauma-informed way](#): 8 succinct tips for preparing for Covid-19 in a trauma informed way. Also included is a link to advice from Childline.

['Catch It' App](#): Learn how to manage feelings like anxiety and depression with Catch It. The app teaches you how to look at problems in a different way, turn negative thoughts into positive ones and improve your mental wellbeing

[Mental Health Camden](#): A website detailing the mental health and wellbeing services available in Camden for children and young people. Support avenues include stress, depression, anxiety, making connections, risk support and advice on advocacy.

[Our Services – 'Open Minded'](#): Self-referral form for the CAMHS service; 'Open Minded', offered within Camden for children and young people up to the age of 18. Self-referrals are accepted and we also accept referrals from GPs and other professionals such as health visitors and school nurses.

Using Thriving Plus as an intervention



- Dual purpose of being a resource, and also an intervention tool with referred CYP and their families
- The Camden Clinical Intake Team have been using it to facilitate Advice and Signposting sessions with CYP and their families who have presented with mild difficulties.

Case Study

An 11 year old girl was screened by the team for a recent onset of anxiety and behavioural difficulties during COVID-19 lockdown. Through shared decision making the family chose to be directed to resources on Thriving Plus to support their self-management. During a follow-up session the family were supported to navigate the webpage and through a collaborative conversation gained an understanding of the different help and support options available to best meet their needs and improve their outcomes through the use of self-management resources.

Feedback



Reliable and vetted
resource bank

This resource was quite helpful and
displayed in an easy way to access. A
nice change as there is too much
information on other websites

All 5 of my children are at
home so things that I can
recognise quickly will be
helpful. It's a really good list.
I'm going to share it with my
friends

Looks really clean
and easy to access

Implementation Story



Thriving Plus – A Health and Wellbeing resource through COVID-19

Thriving Plus was created by mental health professionals based at the Tavistock and Portman NHS Foundation Trust, in collaboration with the National i-THRIVE Programme Team.

Background

In the context of coronavirus (COVID-19), the resources available advising children, young people (CYP) and their families on ways to manage their mental health and wellbeing can feel overwhelming. The spread of the COVID-19 has not only influenced the way we manage our lives on a day to day basis, but also how we interact with services and access help and support.

Through informal conversation with colleagues, it became apparent that it can be challenging to manage the competing demands of spending more time at home looking after family and friends, alongside looking after one's own mental health and wellbeing. It was felt that there was an exponential influx of advice and guidance from numerous sources about the pandemic itself and offering ways to support ourselves and others during this time, and that the impact of this could be detrimental to families' sense of control and overall wellbeing.

'Thriving Plus' was conceptualised within the Tavistock and Portman NHS Foundation Trust's (TPFT) website developed in partnership with the TPFT, the London Borough of Camden, and the other boroughs within the Sustainability and Transformation Partnership (STP) of North Central London (NCL) to make it easy for families to find mental health and wellbeing resources that might be useful to them through these challenging times.

Read [here](#)



Image 1: The THRIVE Framework for system change (Wolpert et al., 2019) – needs based groupings

The project team, consisting of members of the National i-THRIVE Programme Team and other mental health professionals based at the TPFT worked together to identify resources which were already being circulated within individual teams, carefully scrutinising each resource to ensure quality assurance. This process prevented duplication of resources on the webpage, and ensured that all came from reputable sources.

The page contains reliable and vetted content, which is continuously updated as new resources emerge. It includes information, videos, activities for children, advice for parents/carers, and Government guidance. Staff working within the Trust and STP are familiarising themselves with the resources available to signpost service users as appropriate.



The Tavistock and Portman
NHS Foundation Trust



Anna Freud
National Centre for
Children and Families



The
Dartmouth
Institute
for Health Policy
& Clinical Practice



The Greater Manchester i-THRIVE journey so far

Angela Daniel, GM i-THRIVE Programme Manager
Paul Wallis, GM i-THRIVE Programme Lead

“If we keep on doing what we have been doing, we are going to keep on getting what we have been getting”



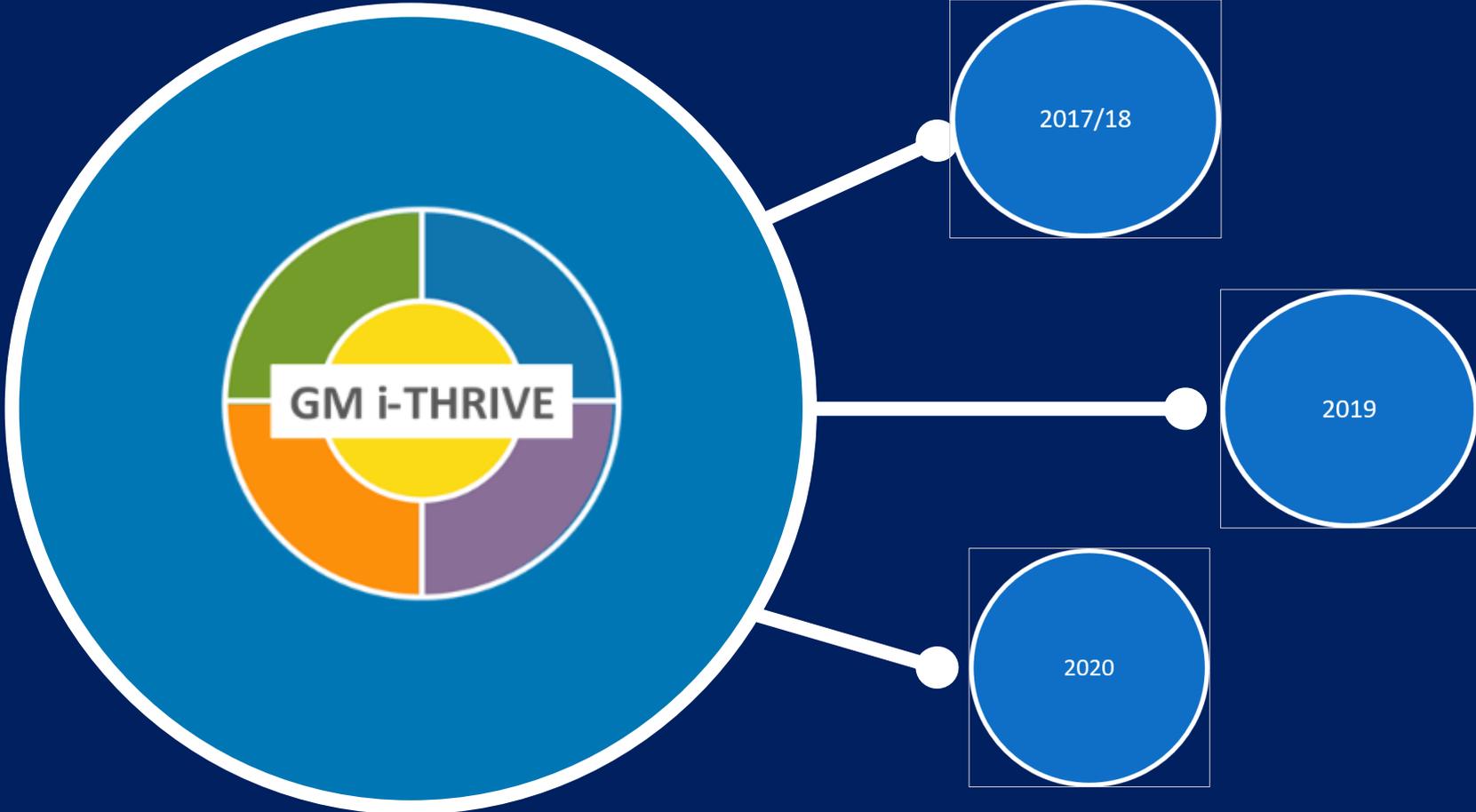


GM i-THRIVE journey so far

NEEDS-LED GROUPINGS



SYSTEM CHANGE





2017/18

- Dec 2017 – Transformation Funding Agreed
- July 2018 – Programme Team in place
- Sept-Nov 2018 –
 - Presented at all 10 locality strategic boards
 - Met with all 10 locality leads and draft implementation plans agreed
 - Began locality engagement workshops
- Nov-Dec 2018 –
 - Outcomes Framework & Surveys agreed by steering group
 - SME monies for localities
 - CoP



2019

- GM i-THRIVE Training Academy launched with Shared Decision Making
- Getting Advice and Signposting Training
- Risk Support Training
- Risk Support Workshop
- Arts and Culture MH lead and data co-Ordinator in post
- Training leads recruited
- Engagement workshops undertaken in each locality
- Implementation stories
- Recruitment of PhD students for evaluation
- i-THRIVE Grids workshop
- One year on report
- CoP with over 350 members (4 events already held)



2020

- Grids training
- Development of i-THRIVE Grids
- THRIVE overview e-learning module developed
- Whole system presentation completed for each locality
- Advice and signposting training delivered virtually and localized
- Consultation Module
- Greater Manchester Youth Mental Health Arts and Culture Evaluation Kit launched
- Arts and Culture month including recruiting arts ambassadors
- GM i-THRIVE Standards drafted
- Discussions re. all age THRIVE
- Training needs analysis of the wider workforce
- Proof of concept arts programme taking place in 4 CAMHS services

NEEDS-LED GROUPINGS



Thriving

Advice

Help and More Help

Risk Support



Around 80% of children at any one time are experiencing the normal ups and downs of life but do not need individualised advice or support around their mental health issues. They are considered to be in the Thriving group.

They may however benefit from prevention and promotion and communities implementing the THRIVE Framework should consider how best to support such initiatives at a system level.



Everyone has a role in promoting mental wellbeing and proactively preventing mental health issues.

How emotionally friendly are our environments? Our services? Do we actively promote mental wellbeing? Do we know how to promote it? Are we reducing stigma? Are we aware of what can impact on our mental health and wellbeing?



This group includes both those with mild or temporary difficulties AND those with fluctuating or ongoing severe difficulties, who are managing their own health and not wanting goals-based specialist input.

Information is shared such that it empowers young people and families to find the best ways of supporting their mental health and wellbeing

For CAMHS professionals this could be 1 or 2 face to face sessions with child or YP.

We all have a role in giving general advice about mental health and mental wellbeing and a role in signposting our c&yp and their families even if it is to a single point of contact for mental health support.



As a system we need to be aware of what is on offer in our locality and how people can access it. What websites are good? What apps are good? What arts and culture based offers are out there? What do our children and young people want?

What is our single point of contact?



There are some c&yp and their families who prefer to use digital means rather than face to face. According to our C&YP survey's 15% preferred digital access.

What is our digital offer?



This group comprises those who need specific interventions focused on agreed mental health outcomes. An intervention is any form of help related to a mental health need in which a paid-for professional takes responsibility for input directly with a specified individual or group. The professional may not necessarily be a trained mental health provider, but may be a range of people who can provide targeted, outcomes-focused help to address the specific mental health issue.



This is not conceptually different from Getting Help. It is a separate needs-based grouping only because need for extensive resource allocation for a small number of individuals may require particular attention and coordination from those providing services across the locality. It is for each community to determine the resource allocation threshold that defines Getting More Help from Getting Help.

Which services provide evidence based interventions?

Are the services delivered to young people in these needs based groupings compliant with NICE guidelines?

Are they delivered by people trained in that intervention and do they receive appropriate supervision?



The aim of specifying a category of Getting Risk Support is for all partners to be clear that what is being provided is managing risk ONLY. It is important to note that there are likely to be risk management aspects in all groupings.

Children or young people in this grouping may have some or many of the difficulties outlined in Getting Help or Getting More Help above BUT, despite extensive input, they or their family are currently unable to make use of help, more help or advice AND they remain a risk to self or others.

They may have engaged in getting help or more help but haven't improved or got worse or they are unable to make use of that type of help.



Shared agreement between Social Care and CAMHS about who these C&YP are and how the risk is going to be shared.

Which methodology are we going to use? i.e. AMBIT

SYSTEM CHANGE



Broadening
the mental
health offer

Enabler
within a
place

Other
projects

Builds an
infrastructure

Closer
links with
our
vulnerable
groups

Broadenin
g the
mental
health
offer



To broaden the mental health offer and fully embed shared decision making we need to have options for C&YP for what type of help they want for their mental health.

This includes mental health services such as Child and Adolescent Mental Health Services (CAMHS/Healthy Young Minds)



As part of our promotion and prevention offer, our advice and signposting offer and an offer for those C&YP where CAMHS is not the form of help they want:



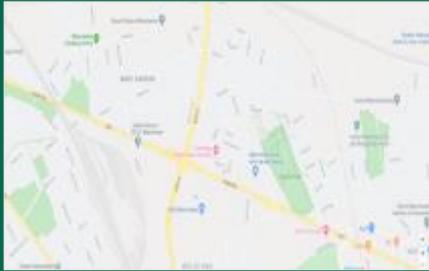
We need to be looking wider into our education settings, our VCSE, Local Authority and families and communities.



What is our VCSE offer?

What is our arts and culture offer?

How are we evidencing the impact?



To broaden our mental health offer we need our mental health professionals to be closer to those who work with our C&YP especially at a neighbourhood level. Offering advice and consultation to the C&YP workforce including education settings, VCSE, Early Help (Local Authority).

Everyone within that neighbourhood should be able to give general advice and signposting for mental health and be able to check with MH professionals if they require more expertise and/or support.



We should have knowledge about what services are available in our area and how to access them (through and single point of access/navigation/contact)

We should have emotionally friendly environments and know how to promote mental wellbeing.



Many national programmes are taking place which compliment what THRIVE is trying to achieve especially in education settings:

Healthy Schools Pilot – Provides Thriving (prevention and promotion) and advice and signposting for C&YP in schools

Mental Health Support Teams (MHST) – will be working within schools offering advice, signposting and Getting Help (evidence based interventions) and should link to CAMHS (hopefully in a multi-agency hub which would include CAMHS, VCSE and early help as a minimum)

Mental Health Wellbeing Practitioners (MHWP) – working within schools should have close links to MHST (if available) and/or CAMHS

Mental Health Lead to be trained in every school – they should have close links to MHST (if available) and/or CAMHS



How are we building the relationships between CAMHS, MHST, MHWP & Mental Health Leads?

We need to support one another knowing not every child will get better in MH services.

Crisis Care – response sits in Getting More Help, C&YP can move from crisis (in getting more help) to anywhere in the THRIVE Framework.



Access and Waiting Times – by broadening the Mental Health Offer, promoting and prevention (happening system wide), getting good advice and signposting, digital offer etc. should help to improve access and waiting times alongside the project

Digital and Digital enabled services – in response to COVID a number of digital options have become available across GM.



CHAT HEALTH – supports the navigation through the system via digital front door (to be tested in 2 localities). This sits in the Thriving and Advice and Signposting part of THRIVE

Kooth.Com – commissioned across GM provides Advice and Signposting and Getting Help

Blue Ice – commissioned for CAMHS services to prescribe to Young People sits in Getting Help/More Help

Eating Disorders – quality of service in Getting More Help



Perinatal and Infant Mental Health – is aligned to the THRIVE Framework for system change

Complex Safeguarding – is an example of risk support where the MH professional is offering consultation to other workers rather than evidence based intervention directly with the YP.

No Wrong Door – another example of risk support (when the YP is not engaging) but also an example of Getting Help & More Help when the young person is engaged with the MH practitioner



If we put these programmes within the THRIVE Framework then we ensure they are always connected, part of the whole system and not done in silo!



As well as closer to services in a 'place' we also need our mental health expertise to be closer to our services who work with our most vulnerable children and young people who are more at risk of developing MH issues such as; Social Care, YOS, Complex Safeguarding, No Wrong Door, LGBTQ+.

We need our MH expertise to be part of these teams offering consultation as well as quick access to the right support at the right time.

Our offer to our more vulnerable groups should feature throughout the THRIVE needs led groupings.



Consultation offer provides an infrastructure which support our workforce in a 'place'.

This allows MH expertise close to our workforce which then allows other programmes to be rolled out such as trauma informed services, adverse childhood experiences training etc. knowing that there is support for our workforce and communities.

Overview of programme

Implementation in localities

Implementation plan
THRIVE leads
Workshops
Coaching
Shared vision
CoP
Toolkits
Communication and engagement strategy & plan
THRIVE champions

Training Academy

THRIVE modules
Development of new modules to support THRIVE
Supporting development of other training such as Trauma & Adversity, mental wellbeing
In house training – specific modules (i.e. anxiety)

Learning platform

Broadening the offer

Arts and Culture programme
Engagement with VCSE
Mapping what is available
Relationship building
Arts and culture ambassadors
Innovation

Evaluation

Comprehensive outcomes framework
Surveys
Arts & Culture MH evaluation kit
Implementation stories
i-THRIVE standards
Commissioned PhD students to evaluate

Connection

Connecting THRIVE with

- leaders
- Other GM programmes
- Locality direction
- ICO



Next Steps

- GM i-THRIVE standards
- Surveys
- Participation module
- Arts and Culture module
- Locality reports
- All age THRIVE
- Trauma and Adversity
- E-learning platform
- Evaluation of Proof of Concept



Care Plan needs based grouping information leaflets

Bethan Morris

Assistant Psychologist, National i-THRIVE Programme

“If we keep on doing what we have been doing, we are going to keep on getting what we have been getting”



The Tavistock and Portman
NHS Foundation Trust



Anna Freud
National Centre for
Children and Families

UCLPartners
Academic Health Science Partnership



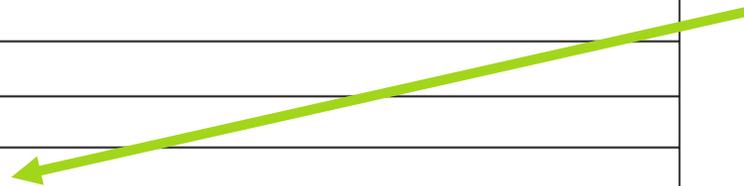
**The
Dartmouth
Institute**
for Health Policy
& Clinical Practice

Background: TP&FT service user feedback



Initial Care Plan

Name	Young Person
Current concerns	
Goals / aims	
Proposed type of intervention	
Category of care (Thrive)	Getting Help
Intervention discussion	
Comments from young person	
Comments from parent / carer	
Proposed duration of care	
Review date of Care Plan	
Completed by	
Completed date	25/02/2019



Development of care plan information leaflets



- Aim: To develop leaflets to send out with care plans across the Tavistock and Portman NHS Foundation Trust to explain 'THRIVE Category' (needs based grouping) and ensure there is a shared language about the type of help or support being received across the system
- 2 versions: young adults and parents/carers, and easy read version for children and learning disability services
- Developing in collaboration with young people and parents/carers

Leaflet mock-ups



Young adult, parent/carer

Children and LD services

The Tavistock and Portman **NHS**
NHS Foundation Trust

What type of help or support am I getting, and is it right for me/us?

Your care plan has a section which says 'needs based grouping'. This is a way to describe the type of help or support that you have chosen to meet your needs at this time, and comes from the conversations you will have had during your assessment(s). Below is a guide on what each of the needs based groupings means for children and young people.

Thriving

"Everybody is working together to keep me, my friends and family, and our community, emotionally healthy. I know how to make active choices to support my health and wellbeing."

Getting Advice

"When I have difficulties, I know where to go to get information or advice. I feel able to make a choice about the best way to help myself."

Getting Help

"I need help to improve my wellbeing and/or mental health. I have clear goals that I am working towards, and review my progress to check that the help is making a difference. There is a plan in place if things do not help."

Getting Risk Support

"People really worry about me. I might have long standing difficulties that haven't improved, or I don't want the help that people are offering me. I can be in danger at times. Lots of people are working together to keep me safe."

Getting More Help

"I need more 'specialist' help to improve my wellbeing. I have clear goals that I am working towards, and review my progress to check that the help is making a difference. There is a plan in place if things do not help."

This leaflet is available in other languages and formats on request.

The Tavistock and Portman **NHS**
NHS Foundation Trust

What type of help or support am I getting, and is it right for me/us?

Your care plan has a section which says 'needs based grouping'. This is a way to describe the type of help or support you have chosen at this time, and comes from the conversations you will have had with a trained person in your assessment(s). Here is a guide on what the needs based groupings mean for you.

Thriving

"I know how to keep myself healthy and well, and where to get support in doing that."

Getting Advice

"I know it is okay not to feel okay, and I know who to go to and where to go for help if I need it."

Getting Help

GOAL "I need help from a trained person to try and feel better. Setting goals and working towards them helps me to keep track of whether the help is making a difference. There is a plan in place if things do not help"

Getting Risk Support

"Sometimes I don't want the help that people are offering me or it is not working. People really worry about me and lots of people are working together to keep me safe."

Getting More Help

"I may need more help with trained people from different services or special help to try and feel better. Setting goals and working towards them helps me to keep track of whether the help is making a difference. There is a plan in place if things do not help"

This leaflet is available in other languages and formats on request.

Service user feedback



The use of simple clip art pictures.

"Help" - doesn't really explain who the support is from and what that might look like. Who would you review your progress with and how. Will the child have help with actually doing this as it sounds like it is the child's responsibility to do it all.

"People are really worrying about me" - who are the "people"? What if the young person feels isolated and ignored and therefore won't relate to this sentence. Also the use of "I".

Explain what needs based grouping means.

Thriving:
Thriving means that...

Clinician feedback



Both documents are colourful, one paged, clear and easy to read, like that it names how: if things are not working – we review it and there is a plan in place to do this.

I like that on one of the leaflet, it details how a young person may not want any support at this time, we have this a lot and important to acknowledge the voices and wishes of the young person.

I wonder if the leaflet for younger children was still quite wordy, not sure what the population aim is, primary school?

There isn't a hugely marked difference between the two leaflets.

I like the speech bubbles and what a YP might say.

Leaflet mock-ups: Second iteration



NHS
The Tavistock and Portman
NHS Foundation Trust

What type of help or support am I getting, and is it right for me/us?

Your care plan has a section which says 'needs based grouping'. This is a way to describe the type of help or support you have chosen at this time, and comes from the conversations you will have had with a trained person in your assessment(s). Here is a guide on what the needs based groupings mean for you.

The five needs based groupings

Thriving means: "I know how to keep myself healthy and well, and where to get support to do that."

Getting Advice and Signposting means: "It is okay not to be okay. I may need someone to help me find out who and where to go for advice if we decide I need it."

Getting Help means: "I may need help from a trained person to try and feel better. Together we set goals and work towards them to keep track of whether the help is making a difference. We have a plan in place if things do not help."

Getting Risk Support means: "This is a really worrying time for me and those around me. Sometimes I don't want the help that people are offering me, or it is not working. Those around me are working together to keep me safe."

Getting More Help means: "I may need more help from trained people in different services to try and feel better. Together we set goals and work towards them to keep track of whether the help is making a difference. We have a plan in place if things do not help."

This leaflet is available in other languages and formats on request

NHS
The Tavistock and Portman
NHS Foundation Trust

What type of help or support am I getting, and is it right for me/us?

Your care plan has a section which says 'needs based grouping'. Needs based groupings are a way to categorise mental health need, and we use this to describe the type of help or support that you have chosen based on the conversations you will have had during your assessment(s). Below is a guide on what each of the needs based groupings mean for children, young people and their families.

The five needs based groupings

Thriving means: "Everybody is working together to keep me, my friends and family, and our community, emotionally healthy. I know how to make active choices to support my health and wellbeing."

Getting Advice and Signposting means: "I may come up against or experience some difficult times, I feel supported to know who/where to go to get information or advice and can make a choice about the best way to improve my wellbeing."

Getting Help means: "I may need help, e.g. talking to a professional(s) to improve my wellbeing and/or mental health. Together we set clear goals to work towards, and review my progress to check that the help is making a difference. We have a plan in place if things do not help."

Getting Risk Support means: "This may be a worrying time for me and those around me. There might be long standing difficulties that haven't improved, or the help that I am being offered doesn't feel right. Those around me are working together to keep me safe."

Getting More Help means: "I may need more 'specialist' help from professionals to improve my wellbeing. Together we set clear goals to work towards, and review my progress to check that the help is making a difference. We have a plan in place if things do not help."

This leaflet is available in other languages and formats on request

Next steps



- Communications team developing an easy read leaflet
- Further service user participation group to finalise design
- Pilot the leaflets
- Translate leaflets
- Co-create an i-THRIVE Implementation Story documenting the development of these leaflets and share with the National i-THRIVE Community of Practice
- These leaflets will be available for the National i-THRIVE CoP to make use of

Please do share your feedback about the leaflets in the chat



Comfort break

11:26-11:30

“If we keep on doing what we have been doing, we are going to keep on getting what we have been getting”





How Stockport's Parent Infant Mental Health service is aligned with the THRIVE Framework

Kirsteen O'Keeffe

Specialist Health Visitor, Stockport NHS Foundation Trust

"If we keep on doing what we have been doing, we are going to keep on getting what we have been getting"



The Tavistock and Portman
NHS Foundation Trust



Anna Freud
National Centre for
Children and Families



The
Dartmouth
Institute
for Health Policy
& Clinical Practice

Implementation Story



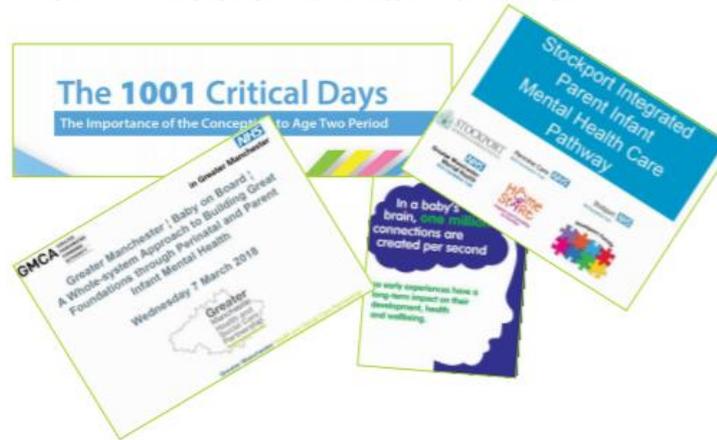
Transforming Care: Pathway in Stockport to better support Parents and Infants

The Greater Manchester (GM) i-THRIVE Programme team spoke with Dr Jenny Davies, Principal Clinical Psychologist, Humaira Khalid, Assistant Psychologist, and Christine Chester, Child and Adolescent Psychotherapist from Pennine Care NHS Foundation Trust, and Kirsteen O'Keeffe, Specialist Health Visitor, Stockport NHS Foundation Trust.

Background

There is substantial evidence emphasising the importance of the strength of our earliest relationship with our main caregivers (typically a parent) and its impact on our physical, emotional, cognitive and social development. This early relationship is a key factor in determining resilience, wellbeing and the extent to which individuals will prosper in future education and employment, and relationships with partners and children. Research has shown that up to **30%** of parents will struggle to recognise and respond accordingly to their baby's needs, putting the development of secure attachment at increased risk.

Image 1: Documents highlighting the importance of parent infant wellbeing services.



The Stockport Integrated Parent Infant Mental Health Care Pathway

The Stockport Integrated Parent Infant Mental Health (PIMH) Care Pathway is informed by the strong evidence base emphasising the importance of supporting child development and family relationships in the early years of a child's life.



Questions and reflections



- Please insert any questions or reflections you have in the chat box.



Mentimeter



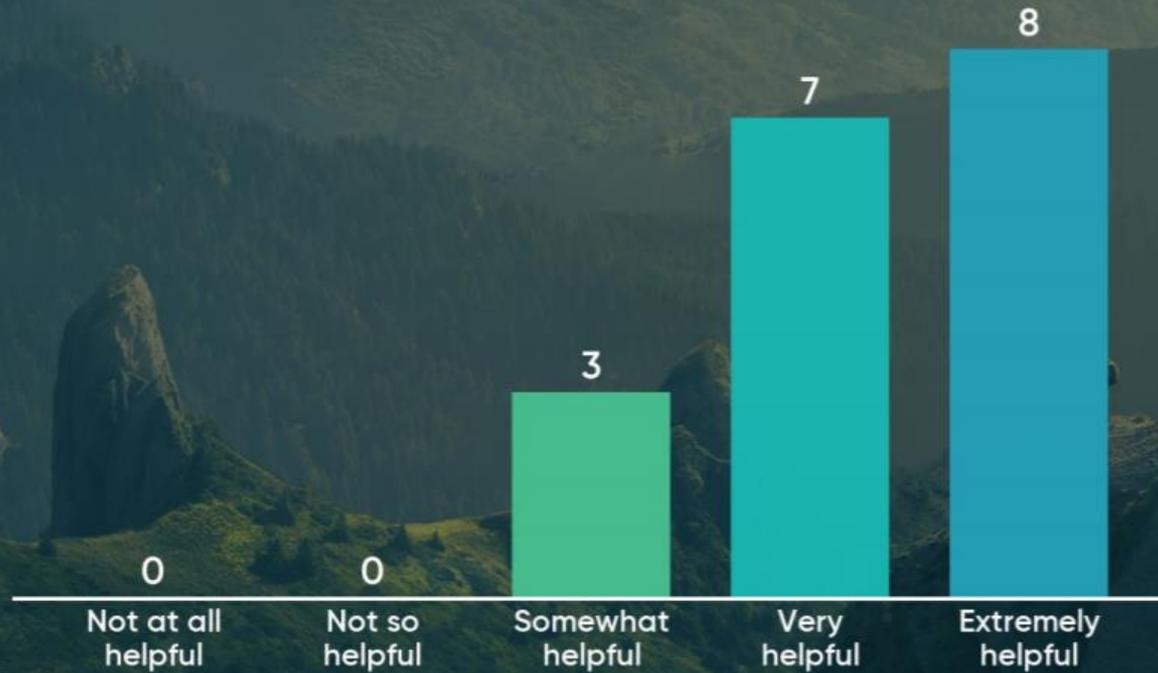
- Please visit www.menti.com and insert the code in the chat



Mentimeter

How helpful was this webinar for you?

Mentimeter



Are there any particular areas that were helpful?

Hearing about the whole system approach

Understanding how to reach beyond health to the wider system

The online resources / webpages

The THRIVING Plus resource, and the CYP co-produced leaflets

Hearing about thriving plus developments

Hearing how iThrive has been implemented

Hearing from sites about their work was motivating

Sharing best practice & hearing similar challenges to ours

Hearing about how to broaden the MH offer

Are there any particular areas that were helpful?

Resources, leaflet

Learning about the integrated perinatal pathway was very interesting. Will be accessing thriving plus resources

All. I found the YP engagement and leaflets really in line with what we are doing.

Implementation story format is new to me. Having one for GM outcome framework will be valuable

whole system approach.

The GM ITHRIVE presentation. great to see the strategic thinking around this.

Are there any areas that could be improved?

Maybe break out rooms to discuss aspects in more detail

Additional time for discussion q&a

It was great! A really useful meeting and good use of my time.

More time for discussion

Mentimeter is great (or any other like DooPoll).
Interaction is so useful

It's tricky to keep following narratives when people don't have slides, but all really useful - thank you

Would have valued more time particularly on the GM presentation - as you said very busy and lots to think about

Appreciate time constraints but having a bit more time, or, less scope for a 10 minute slot!
That said, it was all great and useful

Small groups following presentations around themes

Are there any areas that could be improved?

Group discussions

more on the engagement of communities and experience and not just the results. what were the challenges

For more information: i-THRIVE



www.implementingthrive.org

Sign up to the National i-THRIVE Community of Practice and receive monthly updates. Email:

ithriveinfo@tavi-port.nhs.uk



@iTHRIVEinfo



National i-THRIVE Programme