

7 Minute Briefing: Getting Help



- Staff acknowledging the need to address endings to improve capacity and efficiency in the system and discussing 'endings' from the beginning
- Improve processes for signposting to improve practitioner confidence that there is other support available for young people

Context

For children, young people (CYP) and families who would benefit from focused, evidence-based treatment.

In Practice

- Interventions that are evidence-based, carefully designed and tested for fidelity
- Clear goals or aims identified for improvement to enhance wellbeing
- Structured with a theoretical rationale based on understanding the presenting difficulties
- Modification to the care plan is indicated by feedback

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Provision

The THRIVE Framework places a greater emphasis on ending interventions when they are not working. Treatment would involve explicit agreement from the beginning about the outcome being worked towards and the likely timeframe and plan for what happens if it is not achieved.

Need

This grouping would include CYP with difficulties that fall within the remit of NICE guidance but also where it was less clear which NICE guidance would guide practice.

Data

Of the 60% of CYP and their families who were assigned to *Getting Help*, only half were receiving care aligned to specific NICE guidance.*

Resource

The mean number of face-to-face contacts per episodes of care in the payment systems pilots was seven.* It is hypothesised that CYP would benefit from more clearly targeted work with some getting more intervention and others getting less.

Wolpert, M., Harris, R., Hodges, S., Fuggle, P., James, R., Wiener, A., Munk, S. (2019). THRIVE Framework for system change. London: CAMHS Press. *based on the payment systems project (Wolpert et al., 2015).







