

7 Minute Briefing: Thriving

Model of Care

- Population health and wellbeing promotion
- Universal prevention for all
- Selective prevention for known groups of vulnerable populations e.g. Looked After Children, those experiencing poverty etc.

Context

All children, young people (CYP) and their families not currently needing individualised mental health advice or help are considered to be thriving. The THRIVE Framework suggests that this group engage in community initiatives that support mental wellness, emotional wellbeing and resilience of the whole CYP population.

Data

It is anticipated that around 80-90% of the total population of children and young people will fall within the *Thriving* needs based grouping. This is based on Green et al.'s (2005) view that around 10-20% of CYP have problems significant enough to indicate a specialist help offer.

In Practice

- Linking with public health, local communities and a wide range of agencies are required to promote general wellbeing
- Consideration is required regarding how to disseminate information through schools, online, youth programmes etc.
- Produce top tips to *Thriving* which can be disseminated across the system

Provision

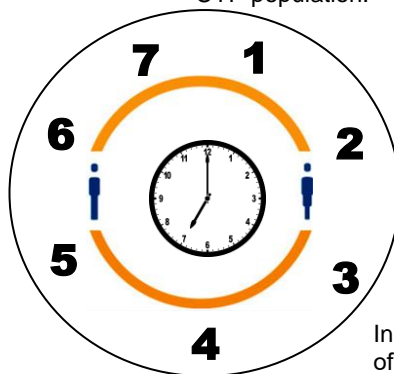
The THRIVE Framework expects that the system actively applies research evidence regarding the kinds of interventions that are likely to reduce the risk of developing mental health difficulties, and that promote emotional wellbeing and overall good mental health.

Need

Before reaching adulthood, it is likely that all CYP will experience challenging life events and transitions. The number and impact will largely depend on the environment in which the child lives, the quality of care they receive and the capacity for coping within their network. Systems should promote emotionally healthy environments, making every effort to prevent the risk of psychological harm.

Resource

In many areas around 10-15% of the budget in CYP's mental health services is allocated to support in building community resilience, consultation with teachers, health visitors and others and other forms of intervention to support widespread wellbeing and mental health.* Other funding for this would come from public health budgets within local authority budgets.



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).