Developing local definitions for the THRIVE Framework needs based groupings

The THRIVE Framework, in the words of Benjamin Zander is:
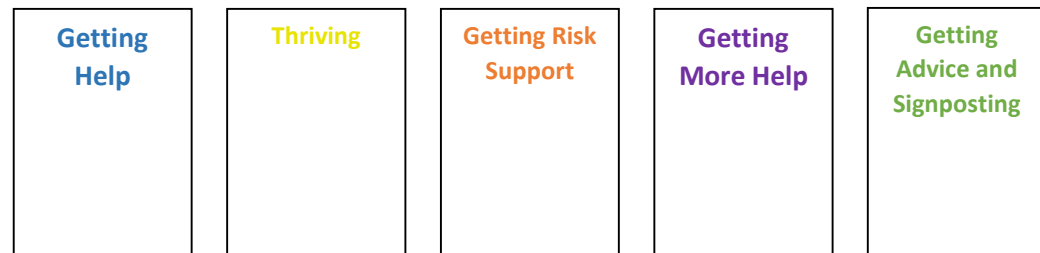*"A possibility to live into"*

Workshop purpose

- This workshop has been developed to support local understanding and ownership of the five THRIVE Framework needs based groupings.

- The workshop is best suited to a cross sector event that includes representation from health, education, social care and the voluntary sector, with attendees seated around 5 tables.

- Once the workshop has been completed you will have developed local cross sector definitions for each of the needs based groupings that will support a whole system shared language and the local implementation of the THRIVE Framework.

Resources

- Laptop, projector and speakers
- 5 pages of paper – one for each of the THRIVE Framework needs based groupings
- Pens
- [7 minute briefings](#)
- Spare paper

Getting Help	Thriving	Getting Risk Support	Getting More Help	Getting Advice and Signposting

Local definitions of needs based groupings

- Key learning from the National i-THRIVE Programme:
  - The importance of the need for local ownership of definitions for each of the needs based groupings
- How would you explain the different needs based groupings so that it is understandable for children, young people, parents/carers, and the cross sector children's workforce?

Getting Advice and Signposting

When I have difficulties, I know where 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. I have clear goals that I am working towards. We review my progress to check that the help is making a difference.

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 Risk Support

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

Getting More Help

I need more 'expert' help to improve my wellbeing. I have clear goals that I am working towards. We review my progress to check that the help is making a difference.

Group Workshop 1 (35 mins)

- With your cross sector table spend 7 minutes per grouping to develop an explanation/statement that is understandable for children, young people, parents/carers, and the cross sector children's workforce.
  - Use the relevant 7 minute briefing to support your discussion
  - The first definition is the hardest but it does get easier
  - A common language that can be understood by all is key
- Once the 7 minutes is up pass your needs based grouping clockwise for the next table to complete and start the timer again. Repeat until all tables have completed a definition for each of the needs based groupings.
- Here is link to a helpful timer.

7 min

Tea, Coffee and Networking

Review and finalise each local definition: Group Workshop 2 (15 mins)

- With your table spend 7 minutes summarising all of the explanations/statements of the last needs based grouping you worked on.

- In turn, feedback your summary definition to the room.

Thriving:

Getting Risk Support:

Getting Help:

Getting More Help:

Getting Advice and Signposting:

Next Steps

- Consult with children, young people, parents and carers about the local definitions of the THRIVE Framework needs based groupings produced through this workshop.

- Refine the local definitions accordingly and share with the children's workforce.

For more information: i-THRIVE

www.implementingthrive.org

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

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