



i-THRIVE Grids Training

1.1 Introduction

i-THRIVE Grids are paper-based decision aids which aim to improve shared decision making between young people, families and health professionals. The grids cover specialised evidence-based treatments, alongside community support options for a range of presenting difficulties including low mood, ADHD, self-harm and generalised anxiety. To date, eight i-THRIVE Grids have been co-produced in collaboration with young people, parents/carers and experts in the field of child mental health and wellbeing. The grids have also recently received endorsement from NICE.

1.2 Training to use the i-THRIVE Grids

To access the i-THRIVE Grids, health professionals must complete a full-day i-THRIVE Academy training on how to use the grids. This is to ensure that the i-THRIVE Grids are used appropriately and in accordance with existing evidence around improving shared decision making.

Description of training content

From the i-THRIVE Grids pilot in Camden CAMHS in 2016-17, it was determined that an initial, in-depth training is necessary to ensure clinicians feel comfortable using the grids in practice. This training covers shared decision making (research and interventions/tools), the development and piloting of the i-THRIVE Grids, how to use the i-THRIVE Grids in practice, and advice for developing the back of the community support grids to suit the local area. Participants will be provided with copies of the grids upon completion of the training.

An additional half-day training is available for teams who wish to rigorously evaluate shared decision making in practice. This information is valuable for teams developing quantitative evidence of their shared decision making and seeking to identify improvements over time.

Additional ad hoc support (depending on need) can also be negotiated for teams to develop an evaluation framework and adapt the back of the grids.

Costings

Training type	Cost
Full-day i-THRIVE Grids usage training	£1500 (plus travel)
Half-day i-THRIVE Grids evaluation training	£750 (plus travel)
Additional ad hoc support	TBD

Contact information

For additional information, please email Rosa Town, i-THRIVE Grid Research Officer, at rosa.town@annafreud.org.

Low mood: Support in the NHS i-THRIVE Grid

Use this tool to help you, your parent or carer and a therapist decide about getting support for low mood.

Note: You may want to try other types of help and support alongside the ones that are listed here. There is evidence that combining CBT with medication is more likely to help than either talking therapy or medication alone. Changes to diet, exercise and lifestyle could also help to improve your symptoms, although there is not enough evidence about this to be sure.

Common questions	Practical support	Talking therapies	Anti-depressants
What will this involve?	This can involve learning practical strategies that may help you feel better. You will usually meet weekly with a therapist who can help you understand your difficulties, set goals, create an action plan, and give you activities to complete. This can include support with schoolwork, social skills, family events, or things personal to you.	This can involve focusing on your thoughts and feelings. You will usually meet weekly with a therapist who can offer you a space to talk about and understand your feelings and the difficulties in your life. Each session is usually about an hour long and may involve other family members.	This can involve taking medication to treat your symptoms. You will usually meet with a pharmacist who can give you a prescription for medication. The most common medication for depression is called an SSRI. There is evidence the SSRI Fluoxetine can help young people with low mood. This is usually taken once daily as a capsule, liquid or tablet.
How will this help me get better?	This support may help you learn about low mood. This will be given practical strategies for managing your feelings that may help you feel better.	Talking therapies can help you think differently about situations in your life and improve how you feel. Different types of talking therapy focus on different things in your life like your relationships with others, your past experiences, or negative thoughts you might be having.	This medication works by increasing a chemical called serotonin in your brain. When your serotonin is low, this can lead to low mood. These are often prescribed after a course of therapy or alongside a course of therapy.
Will I see the same people for the duration of this help or support?	You will usually see one person for this support. This may not be the same person you see for your assessment.	You will usually see one person for this support. This may not be the same person you see for your assessment.	You will usually have a psychiatrist, nurse, or mental health professional. Then, a member of the team will regularly check up with you to make sure the treatment is working and to check for side effects.
Are there risks or side effects from this type of help or support?	Talking about your difficulties can sometimes cause discomfort, anxiety or stress. Tell the person you are talking to if you are experiencing these feelings.	Talking about your difficulties can sometimes cause discomfort, anxiety or stress. Tell the person you are talking to if you are experiencing these feelings.	Very common side effects of Fluoxetine: insomnia, headache, dizziness, nausea and fatigue. Uncommon: Suicidal thoughts and behaviour. Rare: Irritability. Talk to your doctor about other side effects.

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 This decision aid does not constitute medical advice, diagnosis or treatment.
 *See back of page for information about likelihood of side effects.