

CLAHRCBITE

Brokering Innovation Through Evidence

To Each According to Their Need: Evaluating a Fresh Approach to Offering Support to Children with Mental Health Problems



Although as many as 12.5% of children in England experience a mental health problem, Child and Adolescent Mental Health Services (CAMHS) faces a number of difficulties, including long wait times, fragmented service provision and services which don't always include children and young people (CYP) in decisions about their care ⁽¹⁾. This can lead to inefficiency, poor outcomes and poor patient experience for CYP and their families.

To address these problems, the THRIVE Framework was published in 2015 as an integrated, person-centred and needs-led approach to mental health services for CYP ⁽²⁾. It proposes a whole system approach to children's mental health care, including joint working between health, education and social care. THRIVE aims to actively involve CYP in their own care and conceptualises need for CYP according to five categories: Thriving, Getting Advice and Signposting, Getting Help, Getting More Help and Getting Risk Support.

The i-THRIVE Implementation Programme has been developed to support sites to adopt the THRIVE Framework through their transformation processes. The programme includes a Community of Practice, the i-THRIVE Academy offering training and support, and an evidence based four-phase approach to implementation including a number of tools and workshops.

Over 70 CCGs in England are members of the i-THRIVE Community of Practice and use THRIVE as the basis of their local transformation for CYP mental health services. Almost half of children and young people in England live in sites implementing the approach ⁽³⁾. However, no large-scale evaluation has taken place to understand the impact of THRIVE compared to other transformation approaches, or to explore if the programme is effective at supporting sites as they undertake this process.



What is the aim of the project?

Our service evaluation aims to compare 10 THRIVE-implementing sites to 10 control sites using alternative transformation approaches. We are collecting qualitative and quantitative data to help us to understand whether THRIVE leads to better health service performance and improved patient outcomes compared to control sites. Part of this evaluation will involve assessing the fidelity of implementation against the THRIVE Framework.

To help understand the mechanisms leading to change we are undertaking comprehensive pathway mapping at each site to understand how pathways have changed through transformation and the extent to which pathway structure influences service outcomes. We are also exploring the context in which transformation takes place to help understand barriers and facilitators to implementation and why there are

differences in outcomes across sites. Additionally, as each site has a unique transformation strategy for their local area, we are interested in understanding the steps taken to implement THRIVE and how closely this aligns with the i-THRIVE Approach to Implementation.

Why is this important?

With no consensus on what constitutes a good model for CAMHS it is critical that we can understand this better as CYP mental health services are evolving and being developed at a rapid pace. We hope this evaluation will provide evidence around the value and efficacy of the particular approaches or models adopted by sites which can be considered nationally by sites which have not participated in the evaluation. More broadly, this research will provide information about large scale national transformation programmes, and implementation programmes that work across agencies such as health, local authority and education.

Each site will receive a report on their own approach to transformation and we hope that this analysis will support sites to understand how their system is working locally, the impact of transformation on the quality of their service provision and areas to focus as they continue to develop their services moving forward.

In addition, a learning conference will take place at the end of the evaluation to allow participating sites to provide a reflective space to explore their experience and the principles used by others to guide their transformation process.

Find out more

1. NHS England, 2014. **Five year forward view** - <https://www.england.nhs.uk/five-year-forward-view/>
2. Wolpert, M., Harris, R., Hodges, S., Fuggle, P., James, R., Wiener, A., McKenna, C., Law, D., York, A., Jones, M. and Fonagy, P., 2015. **THRIVE elaborated**
3. i-THRIVE, 2018. [online] **i-THRIVE Community of Practice**. www.implementingthrive.org [Accessed 25 Oct. 2018].

i-THRIVE team and contacts

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Further reading

More information about THRIVE and the i-THRIVE Approach to Implementation: www.implementingthrive.org

A summary of the project and main contacts https://clahrc-norththames.nihr.ac.uk/mental_health_theme/i-thrive-evaluation