

The i-Thrive model



The i-Thrive framework is the model we are beginning to embed across the Black Country to support our young people:

- All children and young people aged 0-25
- All families and carers of children and young people aged 0-25
- Any professional who seek to promote mental health awareness and child children and young people with mental health and wellbeing needs or those at risk of mental health difficulties (whether staff in education settings, social care, voluntary or health sector or others).

System model breakdown

Thriving	Those who's current need is support to maintain mental wellbeing through effective prevention and promotion strategies. Eg. Universal Service, GP's, School Nursing Services, community-based assets – local clubs/ groups
Getting Advice	Mild or temporary difficulties AND those with fluctuating or ongoing severe difficulties, who are managing their own health and not wanting goals-based specialist input – Signposting, self-management and One Off. E.g. Kooth. School Nursing Services or Social prescribing
Getting Help	Benefit from focused, evidence –based help and support with clear aims and criteria for assessing whether these aims have been achieved – goal focused, outcome informed interventions Eg. Commissioned EWB Services, Reflexions (MHST), Inclusion Services
Getting More Help	Benefit from focused, evidence-based interventions, with clear aims and criteria for assessing whether these aims have been achieved – specialist and intensive goal focused support and extensive treatment. Eg. Reflexions (MHST), Specialist CAMHS, including CYPIC, Eating Disorder and LDA cohorts.
Getting Risk Support	Currently unable to benefit from evidence-based treatment but remain a significant mental health concern and risk. Risk Management and Crisis Response Eg. CAMHS Crisis and Home Treatment Team. In patient Services.

i-Thrive model video

This is an animation explaining the THRIVE Framework for system change (Wolpert et al., 2019).

<https://www.youtube.com/watch?v=ARAAiEoVpjQ>



How do we support our young people to thrive?

This is the video created by The Shape Board in Sandwell to describe the Thrive model and how a young person would access help in Sandwell. It was commissioned following consultation with them.

<https://www.youtube.com/watch?v=LOVn-yoNDKI&t=3s>