North Central London
Health and Care
Integrated Care System

i-THRIVE

Planning and Reporting Pack

THRIVE Framework for System Change

October 2024

i-THRIVE in NCL

What is i-THRIVE?

i-THRIVE is a set of tools and processes that have been developed to implement The THRIVE Framework for Systems Change (Wolpert et al,.. 2019). The framework itself provides a set of principles and a common language for creating local integrated communities of mental health and wellbeing support for CYPF that are shaped by their needs and the ways in which they would like to receive help and support.

NCL i-THRIVE

The intention is to ensure that the THRIVE Principles and common language are implemented across the 5 boroughs in NCL, building on, protecting and strengthening current THRIVE aligned practices and further developing the infrastructure and culture required to enable us all to create NCL communities of mental health and wellbeing support that are uniquely shaped to meet the needs and preferences of our local CYP and their families.

In order to support that process NCL have commissioned the National i-THRIVE Programme to help support the project management of the implementation process across NCL.

How Far Have We Come in NCL?

- i-THRIVE is central to the ambitions of the North Central London CYP MH & EW Transformation Plan

- We have an NCL i-THRIVE Project board which feeds into the NCL CYP MH & EW Integrated Group and the national i-THRIVE programme is represented on the Haringey, Camden, Enfield and Barnet CYP MH & EW Integrated Boards

- The i-THRIVE system Maturity Matrix is offered to each borough on a yearly basis – providing the opportunity to capture existing strengths and alignment to the framework in the systems and an opportunity to identify priorities to form part of local integrated delivery plans.

- We are currently developing a dashboard for NCL which will give accessible overviews of the systems and their progress towards alignment to the framework

- We have delivered Getting Risk Support Training and Managing Difficult Ending Training across 4 of the 5 boroughs and continue to offer training and development opportunities through NCL webinars and an i-THRIVE Community of Practice. Contact rstephen@tavi-port.nhs.uk or more information

- Co-production is an important principle of The THRIVE Framework and there is an NCL co-production Task and Finish Group currently working to increase understanding and opportunities for NCL Stakeholders. We are working with the waiting room to develop co-production pages

- Meeting the needs of the Getting Risk Support grouping is high on the agenda and there are plans to ensure that the conditions for providing relational support that is helpful to the CYP and their family is possible

i-THRIVE 2024/2025 deliverables

North Central London
Health and Care
Integrated Care System

Key Milestones

1. Providing project management support to the system

2. Lead an NCL systemwide co-production working group to map opportunities, develop shared understanding and guidance and develop co-produced/ co-delivered meaningful outputs to maximise the effectiveness and experience of co-production across NCL

3. i-THRIVE Programme Team representation at NCL and borough based CYP MH partnership groups/boards

4. Bi-monthly system wide community of practice to share learning, challenges and innovation

5. Build on the risk support academy module working with stakeholders in each of the 5 boroughs, to develop an implementation plan for the agreed system wide changes that will provide the conditions required for supporting at risk CYP who currently cannot be helped by services as they are currently offered

6. Annual i-THRIVE System Maturity matrix events in each of the 5 boroughs to benchmark and map progress

7. Delivering a programme of webinars open to NCL CYP Mental Health and Emotional Wellbeing Community including CYP and their families to increase understanding of the framework and its relevance to practice

8. Integrating QI into the Risk Support Project

9. Providing a critical friend role to support NCL implementation

Working toward THRIVE Framework maturity

North Central London Health and Care
Integrated Care System

Key Principles:

Common Language: Based around the 5 needs-based groupings, promoting shared language and understanding across system

Integrated whole system approach: With clearly defined roles and responsibilities & shared accountability across agencies to delivering improved outcomes for CYP's MH. Needs-based care across the system is organised and delivered via the 5 needs-based groups

CYP-centred: Based on CYP's needs, choices and preferences. Underpinned by shared decision-making and strengths-based approach. Consideration is given to the family and wider support network

Proactive prevention & promotion: Active promotion of digital & community-focused support to address wider determinants of health, to identify and support those with vulnerabilities, and support whilst awaiting treatment

No wrong door: Timely, accessible and local advice, assistance, treatment and risk support, whereby community providers understand and actively signpost and refer to services and support

Outcome-focused: Outcomes framework underpinning routine use of outcomes data and the integration of QI approaches to improve CYP outcomes. Practice based around evidence-based approaches and measurement of progress towards goals.

Equalities and diversity. System-wide approach to identifying and addressing key inequalities in access, experience and outcomes of CYP, including for those in vulnerable groups and with complex needs.

Co-production and community engagement: Enabling the whole community, and building on strengths, ensuring involvement of CYP and their families from across the population in the development and shaping of services at strategic and operational levels. CYP views and experiences are used to support decision-making.

Needs based groupings:

Those who need advice and signposting

Those who need focused goals-based input

Getting Advice

Getting Help

Thriving
Those whose current need is support to maintain mental wellbeing through effective prevention and promotion strategies

Getting Risk Support

Getting More Help

Those who have not benefitted from or are unable to use help, but are of such a risk that they are still in contact with services

Those who need more extensive and specialised goals-based help

BARNET LONDON BOROUGH

ENFIELD Council

ISLINGTON

Haringey LONDON

Camden

NCL ICS is introducing the language of the THRIVE needs based groupings to build shared understanding and meet the needs of children and young people across the community in a way that is easy to navigate

North Central London Health and Care
Integrated Care System

CYP has easy access to informed consultation with a skilled and experienced professional who is able to help them decide if and what help they need and where to get it

A range of psychologically informed goal based interventions that CYP can choose from – e.g one to one, groups, online or activity based

Working flexibly to manage risk by working with CYP and family in a way that is helpful to them. Identifying trusted adult and scaffolding professional support around the trusted adult. Reducing multiple referrals and sharing accountability
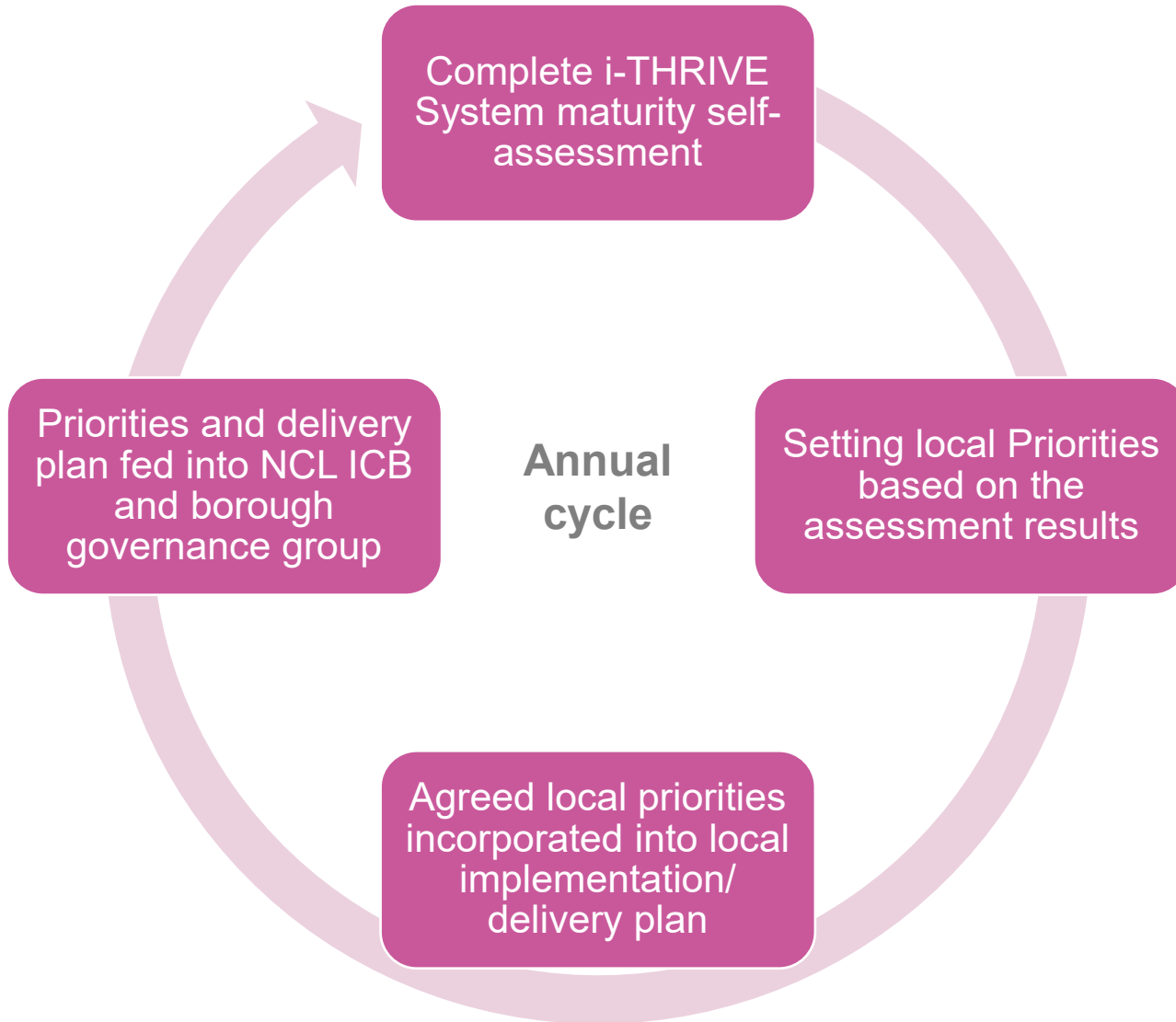
Integrated package of psychologically informed intervention and support that meets the MH needs and goals of the CYP e.g school, family, GP and Eating Disorders Team working together

Getting advice and signposting

Getting help

Getting Risk Support

Getting More Help

NCL Waiting Room

Being and feeling safe
Neuro affirmative environments
Early identification of vulnerability and support
Thriving
Access to healthy, messages and activities
Good relationships
Feeling valued

Annual Cycle

North Central London Health and Care
Integrated Care System

Annual cycle

Complete i-THRIVE System maturity self-assessment

Setting local Priorities based on the assessment results

Agreed local priorities incorporated into local implementation/ delivery plan

Priorities and delivery plan fed into NCL ICB and borough governance group

i-THRIVE facilitates 90min sessions yearly (online or face to face) incorporating individuals from across the Borough MH CYPF Partnership (strategic, operational and staff working with CYP and service users)

i-THRIVE synthesize the results and present and benchmark results so the strengths and weaknesses of current system, in terms of alignment to the THRIVE Framework, can be identified and inform local planning

NCL Assurance

North Central London Health and Care Integrated Care System

NCL i-THRIVE System Maturity Matrix			
Borough	**22/23**	**23/24**	**24/25**
Haringey	June 2022	Not Completed	September 2024
Islington	July 2022	Not Completed	October 2024
Enfield	January 2023	Not Completed	
Barnet	January 2023	Not Completed	
Camden	June 2023	January 2024	Planned for NY

- Some detail about scoring and scoring dashboard?

Reporting and monitoring process chart

North Central London Health and Care
Integrated Care System

What we do

- Provide i-THRIVE representation and consultancy to your CYP MH & EW Integrated Partnership Board
- Provide facilitated cross system events yearly to map your sysem maturity in relation to the framework
- Support to identify whole system strengths and priorities together with i-THRIVE strategies for addressing priorities
- i-THRIVE training and learning opportunities
- Co-production resources and support for individual projects
- Opportunitues for shared learning

What you do

- Use your borough knowledge to support the organisation of i-THRIVE events to ensure maximum impact
- Demonstrate your support and committment to whole systems transformation using the i-THRIVE process by prioritising attendance and engagement yourself- leading by example
- Comit to completing the i-THRIVE system maturity matrix yearly
- Consistant use of the langauage of i-THRIVE
- Encouage attendance at i-THRIVE learning events
- Guided consultation through system transformation process

What you gain

- Support and services for CYPF that is relevant and helpful to them
- Improved outcomes and waiting times for CYP and families
- Support and access to the evidence based tools and processes required to being about a process of whole system change
- Flexibility and craetivity in your system
- Greater system integration