

rethinking medicine

Thrive: a new approach to mental health services for young people

Pennine Care NHS Foundation Trust, Link 4 Life and Youth in Mind, have worked together to set up Thrive. Thrive is a mental health service for children and young people living in Rochdale.

Why?

Thrive aims to help young people build confidence, resilience and trust in adults and peers – to help with preventing more serious problems and promote emotional wellbeing.

How is it rethinking medicine?

Moving away from the medical model, Thrive uses social prescribing and aims to address the wider determinants of young people's health.

How does it work?

Thrive is a cafe with drop-in sessions every week for young people. It provides advice and guidance to young people about diet, exercise and general lifestyle. It also offers counselling and online support, as well as a dedicated phone support line.

How was it set up?

Heywood, Middleton and Rochdale CCG secured funding to commission a social prescribing project for children and young people, and commissioned three organisations to deliver the programme in partnership. They worked with the Innovation Unit to develop this approach to collaborative commissioning and co-production. The team also ensured that the invitation to tender required bidders to demonstrate a willingness to be part of a partnership.

The team involved young people extensively, working with them to design a service they felt would meet their needs.

What has it achieved?

Thrive is reaching young people who would previously not have qualified for mental health services:

rethinking medicine

- The service has received 120–130 referrals a month since it opened its doors, which is a higher number than expected
- In 2016/17, 654 children and young people accessed a first appointment, which rose to 1146 in 2017/18.

What can we learn?

Important aspects of the Thrive project include:

- working closely with service users to make sure the approach is right for them
- working in partnership between the NHS and the voluntary, community and social enterprise (VCSE) sector has enabled a service that integrates public health information, counselling and activities like sport, drama and music
- the service is flexible about how young people are referred to the service – for instance, they can:
 - self-refer
 - be referred by their GP
 - be referred by Child and Adolescent Mental Health Services (CAMHS) through weekly meetings between CAMHS and Thrive
 - be referred by schools.

Further reading

<https://www.penninecare.nhs.uk/your-services/service-directory/heywood-middleton-and-rochdale/specialist-services/healthy-young-minds-formerly-camhs/thrive-hmr/>

<http://implementingthrive.org/wp-content/uploads/2019/04/The-innovative-Thrive-service-in-Rochdale-v8.pdf>

<https://www.togmind.org/youth-in-mind/services/8-10-thrive>

<https://healthyyoungmindspennine.nhs.uk/thrive/>

<https://www.penninecare.nhs.uk/news-and-events/news/2016/08/new-support-helps-children-and-young-people-to-thrive/>

<https://healthyyoungmindspennine.nhs.uk/media/1021/thrive-leaflet-6-page-dl-web.pdf>

<http://www.youngpeopleshealth.org.uk/wp-content/uploads/2017/06/Social-Prescribing-for-Young-People.pdf>

<https://link4life.org/thrive#social-prescription-grants-2017>

<http://democracy.rochdale.gov.uk/documents/s60239/HMRCCG%20-%20CAMHS%20Transf ormation%20Plan%20v3.0%202018.pdf>