LET'S THRIVE

Bringing together information on how to support children and young people with their emotional wellbeing.

This issue introduces the THRIVE framework.

The THRIVE Framework is a way of thinking about a child or young person's emotional wellbeing needs and how best to support them. The aim is for children and young people to thrive. The framework describes 5 levels of need which are:

Thriving, Getting Advice, Getting Help, Getting More Help and Getting Risk Support.

Suggestions on how you can apply the THRIVE approach in practice

Getting Advice

You can provide guidance, brief advice, psychoeducation and signpost to resources like self-help tools via Kooth and community services like Young People Thrive and help parents/caregivers understand how they can support the child at home

THRIVING

You can promote emotional wellbeing through preventative care and health promotion like regular health check-ups, encouraging access to your GP surgery for young people, ensuring they feel welcomed and able to book appointments, give young people the chance to see you alone where possible and are made aware of confidentiality rules so they are able to speak openly

Getting Risk Support

You can identify acute risks and escalate appropriately to CAMHS or the SPA as appropriate, consider safety planning to support families and CYP on how to manage risks

Getting Help

You can signpost and refer to appropriate sources of short-term therapeutic support like Brent Talking Therapies (16+), Brent Centre for Young People(14-25). You can also review your patients regularly as appropriate and see if they still require support or have moved onto another group of need

Getting More Help

You can facilitate referrals to CAMHS, be involved in shared care prescribing as appropriate and help with transitions back to primary care or between CAMHS and adult mental health services if needed

If you have any questions or queries, please contact **Divine.Bremathas@brent.gov.uk**Please note we will be attending future PCN meetings to talk about THRIVE.



We have mapped out the support services available for children and young people's mental health and emotional wellbeing in Brent.

This clear accessible guide has been created to help you identify the best support for your patients.

We also encourage you to:

- Familiarise yourself with the THRIVE approach when thinking about children and young people's emotional wellbeing
- Actively promote emotional wellbeing through preventative care and identify early signs of mental health issues, offering brief advice or signposting
- Let us know about any local services or charities or activities which you know could be helpful for our children and young people

