

# Sandwell Young People's i-THRIVE Model

The Sandwell Young People's THRIVE Model has been created to help you understand what will happen when you require advice, guidance and support with your emotional wellbeing. As soon as you notice the signs of something going wrong in your life, you must speak to a trusted adult.

Do not wait until you are in crisis!

The framework is needs led, meaning that mental health needs are defined by children, young people and their families, alongside professionals, through shared decision-making. Each issue will be dealt with individually, so therefore you may receive a different level of support for each issue.

The THRIVE framework is a national framework.

To find out more about Sandwell's i-THRIVE model, visit: [www.justyouth.org.uk/thrive](http://www.justyouth.org.uk/thrive)



## Thriving

You, and your family, currently do not need individual mental health advice as they are considered to be thriving, and already engage in community initiatives that support mental wellbeing.



## Getting Advice

Those who need advice and signposting

You, and your family, require access to support within the community and access to information in order to self manage any issues or long term conditions.

These are examples of things you can do:

- Attend a drop in service or a youth provision for general advice and support from a professional e.g. school nurse, youth service etc
- Speak to a trusted adult at school/ college
- Call Black Country Healthcare Foundation on 0121 612 6620 between 9am - 5pm Monday to Friday for advice, support and guidance if you are concerned about yourself or someone under 18 years of age. Please note: this call may not end in a SPA referral to access further support
- Get advice and support from a trusted website e.g. Just Youth, Childline etc

**If you have tried to self-manage and access advice but do not feel that you are thriving, you must speak to a professional trusted adult who can refer you to the Single Point of Access. You must be open and honest with this adult to ensure that the team can assess your needs and identify the most appropriate support for you to receive.**



## Getting Help...

Those who require support through a service with focussed goals and outcomes

If you have mild to moderate mental health problems including anxiety, depression and relationship problems, you will be provided with goal focussed, evidence informed interventions over a set period of time. They will have clear aims, and criteria for assessing whether these aims have been achieved.

These are examples of the organisations you may see within 'Getting Help' are:

- Kooth
- Reflexions Mental Health in Schools Teams (MHST)
- The Kaleidoscope Group
- Murray Hall Community Trust
- Child Development Centres
- Inclusion Support Services



## Getting More Help...

Those who require specialist support through focussed goals and extensive treatment

If you have severe, complex and enduring mental health problems.

You will be provided with an intervention from:

- CAMHS
- Reflexions
- Eating Disorders Team
- Early Intervention in Psychosis
- Liaison & Diversion Services

These are examples of the interventions you may see within 'Getting More Help' are:

- Cognitive Behavioural Therapy
- Systemic Family Therapy
- Solution focussed brief therapy
- Art / Music Therapy
- Positive Behaviour support
- Consultations with professionals and family
- Occupational Therapy
- Psychotherapy
- Dialectical Behavioural Therapy



## Getting Risk Support...

Those with a high level of need

This extra specialist support will assist those with very high mental health needs who have been unresponsive to other treatments but still have a significant concern or risk.

This intervention will be delivered by:

- CAMHS Crisis and Home Treatment Team
- Intensive Support Team
- Eating Disorder Outreach Service
- Inpatient Teams
- Urgent Care and Crisis Services