



Rapid Impact Assessment: Thrive Model (Interim Finding)

Tuesday 22nd October 2019

Background:

Since September 2018 we have been co-designing the Thrive model. This work has been done in collaboration with the voluntary and public sector, people with lived experience, and carers. This has been supported by the Big Lottery Community Funds through the Innovation Unit. From January 2020 till the end of November 2020 we will be prototyping this model in Edinburgh. Learning from this will be used to inform any changes to the formal commencement in December 2020.

During the design phase we carried out an interim Rapid Impact Assessment to consider the challenges and opportunities the model brought for our citizens and stakeholders. This happened with a group of over 30 participants from different backgrounds including people with lived experience, carers, and staff from across voluntary and statutory sector. We plan to do our full Integrated Impact Assessment in early Autumn 2020.

Service Description:

The model has four key connecting components:

Thrive Welcome Team: will be the point of access for mental health support in each locality. It is a multi-disciplinary team and multi-agency team that works with individuals to find the right help when needed including social, therapeutic and medical help.

Thrive Collective: The Thrive Collective services are directly commissioned through this process. Thrive Collectives will also include our statutory mental health services. There will be a range of services, programmes and activities which provide interconnected social, practical, emotional, medical and clinical support which people need to improve their lives. The Welcome Team will through the Collective helps to ensure that people get the right support through facilitating access to a range of support.

Thrive Network: This relates to the wide range of services and support that exist across Edinburgh. These include: Primary Care Practices, Finance and welfare advice, Drug and alcohol support, Domestic abuse support, Housing support and many others.

Thrive Community: Health is influenced by how our surroundings make us feel and the opportunities they provide. Good places, spaces and buildings create opportunities to be more physically active; feel safe and secure, socialise and play; connect with people. This includes: Community groups, and centres, Community organisations and workplaces committed to the principles of Thrive, Pubs, cafes, hairdressers and welcoming places to meet, Libraries, galleries, and leisure centres Pharmacies, Schools and universities, Faith groups.



Key Findings

At the session we adapted the templates into a simpler format to explore different areas for consideration. These are the findings from the discussions between groups.

- Current exclusion to adult mental health services for over 65. Need to respond to need not age and there shouldn't be an age limit to using the Thrive service/support.
- Discussion around under 18's not being able to take ownership of their care and treatment and not covered as part service. Suggestion to expand or at least be explicit about connectivity and offer. In addition ensuring services respond to need of families and parents.
- Thrive might suit young adults as it has a holistic approach through the Thrive Network and potential services and support that provides dedicated support time.
- No explicit pathways identified for Trans people
- Define how service and support is going to improve for men not currently seeking support
- Need shared culture and language which is shared across communities and ensure accessibility through appropriate settings.
- Could there be in reach to faith communities by the Thrive Welcome Team/Collective?
- Integrated approach to services which wrap around people in the community rather than sit on the boundary waiting to be found
- Ensure staff has core training and standards for marginalised communities
- Opportunities to set up groups to inform service delivery.
- Need to ensure service and support can respond to needs of carers and their responsibilities through linking with carers network and other supports. Get clarification of what is available and link to service model.
- Giving opportunities for making friends through the Thrive Network of services, meaningful activities, and appropriate activities with demographic areas.
- Need to define connectivity and share care pathway for students
- Thrive Environment should be: welcoming, accessible space, less formal setting, good transport links or cycle/walking route, non judgemental,
- Service should have flexible working hours
- Encourage peer support
- Solutions to support single or lone parents.
- Appropriate ways to stay in touch with people – texting and email.
- Access to legal information
- How to build on existing environment in communities
- Travel built into Thrive Welcome Team hours.
- Meeting places for people
- Need to define existing networks in communities including creative opportunities
- Large firms could help share information about Thrive and take part in opportunities for Thrive community.
- Link with work-places and create procedures for them to sign up to Thrive community
- Think about co-location with current known services such as GP and libraries
- Volunteer or workplace opportunities
- Define management structure



- Foreign language and BSL
- Strong leadership who hold the vision

Next Steps

During the prototyping we will share these findings and ensure we are considering them in the iterations of our model. In Autumn 2020 we will carry out a formal Integrated Impact Assessment for final reporting and publication.

For further information on the model or process please contact: cat.young@nhslothian.scot.nhs.uk