



**I-Thrive Model  
For  
Knutsford Academy and Cheshire Studio  
School**

## **Introduction : The Anna Freud iThrive Model**

The THRIVE framework is a child-centred needs led approach to delivering mental health services. The framework is broken down to five sections with increasing levels of support:

- Thriving (no advice or support needed)
- Getting Advice and Signposting
- Getting Help
- Getting More Help
- Getting Risk Support

The table below applies these principles and places them into the setting for Knutsford Academy and Cheshire Studio School and provides a list of appropriate services at each level.

The table below should be used in conjunction with other advice on the school website.

Getting Advice and Signposting	Getting Help	Getting More Help	Getting Risk Support
<ul style="list-style-type: none"> <li>➤ <b><u>My Mind</u></b> For CYP of all age groups and parent / carers and education professionals</li> <li>➤ <b><u>Anna Freud on my mind</u></b> For CYP of all age groups and parents and carers : <ul style="list-style-type: none"> <li>▪ <u>Urgent help</u></li> <li>▪ <u>Service directory</u></li> <li>▪ <u>Self-care</u></li> <li>▪ <u>Primary self-care</u></li> <li>▪ <u>Secondary self-care</u></li> <li>▪ <u>LGBTQ plus and mental health</u></li> <li>▪ <u>Understanding referrals</u></li> <li>▪ <u>Receiving support</u></li> <li>▪ <u>Dealing with loss and bereavement and traumatic bereavement</u></li> <li>▪ <u>Managing social media</u></li> <li>▪ <u>Helping someone else</u></li> <li>▪ <u>Jargon buster</u></li> <li>▪ <u>Shared decision making</u></li> <li>▪ <u>Know your rights</u></li> <li>▪ <u>Get involved</u></li> </ul> </li> <li>➤ <b><u>Childline</u></b> For CYP under 12 years</li> <li>➤ <b><u>MindEd For Families</u></b></li> <li>➤ <b><u>BBC Bitesize Support</u></b> For CYP aged 11 plus</li> <li>➤ <b><u>Visyon</u></b> For CYP aged 11 plus - this may be a listening ear or help with sign posting and or recorded webinars such as managing anxiety</li> <li>➤ <b><u>Mental health and wellbeing APPS</u></b> for CYP of mixed age groups</li> <li>➤ <b><u>Kidscape</u></b> For CYP of all ages - tips on dealing with bullying and cyberbullying and ways for young people to build their confidence.</li> <li>➤ <b><u>Anti-Bullying Alliance</u></b> For all age ranges</li> </ul>	<ul style="list-style-type: none"> <li>➤ <b><u>Mental Health Support Teams (MHSTs)</u></b> are a new service designed to help meet the mental health needs of children and young people in education settings.</li> <li>➤ <b><u>Visyon</u></b> For CYP aged 11 plus who live in Cheshire East and would benefit from support such as a listening ear, counselling, wellbeing groups or mentoring. Along with parents of children under the age of 11, who would benefit from advice such as 'supporting your child's wellbeing'.</li> <li>➤ <b><u>Just Drop In</u></b> For CYP aged 11 plus who live in the Macclesfield and surrounding areas and would benefit from a bit of help in finding their feet or who are struggling with their emotional health and wellbeing. Along with support in other ways for parents and carers of CYP aged 8 – 25.</li> <li>➤ <b><u>Swans CIC</u></b> For CYP attending schools based in Congleton. This service provides school based emotional support and mental health workshops and counselling Referral's are made by participating school settings.</li> <li>➤ <b><u>Kooth</u></b> For CYP living in Cheshire East, suitable for all age groups. This service includes an online mental wellbeing community and support from message boards to resources and online counselling.</li> <li>➤ <b><u>Cheshire without Abuse</u></b> For CYP and parents living in the Cheshire East affected by domestic abuse and help for people who harm others. This service provide one-to-one support specially designed for children and young people affected by domestic abuse, as well as parenting advice and support for adults.</li> <li>➤ <b><u>Space4Autism</u></b> For both CYP parents/carers and children and adults,</li> </ul>	<ul style="list-style-type: none"> <li>➤ <b><u>Macclesfield CAMHS</u></b> is based in Macclesfield and includes Congleton, Handforth, Holmes Chapel, Knutsford, Macclesfield, Poynton, Wilmslow area.</li> <li>➤ Referrals are considered by evidence of a mental health disorder and significant impairment of functioning and risk</li> <li>➤ When a CYP is aged 0-18 and their GP is located in South Cheshire locality, CYP up to 18 years of age can be referred by a professional (such as a GP or teacher). Click on each of the links below for more information about what the service can offer, who it is for and how you can make a referral. <ul style="list-style-type: none"> <li>▪ <u>CYP Wellbeing Hub</u></li> <li>▪ <u>CAMHS</u></li> <li>▪ <u>CAMHS Learning Disability Service</u></li> <li>▪ <u>CAMHS Eating Disorder Service</u></li> </ul> </li> <li>➤ When a CYP is aged 0-18 and their GP is located in East Cheshire CAMHS locality CYP up to 18 years of age can be referred by a professional (such as a GP or teacher).</li> <li>➤ Click on each of the links below for more information about what the service can offer and how you can make a referral. <ul style="list-style-type: none"> <li>▪ <u>CAMHS Primary Mental Health Service</u></li> <li>▪ <u>CAMHS</u></li> <li>▪ <u>CAMHS Learning Disability Service</u></li> <li>▪ <u>CAMHS Eating Disorder Service</u></li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>➤ <b><u>Ancora House</u></b> This service provide a specialist inpatient unit for young people who are having difficulties with their thoughts, feelings or behaviour and need a short stay in hospital. Education settings cannot refer into this service.</li> <li>➤ <b><u>Forensic Child and Adolescent</u></b> This service provide specialise expert advice and consultation to agencies working with children and young people with complex presentations and display high risk behaviour. Click here for more information about who the service can work with and how to refer.</li> </ul>

Getting Advice and Signposting	Getting Help	Getting More Help	Getting Risk Support
<ul style="list-style-type: none"> <li>➤ <b><u>Educational Action Challenging Homophobia (EACH)</u></b> For CYP up to 18 years of age - for children experiencing homophobic, biphobic or transphobic bullying or harassment</li> <li>➤ <b><u>Teen Sleep Hub</u></b></li> <li>➤ <b><u>Childline</u></b> For CYP aged 12 years and over</li> <li>➤ <b><u>Young Minds</u></b> For CYP aged 12 years and over</li> <li>➤ <b><u>Youth Council</u></b> For CYP aged 11 to 18 years. Have your say and be involved in decision making processes locally and regionally.</li> <li>➤ <b><u>ChatHealth</u></b> – text messaging facility for 11–19-year-olds (delivered by the School Nursing Team)</li> <li>➤ <b><u>Mind</u></b> – For CYP aged 12 years and over</li> <li>➤ <b><u>Ditch the Label</u></b> For CYP aged 12 to 25 years - issues from mental health and bullying to identity, Asian hate crimes and relationships.</li> <li>➤ <b><u>The Mix</u></b> For CYP aged 13 to 25 years</li> <li>➤ <b><u>Sane</u></b> For Young People aged 16 years and over</li> <li>➤ <b><u>Student Minds</u></b> For Young People aged 16 years plus</li> <li>➤ <b><u>Charlie Waller Trust</u></b> For young people starting sixth form, college and university</li> <li>➤ <b><u>Cheshire East Carers' Hub</u></b></li> <li>➤ <b><u>Barnardo's See, Hear, Respond programme</u></b>, For vulnerable CYP</li> </ul>	<p>living in Cheshire East. This service provide specialist support to families primarily on the autism spectrum (whether diagnosed or not) for both.</p> <ul style="list-style-type: none"> <li>➤ <b><u>Ruby's Fund</u></b> SEND family support and wellbeing services is for <b><u>parent carers</u></b>, SEND children and their <b><u>siblings</u></b>. You can visit the sensory centre in Congleton or you can access support through RF outreach services across Cheshire East.</li> <li>➤ <b><u>CIO and Survivors of Abuse</u></b> For CYP over 14 years of age and adults of childhood sexual abuse, rape, incest and domestic violence. This service provides counselling and art therapy.</li> <li>➤ <b><u>Beacon Counselling Trust</u></b> – For CYP aged 11 plus experiencing gambling related harms across the Northwest of England. Help is also available for those affected by another person's gambling.</li> <li>➤ <b><u>Change Grow Live</u></b> For both young people and adults who live in Cheshire East and are affected alcohol and drug related problems or those affected by drug and alcohol problems. This service provides advice and information and education such as drop-ins, PHSE lessons, assemblies, teacher training and much more.</li> <li>➤ <b><u>Youth Support Service</u></b> For CYP aged 13 to 25 years, who live in Cheshire East and could benefit from support such as open access, targeted Youth Work, Outdoor Education, focused support for NEET (Not in Education, Employment or Training), support to young people who have an EHC plan, and transitional planning for targeted young people preparing for adulthood.</li> <li>➤ <b><u>Youth Justice Service</u></b> For CYP aged 10-17 years across Cheshire who have</li> </ul>		

Getting Advice and Signposting	Getting Help	Getting More Help	Getting Risk Support
<p>around the country who are experiencing negative impacts on their health and wellbeing, as well as those at risk of harm.</p> <ul style="list-style-type: none"> <li>➤ <b><u>Advice and rights - Youth Access</u></b></li> <li>➤ <b><u>Daisy's Dream</u></b> - a charity offering a professional support service which responds to the needs of children and families affected by life threatening illness or bereavement.</li> <li>➤ <b><u>Kooth</u></b> For CYP living in Cheshire East, suitable for all age groups. This service includes an online mental wellbeing community and support from message boards to resources and online counselling.</li> <li>➤ <b><u>Cheshire East NHS Nurse</u></b> - The school nursing service works across education and health to deliver a range of support and interventions to improve the health and wellbeing of children and young people. This service can be accessed via email at <a href="mailto:wchc.cehub@nhs.net">wchc.cehub@nhs.net</a> or via phone at 0300 123 4058.</li> </ul>	<p>offended or are at risk of offending to help prevent them from getting into further trouble. This service provides targeted support such as mentoring</p> <ul style="list-style-type: none"> <li>➤ <b><u>ChatHealth</u></b> – text messaging facility for 11-19 year olds (delivered by the School Nursing Team) For other health needs <b><u>The Contact Hub</u></b> aims to ensure people access the right service.</li> <li>➤ <b><u>Cheshire Young Carers Hub</u></b> For CYP of all ages</li> <li>➤ <b><u>Cheshire Young Carers</u></b> Supporting children who care for others support young carers includes respite programmes, individual &amp; group support and working with schools/colleges to provide specialised support</li> <li>➤ <b><u>Suicide Prevention Support</u></b></li> <li>➤ <b><u>Alumina</u></b> 7-week course for young people struggling with self-harm 14–19-year-olds</li> <li>➤ <b><u>www.thecalmzone.net/</u></b> 0800 58 58 58</li> <li>➤ <b><u>www.selfharm.co.uk</u></b></li> <li>➤ <b><u>Papyrus</u></b></li> <li>➤ <b><u>Stay alive</u></b></li> <li>➤ <b><u>Calm Harm App</u></b></li> <li>➤ <b><u>Self- harm pathway Cheshire East</u></b> The content of this document is intended as a pathway and practical guide which signposts professionals working with young people to the appropriate resources</li> <li>➤ <b><u>.My Mind Crisis Support</u></b></li> <li>➤ <b><u>Bereavement Services</u></b></li> </ul>		

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	<ul style="list-style-type: none"> <li>➤ <b><u>Hope Again</u></b> is the youth website of <u>Cruse Bereavement Care</u>.</li> <li>➤ <b><u>The Childhood Bereavement Network</u></b> For CYP of all ages and hub for professionals</li> <li>➤ <b><u>Listening Ear</u></b></li> <li>➤ <b><u>East Cheshire Hospice</u></b> leaflets and support for CYP who have been bereaved within 3 years</li> <li>➤ <b><u>Winston's Wish</u></b></li> <li>➤ <b><u>The Dove Service</u></b> for people within the community from the age of 4 years</li> <li>➤ <b><u>Elsie Ever After</u></b> bereavement support pack for primary and secondary aged CYP</li> <li>➤ <b><u>Daisy's Dream</u></b> - a charity offering a professional support service which responds to the needs of children and families affected by life threatening illness or bereavement.</li> </ul>		