

Advances in care in  
Cheshire and Wirral Partnership NHS  
Foundation Trust:  
Implementing THRIVE principles and  
digital resources

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# Aim of our presentation

- Thrive
- Cheshire & Wirral Partnership NHS FT developed digital resources; MyMind, MyWellbeing and Next Step
- How we use the Thrive Model in our Services

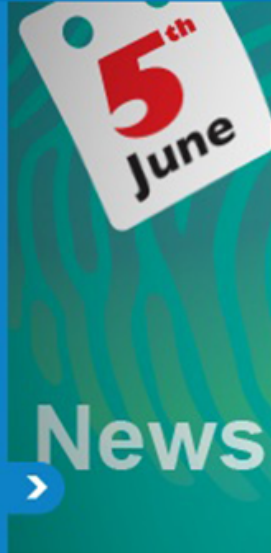


# The THRIVE model



Anna Freud Centre and Tavistock & Portman NHS FT





mymind.org.uk is an NHS website, run by CWP CAMHS. This site has been developed for everyone interested in the mental health and well-being of children and






**cwp** Cheshire and Wirral Partnership **NHS**  
M6 Foundation Trust

# head strong!

**CWP CAMHS**  
WEBSITE DEVELOPMENT

**A BIG PICTURE CONSULTATION**  ENTER

The poster features a central illustration of a pink brain with two muscular arms raised in a 'strongman' pose. The background is a vibrant, abstract design with a rainbow arching over a yellow sun-like glow. The text is arranged in a clear hierarchy, with the title 'head strong!' in large, bubbly letters. The bottom section is a dark pink rounded rectangle containing the consultation information and a play button icon.



Tweets **9,079**   Following **1,095**   Followers **2,692**   Likes **6,956**

Follow

### CWP CAMHS

@mymindfeed

This is an information feed for mymind.org.uk, a CWP NHS Foundation Trust website. If you are in need of immediate help or support, please contact your GP

© CWP NHS Foundation Trust

<http://www.mymind.org.uk>

Joined March 2011

1,166 Photos and videos



### Tweets   Tweets & replies   Media

**CWP CAMHS** @mymindfeed · 15h  
 Filming for our online peer ed toolkit done! Thankyou to the staff & students who took part. & @WeatherheadHigh for the venue! #mymindwirral



1   1

**CWP CAMHS** Retweeted  
**Cheshire SSYP** @CheshireSSYP · 21h  
 @CheshWestLSCB @ThinkuKnowUK . E-safety training for various professionals.. We're in a dance/exercise studio but no music 🙅 so no dancing 🙄



### New to Twitter?

Sign up now to get your own personalized timeline!

Sign up

### You may also like · Refresh

-  **CWP** @cwpnhs
-  **My Wellbeing** @CWPmywellbeing
-  **Kathryn Pugh** @KathrynCYPMH
-  **positivepracticeinmh** @PositivePracti1
-  **Team FRESH** @FreshCAMHS

### Worldwide trends

- #FuerzaMexico**  
988K Tweets
- #MasterChefBR**  
33.7K Tweets





my mind feed

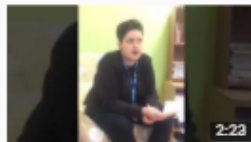
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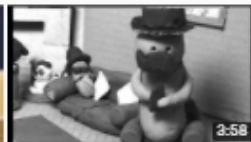
Mental Health in PSHE #mymindmystory  
138 views • 7 months ago



Goal Maps Animation - Team of Life, Charles Story  
207 views • 1 year ago



Wirral Kidstime Workshop SD  
96 views • 2 years ago



ListenUp! 1 wmv  
375 views • 2 years ago



@mymindfeed Young Advisors  
346 views • 2 years ago



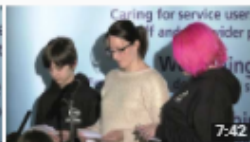
WMHD Children in need  
102 views • 3 years ago



The Art of Participation - Welcome  
172 views • 4 years ago



The Art of Participation - Valuing Values  
96 views • 4 years ago



WMHD Columbia  
76 views • 4 years ago



WMHD 5 Ways to Well-being  
209 views • 4 years ago



WMHD MyMind  
212 views • 4 years ago



WMHD Next Step  
114 views • 4 years ago



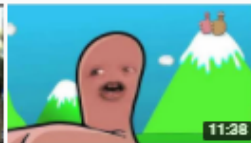
WMHD Team of Life  
115 views • 4 years ago



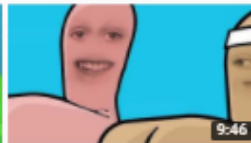
Keep Learning  
290 views • 4 years ago



Life is a journey  
757 views • 5 years ago



It's a beautiful day! A short animation about  
175K views • 5 years ago



A Beautiful Day - An animated introduction into  
6.1K views • 5 years ago



Keeping in touch with CAMHS - Max's 5th video  
770 views • 5 years ago





Sleep is a series of practical online resources that were developed by our Wirral Sleep Service to support families and professionals in encouraging good sleeping habits amongst children.

#### So, who are we and what do we do?

Wirral Sleep Service is part of Cheshire and Wirral Partnership NHS Foundation Trust (CWP) Child and Adolescent Mental Health Service (CAMHS). Our work has a focus on providing targeted interventions to children and young people with specific learning needs.

MySleep provides an opportunity for us to share information and advice from our specialist team. After all, as parents and carers, teaching good sleeping habits to our children can prove a challenge to us all!

#### My Sleep resources

This is a short outline of the resources you can find within MySleep, together with a brief description about how you might find them useful. Simply click on a button to load the pdf file or right click the button and choose 'save as' to select where the file is stored.

MySleep Downloads

MySleep guide



**My Sleep guide** to better understand sleep problems, why they occur and tips for tackling some of common difficulties that families experience. This comprehensive document contains links to all the other resources and can be stored, shared and printed out for future use.

**Sleep diary** a helpful chart for recording your child's sleep habits. Allowing you to see sleep patterns, notice the affects of different activities and behaviours and develop a bedtime routine that works for your child.

**Visual timetables** a practical activity that you can use with your child to develop their own visual display of their bedtime routine. A short guide explains how the timetable works and provides tips on how to get the most from

**Health Downloads:** FREE

**Safety Downloads:** FREE

**Shine Positive Downloads:** FREE

**Chillax Relaxation Downloads:** 0







## Staying in hospital

### Why would I need to stay at hospital?

It might be decided that a stay at hospital is needed. This would only be decided if it was the right sort of help for you at that time, and you would stay in a special unit with other young people who are also getting help from CAMHS.

### Do I have a choice?

In most situations we will discuss this option with you and your parents/carers and we will get your consent (permission) first.

But, if we have real concerns that your mental health difficulties are putting you or other people at risk of harm, then we may need to arrange for you to go into hospital even without your consent.

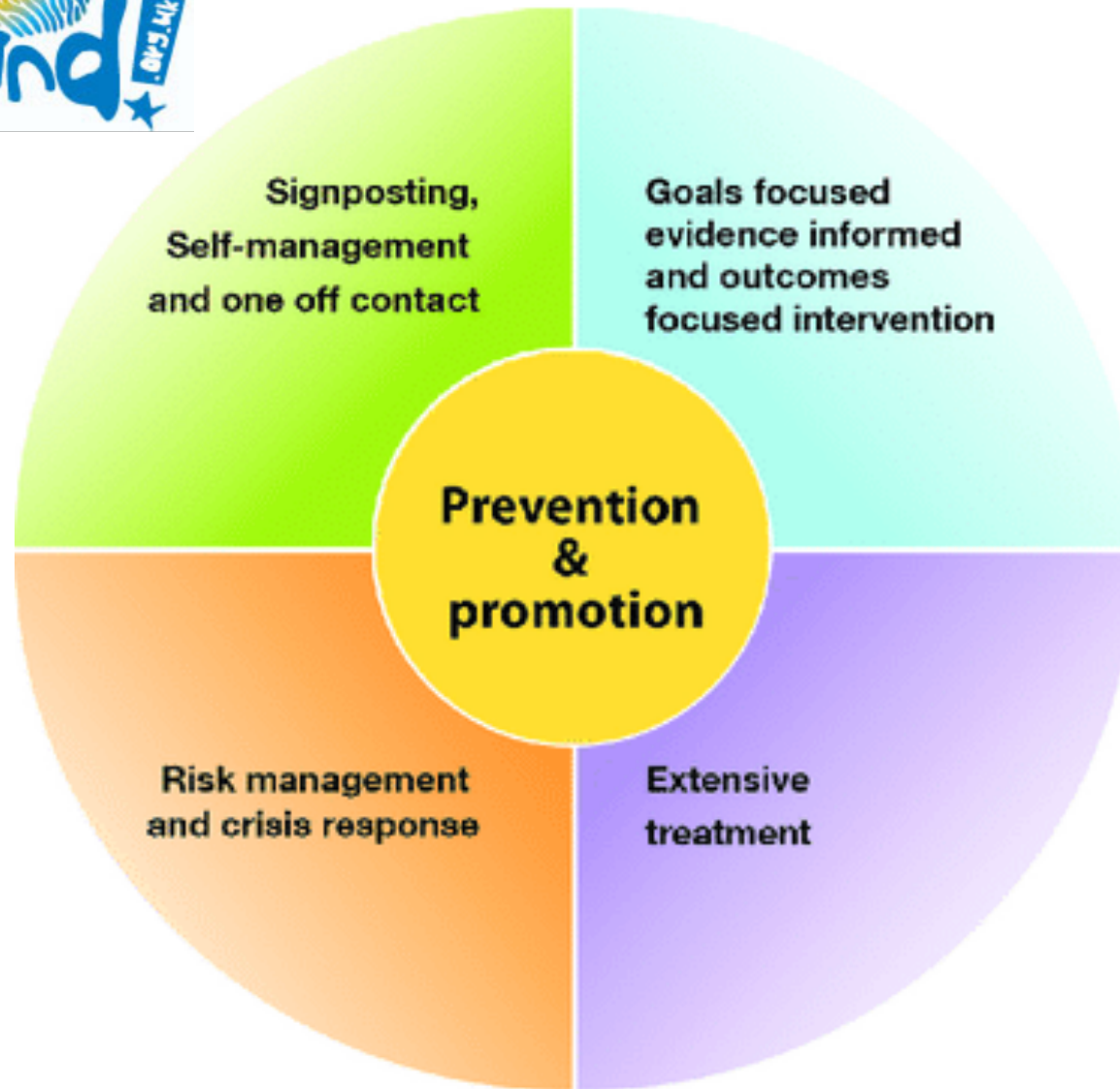


To find out more about our own specialist inpatient services, use the button below:



Available for young people aged 13-18 from









[About Us](#) [Primary](#) [Secondary](#) [16+](#) [Parents & Carers](#) [Professionals](#)

## Welcome to My Well-being

Welcome to the MyWell-being website! On here you will find lots of information about your health and well-being. Guiding you to extra support if you need it....

[My Well-being Online Chat](#) - *Click for times*

If you are a young person aged 11-19 yrs, who either live or attends school or college in the Cheshire West and Chester area you can chat online to one of our team.



Primary



Secondary



16+



Parents & Carers



Professionals



Contact Online Team

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Cheshire and Wirral Partnership   
NHS Foundation Trust

11-



# NEXT STEP

A goal based outcome resource.

Developed by young people for  
young people.



# NEXT STEP



# NEXT STEP

The image displays a collection of 11 cards arranged in two rows. Each card features a central illustration and a 'Closer look' button at the bottom.

**Top Row:**

- Home:** Illustration of a house with people inside. Button: Closer look.
- Safe:** Illustration of a yellow padlock. Button: Closer look.
- Family:** Illustration of a family of four. Button: Closer look.
- Me:** Illustration of a person's silhouette. Button: Closer look.
- Friends:** Illustration of two people shaking hands. Button: Closer look.
- Mood:** Illustration of a scale of justice. Button: Closer look.

**Bottom Row:**

- Community:** Illustration of interlocking gears. Button: Closer look.
- Feeling:** Illustration of a person with a speech bubble saying 'Feeling'. Button: Closer look.
- Others:** Illustration of a group of diverse people. Button: Closer look.
- Strong:** Illustration of a person lifting a barbell. Button: Closer look.
- School:** Illustration of a pencil case. Button: Closer look.
- World:** Illustration of the Earth globe. Button: Closer look.

[View cards](#)

[Save cards](#)





They make you feel happier, safe and controlled.

They help you with your problems

If you have a problem troubling you it will help.

You don't have to talk about the thing that you're scared of, but you can talk about your feelings.

You can do whatever you want with them, arrange them how you want

You're in charge of the cards, they help.

You don't have to talk about it from your mouth, you can just show a card

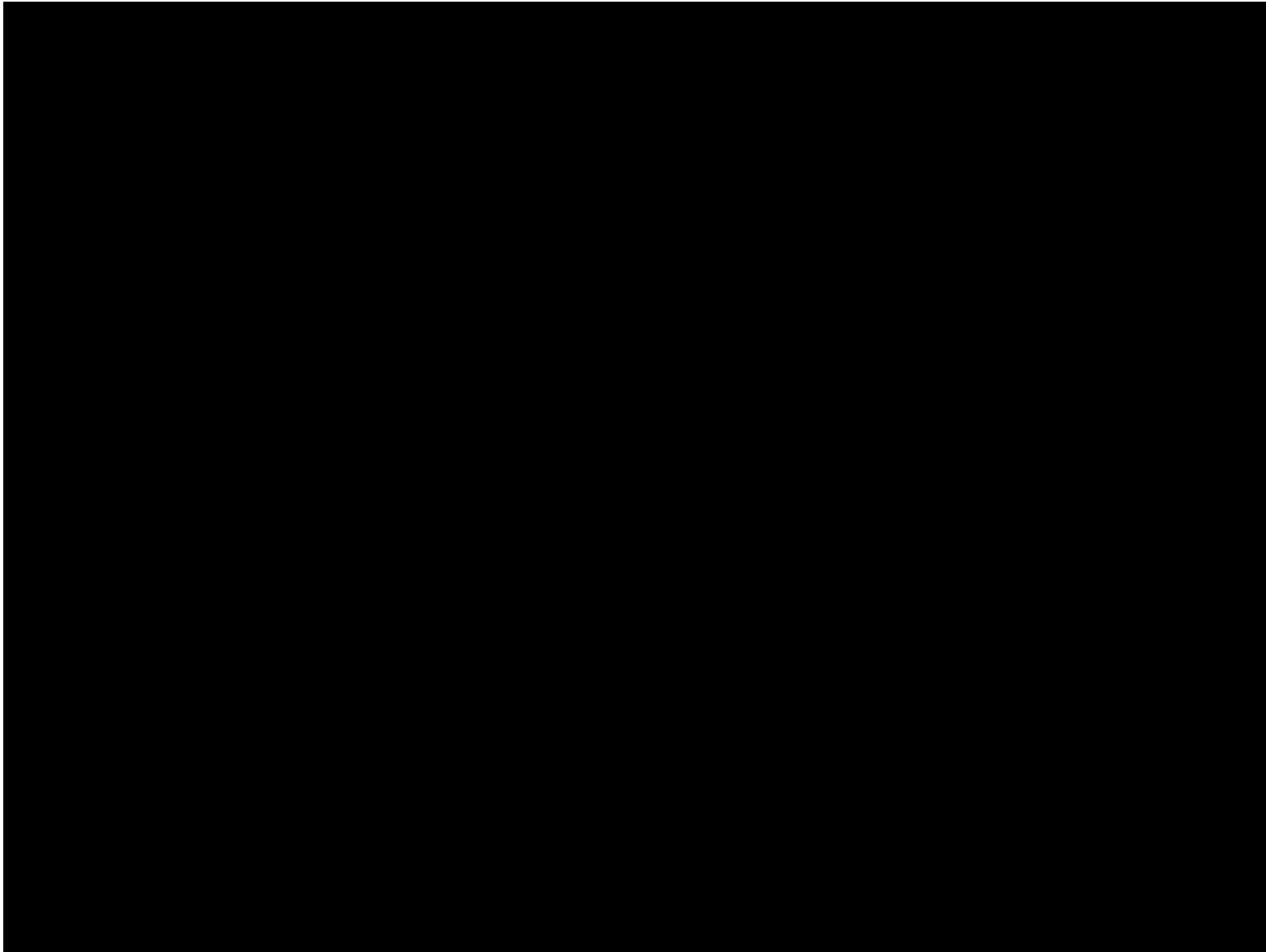




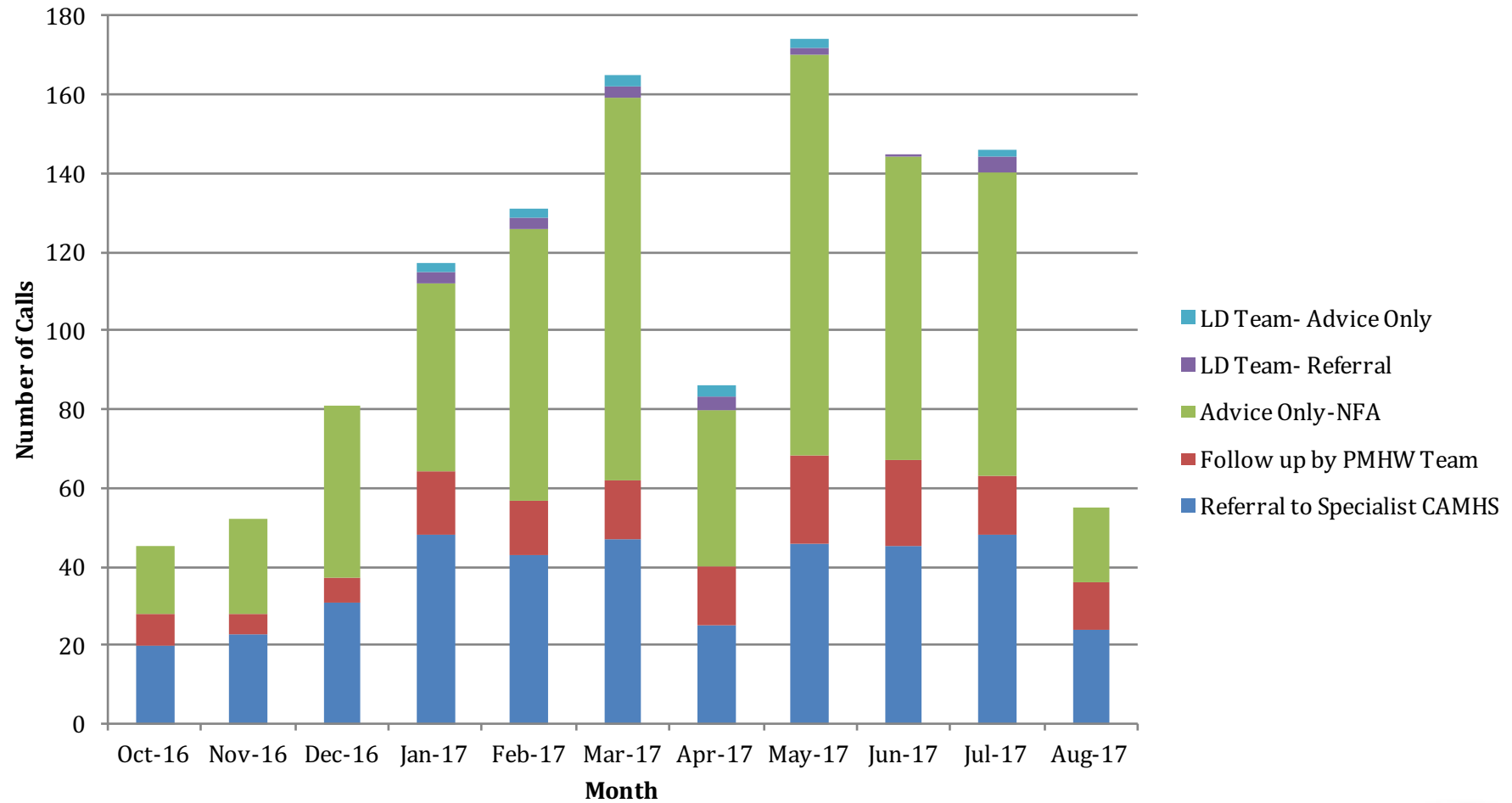




# Kevin's Next Step journey



# Application of thrive in Wirral



# Application of thrive in Wirral



# Questions

