



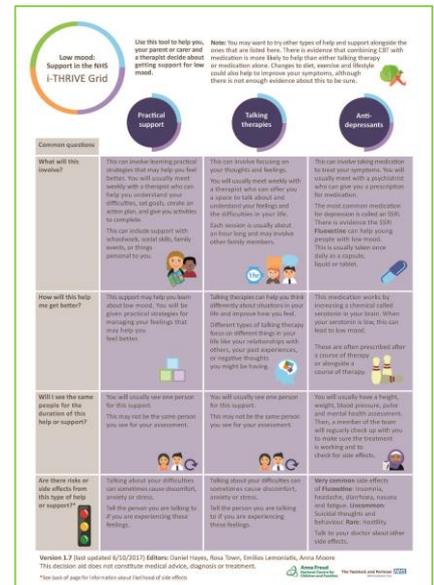
# Using i-THRIVE Grids to improve shared decision making

## 1.1 Introduction

i-THRIVE Grids are NICE-endorsed, paper-based decision aids which aim to improve shared decision making between young people, families and children’s workforce professionals. The grids cover specialised evidence-based treatments, alongside community support options for a range of presenting difficulties including low mood, ADHD, self-harm and generalised anxiety. To date, eight i-THRIVE Grids have been co-produced in collaboration with young people, parents/carers and experts in the field of child mental health and wellbeing.

## 1.2 i-THRIVE Grids training

To access the i-THRIVE Grids, professionals must complete an initial i-THRIVE Academy training on how to use the grids. This is to ensure that the i-THRIVE Grids are used appropriately and in accordance with existing evidence around improving shared decision making. There is also additional training available to localities, outlined below.



## Description of training content

From the i-THRIVE Grids pilot in Camden CAMHS in 2016-17, it was determined that an initial, in-depth training is necessary to ensure clinicians are appropriately skilled at using the grids in practice. This training covers shared decision making (research and interventions/tools), the development and piloting of the i-THRIVE Grids, and practical skill development in using the i-THRIVE Grids. Participants are provided with copies of the grids upon completion of the training.

Additional evaluation training is available for localities who wish to evaluate shared decision making in practice. This information is valuable for localities who would like to develop quantitative evidence of their shared decision making and are seeking to identify improvements over time. Training follow-up and sustainability planning is also available to localities who have implemented the i-THRIVE Grids.

Finally, ad hoc support (depending on need) is available for advice and/or to amend the additional resources on the reverse of the grids to suit the local area.

## Costings

Trainings available	Cost
Using i-THRIVE Grids to promote shared decision making	<b>£1500 per day (plus travel)</b>
i-THRIVE Grids evaluation	<b>£1500 per day (plus travel)</b>
i-THRIVE Grids: Implementation follow-up and sustainability planning	<b>£1500 per day (plus travel)</b>
Additional ad hoc support	<b>On arrangement</b>

## Contact information

For additional information, please email Bethan Morris, i-THRIVE Research Officer, at [bethan.morris@annafreud.org](mailto:bethan.morris@annafreud.org).