

Thrive Young Person Service - Primary Care

Overview: Primary care is ideally suited to provide adolescent services to YP as good health in adolescence extends into adulthood and the next generation. The Thrive YP service runs across GP practices in Hertfordshire for 11-25s in late afternoon slots as preferred by YP. They provide a holistic assessment by up-skilled GPs who have links to community services and third sector groups to help support YP needs. YP can be booked in by their GP or self refer. The model was built to the You're Welcome standards.

Objectives:

- Provide YP friendly healthcare in a setting that meets their needs
- Provide early intervention for health problems
- Improve the GP experience for YP
- Narrow the treatment gap between MH need and those able to access support

Results:

83% attend the appointment
95% report a MH problem, only 5.8% are referred to CAMHS
50:50 first appointment to follow up
80% felt suited them better than own GP
85% score it 8/10 or more

"very reassuring and supportive"

"enough time to concentrate on me"

"slightly rushed"

Learning:

- Has reduced pressure on wider system
- Good engagement and satisfaction
- Good partnership working with local service
- High levels of neurodiversity
- 30 min appointments can still be rushed for bio-psycho-social approach
- Managing data and feedback to see how clinic is performing is challenging



More information: <https://www.hwehealthiertogether.nhs.uk/professionals/gp-primary-care-staff/gp-clinic-resources-young-people>