



**YMCA**

## **Prevent, Detect and Support Mental Health & Well-being in your school**

A 24/7 self help tool for students, staff and parents to improve outcomes for your school.



**YMCA TRINITY GROUP**

Updated 2020



# WHO WE ARE

## **Thrive**

Founded in 2012 by Dr Andres Fonseca, consultant psychiatrist and Dr Adam Huxley, consultant clinical psychologist, Thrive is a clinically proven app that prevents, detects, and treats common mental health conditions. Thrive promotes resilience, detects conditions before they become too severe, improves recovery rates dramatically, signposts for further support, provides in-app treatment, reports usage data and much more.

Over one million individuals have access to the App through partnerships with Aviva, Priory group, professional football academies and others.

## **YMCA Trinity Group**

We are a locally based charity that has been at the heart of community transformation in Cambridgeshire and Suffolk since 1852. Our focus has always been on building proactive and sustainable communities with an emphasis on supporting young people, helping them to realise their full potential on their journey from dependence to independence.

Menu of Services offers schools and partners a range of services to improve the physical, emotional and psychological wellbeing of young people in their care. This includes counselling and therapy, building resilience group work, mentoring, family work, qualifications, and staff training.

## **Partnership**

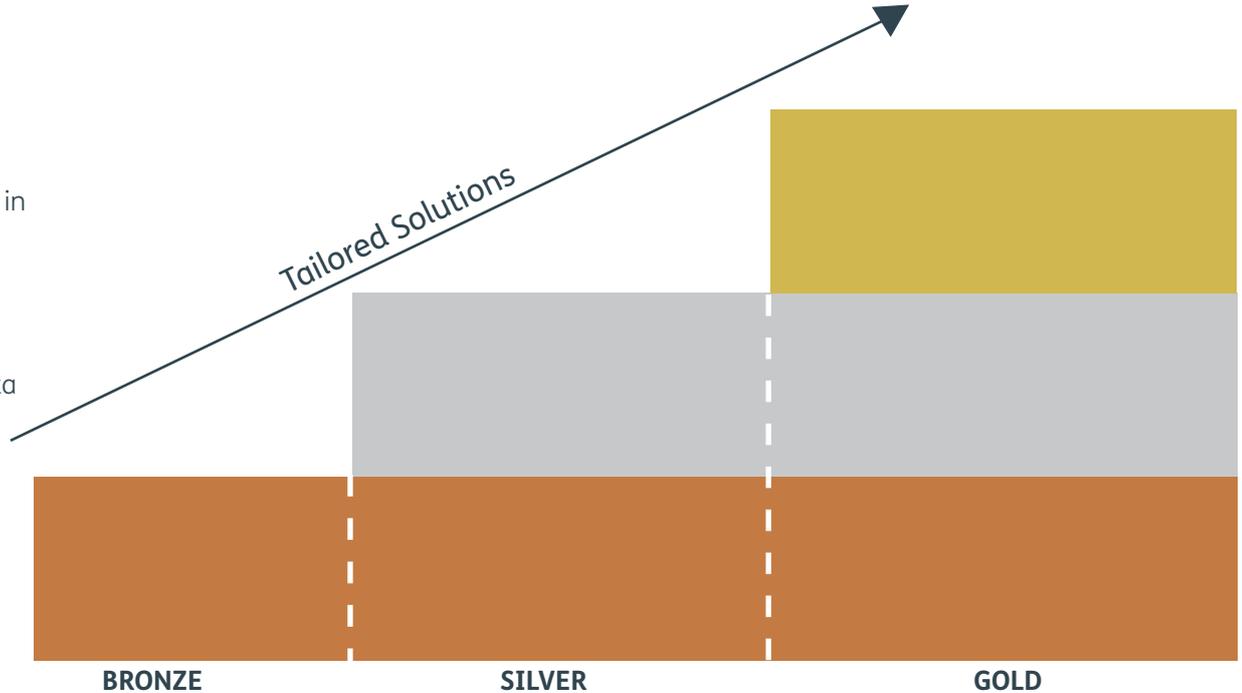
YMCA and Thrive are passionate about promoting resilience and supporting those with mental health issues. By working in partnership, we hope to achieve significant impact on people's lives and enable schools and organisations to access tried and tested tools at a fraction of the retail price. In addition, our tailored options will provide the opportunity to further customise the app to the bespoke needs of schools, whilst benefitting from being part of a wider solution to enhance provision and access to clinical face to face support for those that need it most.

# THE WELLBEING JOURNEY

**Targeted support**  
Clinical face to face  
intervention for those in  
need

**Identifying specific  
school needs**  
Tailored wellbeing data  
and empowerment  
programme

**Wellbeing support  
for all**  
Thrive App



# Thrive App - Wellbeing Support for ALL

## 01

### PREVENTION

Personalised goals to reduce risk factors. Carry out daily activities to improve your resilience. From learning stress busting techniques, to playing our fun distraction games and completing exercise goals.

## 02

### DETECTION

Completed via a clinical assessment tool – (PHQ9/GAD7) analysing the user’s mental wellbeing. This daily screen can determine if a user is suffering with mental health issues such as anxiety or depression.

## 03

### TREATMENT

Users will be given a personalised wellbeing plan. By using our thought trainer to learn CBT skills, it will help them manage situations where stress is starting to affect their performance, whilst providing them with guides, games, exercises and more.

Alongside digital support, YMCA Trinity Group will be on hand to provide direct interventions and staff training to support you with your wider health and wellbeing needs, through an integrated referral pathway. This means that 4 you will not be left alone to deal with any issues that may arise.

# THRIVE APP - THE MENTAL WELLBEING SOLUTION FOR YOU AND YOUR STUDENTS

## Clinically Proven



Clinically proven and based upon research done with UCL. Evidence is at the heart of everything that we do.

## Accessible



Available on all apple and android devices, it can also be used via web browsers on all computers.

## Intelligent



Thrive learns from the user allowing it to suggest activities and provide personalised resources.

## What else?

Built using computerised cognitive behavioural therapy (cCBT)

Encourages support-seeking behaviour and detects issues before they become severe

Provides comprehensive wellbeing measures to identify need and success

Direct links to local services to make referrals

All other wellbeing services can be integrated within the app, allowing 24/7 access to the support needed.

# APP SERVICES



## INTEGRATION

Thrive can be integrated with your current wellbeing services, allowing users to seek help through extra support.



## CUSTOMISATION

### **Mood Meter:**

Tailored to specific situations related to your students to give the most relevant options.

### **Support Box:**

Potential for integration with YMCA services, allowing students to be referred to clinical help.

### **Progress:**

Emotional and usage data logged, enabling user to initiate contact with support by sharing their reports.



## REPORTING

The app collates anonymous, aggregate student data that records specific stressors and situations. This can be sent to you if required, allowing you to make internal changes and improvements from honest data you may not receive otherwise.

# The Thrive App

our results!

## YMCA TRINITY GROUP

This wellbeing app enables students and teachers to take control of their mental health 24/7

Check out the significant impact we've seen amongst our users so far...

100%

Usage rate once downloaded

of which  
52%  
are regular users

22%

of users sought outside help as a result of using the app



Results achieved over the academic year 2018-19



The cost of treatment

£4 totalled per person<sup>^</sup>



Positivity achieved through The Thrive App

School Friends Hobbies Leisure Family

19% of those with moderate or severe depression recovered\*

a minimum £270 for 1 to 1 treatment through a basic counselling programme

### Concerns flagged by The Thrive App:

- ▶ How I look
- ▶ Problems with friends
- ▶ Health
- ▶ Something bad that happened

<sup>^</sup> Based on number of moderate/severe screens against cost of downloads (as treatment tools provided in the app)

\* Measured based on NHS guidelines - PHQ9 moderate/severe scores being reduced to negative consistently over 2 week period

# BENEFITS OF OUR APPROACH

We understand that every school, college and university is different. That's why we pride ourselves on delivering a customised, personalised and unique solution to each of our partners. Some of the many benefits are below, and suit any education provider.



Tailored Partnership Service.



Regular app updates, always adding more content.



Reduces recovery time - gets students back to learning.

## OPTIONAL EXTRAS:



Full customisation of Thrive App.



Branded and customised roll out pack with training events.



School reports with data.



Support for every student and staff member – with and without a mental health condition.



Integration with current services.

# WELL-BEING SUPPORT FOR ALL

## The Bronze Package

The Thrive App provides a fantastic opportunity for schools to address the wellbeing needs of students, staff and parents.

The bronze package will enable all users to access the full functions of the app, which include a range of prevention, detection and treatment tools. This enables users to build resilience and self-help or self-refer to reduce the burden on staff and settings to address needs on their own, and provide an effective whole school wellbeing offer linked to existing provision.



# IDENTIFYING SCHOOL NEEDS

## The Silver Package

The app can also present a unique insight into the bespoke needs of your school through an optional package, which provides you with tailored usage data on a termly basis.

The Silver package gives you with a wealth of information about how your users are accessing the app and what the trends are in terms of your school wellbeing needs. This will enable you to identify gaps in current school provision and start to improve outcomes for your school.

To facilitate this, YMCA will also provide you with discounts on their tried and tested training programmes, which will enhance the knowledge of staff and empower key individuals to develop provision within the school. These include the following:

**Introduction to Mental Health – A Whole School 2hr training session** to increase awareness of how mental health issues develop and how to support those in most need.

**Delivering Early Interventions Train The Trainer** – This 1 day course will introduce the theories behind how to deliver effective early interventions, as well as unique access to a suite of tried and tested schemes of work for all ages in various resilience based modules.

**Mental Health Champion Train The Trainer** – This 3 day course will empower lead individuals to cascade knowledge on a wide variety of mental health issues to other staff. It also gives the school FREE access to seven different modules, clinical support and the opportunity for yearly refresher training and peer support programmes.

**Staff Wellbeing – A Whole School 2hr training session** with a focus on the science behind wellbeing, the importance of your own wellbeing, and the impact of this on young people.

# TARGETED SUPPORT

## The Gold Package

Despite the comprehensive support and wellbeing provision that the Thrive App and YMCA Training can provide and the subsequent early intervention programmes offered, there are inevitably going to be times where professional support is required for those with the highest needs.

YMCA has over 30 years experience in providing mental health services to young people locally, and now has a whole range of interventions that are delivered by clinically trained professionals.

The Gold package provides schools with a seamless link into clinical interventions that may be identified as being required through the clinical tools built into the app, or through the empowerment programme the YMCA training provides. We are therefore offering an opportunity for schools to build in access to a bank of 50 credits, which can be used for immediate clinical interventions such as therapy or counselling led by qualified YMCA therapists.

Also included is a FREE Whole School 2hr training session to increase awareness of how mental health issues develop and how to support those in most need.

This holistic approach to wellbeing enables you to support the whole school community throughout their wellbeing journey, in a holistic, sustainable and cost-effective way.

**For more information about any of the training or interventions available for schools, please go to our website [www.ymcatrinitygroup.org.uk](http://www.ymcatrinitygroup.org.uk) or contact 01733 373187.**

# WHY ACT NOW?

70%

Have not had appropriate interventions at a sufficiently early age.



300,000 young people have an anxiety disorder.



1 in 10 struggle to sleep a night.



92% have not had appropriate interventions at a sufficiently early age.

20%

Of adolescents may experience a mental health problem in any given year.



1 in 3 students have considered suicide by the age of 16.



20% of students consider themselves to have a mental health condition.

50%

Of mental health problems are established by age 14.



School stress is the main cause of depression in young people.



4 in every school classroom have a mental health diagnosis.

76%

Of teachers said they had seriously considered leaving their job in the last year due to stress.



67% of schools staff said their job had adverse affect on their mental health.

# SECURITY & PRIVACY

## Data transmission

All data is encrypted on transmission and sent via HTTP over TLS (HTTPS). We use Let's Encrypt for our certificates which provides SHA256 signing. In addition to this all data is scrambled. The public key is 2048 bit, and all the certificates have life spans of 3 months.

## Data storage

All data is encrypted at rest on our UK servers. The encryption is AES256 (symmetrical) where the key is one of a possible 1024 keys from a pool. The encryption key is selected via a hash function on the database key of the document being encrypted. For storage, the database key itself is then also hashed using SHA512. In this way, without knowing the plain-text key, it is not possible to even test for the existence of an object.

## Device policy

No personal data is ever stored on devices except during offline operation. All personal data is removed from the device as soon as it is online again.



## Thrive Therapeutic Software Ltd operates a strict privacy policy.

All data we gather is used only for providing and improving our services to our users. YMCA will also use anonymised aggregated data to act as evidence for research and promotional purposes. Schools that purchase their data will also have access to anonymised and aggregated data relevant to their users. We never share personal information with third parties.

Anonymised aggregate information is used to:

- ▶ Fulfil our regulatory reporting obligations.
- ▶ Produce actionable reports for our client organisations.

## Compliance

- ▶ Compliant with ISO 27001:2013 standards.
- ▶ ICO registered.
- ▶ Compliant with the Data Protection Act 1998.
- ▶ Compliant with the NHS IG Toolkit.
- ▶ We hold all user data for a minimum of 20 years.
- ▶ Data requests follow the Caldicott Principles.\*

\*All users can request their own records in CSV format by contacting us using their registered email address.

App Provision	Bronze	Silver	Gold
Individually personalised 24/7 self help tool for ages 11+ on all Apple and Android devices as well as desktop access	•	•	•
Clinically proven prevention, detection and treatment tools including: <ul style="list-style-type: none"> <li>▶ A wide variety of relaxation and meditation exercises</li> <li>▶ Clinical assessment tools</li> <li>▶ Fun distraction games</li> <li>▶ CBT and Applied Relaxation Programmes</li> <li>▶ Memory Training Game</li> </ul>	•	•	•
CBT mood meter and tracking	•	•	•
Daily personalised goals and ability for schools to set goals for users	•	•	•
Positive messaging system and Wellbeing guides with reward points system for usage	•	•	•
Links to further local support (e.g. child line and Samaritans) and ability to refer to YMCA for clinical interventions	•	•	•
FREE code for lead staff members to demonstrate the app to users	•	•	•
Regular app updates and new content	•	•	•
Online web resource with videos, assembly templates and user guides	•	•	•
Use student webinars as part of PSHE curriculum (via web access)	•	•	•
Parent access to app with resources and webinars	•	•	•
Quarterly Aggregated usage data <ul style="list-style-type: none"> <li>▶ No. of downloads/users</li> <li>▶ Average time spent per user</li> <li>▶ Average no. of days per week used</li> <li>▶ Average mood of users</li> <li>▶ No. of positive mild/moderate/severe anxiety / depression screenings</li> <li>▶ No. seeking further support</li> <li>▶ No. of anxiety/depression recoveries/improvements</li> <li>▶ Top 5 stressors/specific stressors/positive situations</li> </ul>	•	•	•

Usage data above but tailored to the school		•	•
Opportunity to be part of app development	•	•	•
Access to student activator grants	•	•	•
Security protected and fully GDPR compliant with technical support	•	•	•
Face to face staff training in accessing and using the app	If purchasing for whole school		
<b>Direct Interventions</b>	<b>Bronze</b>	<b>Silver</b>	<b>Gold</b>
50 credit clinical support package support for those students that need professional help			•
Whole School Introduction to Mental Health Staff Training		<b>10% Off</b>	<b>FREE</b>
Train The Trainer courses		<b>10% Off</b>	<b>10% Off</b>
Other whole school training (inc Staff Wellbeing)		<b>10% Off</b>	<b>20% Off</b>
<b>Cost per year (plus VAT) – Saving up to 97% on RRP</b>			
First 200 users (price per user)	<b>£3*</b>	<b>£7^</b>	<b>£7^</b>
All additional users (price per user)	<b>£2</b>	<b>£2</b>	<b>£2</b>
Additional Costs	<b>N/A</b>	<b>N/A</b>	<b>£3000</b>

*\*Secondary schools & colleges - Min 200 student licences or 50 staff licences required*

*\*Primary schools - No minimum staff licences required*

*^Secondary schools & colleges - Min 200 student licences (staff, student or combination of both)*

*^Primary schools or clusters - Minimum of 50 staff licences required*

*Parent access can only be provided if the above conditions are met*



**Help your school  
community join the one million  
others using Thrive**

**T:** 01733 373187

**E:** [sukaina.ladak@ymcatrinity.org.uk](mailto:sukaina.ladak@ymcatrinity.org.uk)

**W:** [ymcatrinitygroup.org.uk](http://ymcatrinitygroup.org.uk)

From only £2 per user per year for the standardised format compared to £60 on the open market, the app provides significant value for money.