

What difference does Thrive make?



The impact Thrive has on children and the communities around them has been evidenced in a number of studies. These include:

1. Thrive helps to develop resilience in young people. (Hart and Heaver 2015¹).
2. Thrive closes the gap for vulnerable children in a range of measures including attainment, behaviour, relationships, self-confidence and attendance (McGuire-Snieckus *et al* 2015²). A supplementary evaluation was carried out in early 2018 that further supported these findings.
3. Staff using the Thrive Approach feel more equipped to manage behaviour and better able to support more vulnerable children. (Office for Public Management 2013³).

Schools that have adopted the Thrive Approach have reported many benefits. These include fewer disruptions in class, reduced exclusions and improved academic results. The knock-on effect of this can be better parent-school relationships and improved staff morale. A few case studies have been included in this brochure, with further case studies available on the Thrive website (thriveapproach.com).

The impact of Thrive has been picked up by Ofsted during school inspections. Inspectors have commented on the use of Thrive to help manage behaviour more effectively, in particular when used for early intervention, helping students to become to learning.

The Department for Education is focussed on supporting schools to build whole school environments and develop approaches within which all students can achieve their full potential. A recent review of published policies and information – Mental health and wellbeing provision in schools – was commissioned in response the Green Paper ‘Transforming children and young people’s mental health provision’. This review included Thrive as an initiative that supports and promotes positive mental health. (DfE 2018⁴).

In addition to building a bank of case studies to show the impact of the Thrive Approach, we are committed to a programme of ongoing research. One study commissioned by Thrive looked at the potential social return on investment (SROI). This SROI research indicated that for every £1 spent the short-term return was £9, rising to £16-22 over the longer term. (Courtney 2013⁵).



¹Hart A, Heaver B (2015). *Resilience Approaches to Supporting Young People's Mental Health: Appraising the Evidence Base for Schools and Communities*. Brighton: University of Brighton/Boingboing.

²McGuire-Snieckus, Rose, Wood (2015). *Independent Impact Report*. Bath: Bath Spa University.

³Office for Public Management (2013). *Therapeutic early interventions to prevent school exclusion and truancy: evaluation of three contemporaneous projects*. London: Office for Public Management.

⁴Department for Education (2018). *Mental Health and wellbeing provision in schools, October 2018*. London: Department for Education.

⁵Courtney P (2013). *Thrive: A Forecast Social Return on Investment (SROI)*. Exeter: White Sail Consultancy.

Next steps

Find out more about Thrive and how you can help change lives at thriveapproach.com or email enquiries@thriveapproach.com or call the Thrive team direct on **01392 797555**

