FOI 0444_2025 Response

Clarification: "Digital Mental Health Technology (DMHT) is a broad term for products that provide information, support, monitoring, guidance, signposting, diagnosis or treatment for those with mental health conditions or challenges through a mobile phone app or other digital channel. DMHT potentially covers a wide range of products, from a simple meditation app to AI-based therapy."

Examples might include the technologies recently evaluated by NICE, such as gameChangeVR which the NICE EVA says is "for people with schizophrenia spectrum disorders or affective disorders with psychotic symptoms, who have agoraphobic avoidance (difficulties leaving home because of anxiety). This is a software-only VR technology that delivers VR therapy using a VR headset. The intervention is delivered in around 6 weekly 30-minute sessions. There is an automated virtual therapist within the VR environment that guides the person through the treatment for agoraphobic avoidance using CBT techniques. This is supported by a mental health professional remotely or in person."

https://www.nice.org.uk/guidance/hte15/chapter/2-The-technologies

Hello,

I'd like to request the following records under the FOI Act.

1. The names of any digital mental health technologies currently in use by the trust, including the start date for the contract and its duration. If the DMHT is being used as part of a pilot or research project please specify this.

   SilverCloud which is a computerised CBT programme

   - Start date April 2024

   - Expiry March 2025

   InterSystems which is a Patient Engagement Portal,

   - Start date April 2024

   - Expiry March 2026

2. **The names of any service providers commissioned/sub-contracted by the trust to provide a healthcare service, which uses DMHT. I know that your ICB is responsible for commissioning services, but I know that on occasion trusts will bring in third sector/independent sector providers on a sub-contract or other arrangement. Please only include those contracts arranged by the trust, not the ICB.**

   NIL (0)