

Freedom of Information request 340-19

Request

1. Does your organisation offer any digital apps as a resource for staff to support their mental/emotional health and wellbeing? (e.g. Big White Wall, My Possible Self, Thrive)
Apps may provide advice and guidance to support wellbeing, diary entries or an interactive self-help programme etc. to support the reduction of stress, anxiety and/or depression
2. If yes to Q1 please provide the following information for each app used by the organisation
 - a. Name of third-party supplier(s)
 - b. Who is responsible for the payment of the app (i.e. employee or employer)
 - c. What is the annual price paid for the app in 17/18?
 - d. Contract start date & end date
 - e. What date did the app go live in the organisation?
 - f. Did the organisation use a framework to procure the service? If so, please state the framework used
 - g. Please list all external systems the app integrates with (e.g. EAP providers, GP referrals)
 - h. Does the app include any form of financial wellbeing support? (e.g. advice and/or helplines)
 - i. Through the utilisation of the app, has your organisation seen any quantifiable benefits? Please provide detail on the benefits achieved (e.g. an increase in employee productivity, increase in staff retention, reduction in staff sickness absence or a reduction in occupational health referrals)
3. For each supplier listed in Q2, please indicate the number of employees registered on the app, split by the following staffing groups

Name of Supplier	Nursing & HCA's	Medical	Allied Health Professional/ Scientific, Therapeutic and Technical (AHP/STT)	Non-medical Non-clinical (NMNC)	Total

Clarification Received:

I am requesting to understand whether the app integrates with any other systems other than the app itself. For example the mental health app 'My Possible Self' integrates with GP and hospital clinical systems, this enables patient data to connect to patient records held by GPs.

Response

1. The Primary & Community Services (P&CS) Team have commissioned a mindfulness app that is available for use by all employees, patients and members of the public within the Scottish Borders. There is one in total.

2. The following information is available relating to the app:
 - a. The Foundation for Positive Mental Health
 - b. NHS Borders
 - c. There were no costs attributable during 17/18
 - d. On going from September 2018
 - e. September 2018
 - f. No framework was used
 - g. The app is stand alone and does not integrate with any of our systems
 - h. No
 - i. Any quantifiable benefit has not been measured to date

3. This information is not held by NHS Borders, therefore under Section 12 of the FOI(S)A 2002 we cannot provide.

If you are not satisfied with the way your request has been handled or the decision given, you may ask NHS Borders to review its actions and the decision. If you would like to request a review please apply in writing to, Freedom of Information Review, NHS Borders, Room 2EC3, Education Centre, Borders General Hospital, Melrose, TD6 9BS or foi.enquiries@borders.scot.nhs.uk.

The request for a review should include your name and address for correspondence, the request for information to which the request relates and the issue which you wish to be reviewed. Please state the reference number **340-19** on this request. Your request should be made within 40 working days from receipt of this letter.

If following this review, you remain dissatisfied with the outcome, you may appeal to the Scottish Information Commissioner and request an investigation of your complaint. Your request to the Scottish Information Commissioner should be in writing (or other permanent form), stating your name and an address for correspondence. You should provide the details of the request and your reasons for dissatisfaction with both the original response by NHS Borders and your reasons for dissatisfaction with the outcome of the internal review. Your application for an investigation by the Scottish Information Commissioner must be made within six months of your receipt of the response with which you are dissatisfied. The address for the Office of the Scottish Information Commissioner is, Office of the Scottish Information Commissioner, Kinburn Castle, Doubledykes Road, St Andrews, Fife.