**REQUEST FOR INFORMATION:**

**OSCA Training and Skills Group planning**

Northeast London NHS Foundation Trust

**Completed Responses to be submitted by:**

**06th November 2024 at 1PM**

To: Balram Kullootee

Procurement Specialist

Via. Atamis (C317238)

NOTE: Please respond to this request via the Atamis portal.

## **Introduction**

Northeast London NHS Foundation Trust is seeking information regarding an Online Social anxiety Cognitive therapy platform for Adolescents (OSCA). We are interested in solutions that demonstrate clinical efficacy, usability for young people, and potential for integration within our existing mental health services.

Key areas of interest include:

* Evidence-based Interventions: Platforms should incorporate proven therapeutic techniques such as cognitive behavioural therapy (CBT), mindfulness, or exposure therapy.
* User-Centric Design: The interface and content should be engaging and appropriate for adolescents, with clear navigation and interactive elements.
* Accessibility and Affordability: The solution should be accessible to a wide range of adolescents, regardless of socioeconomic background or technological literacy.
* Clinical Integration: The platform should be compatible with existing clinical workflows, enabling seamless referral and monitoring processes.
* Data Privacy and Security: Robust measures must be in place to protect patient data and ensure compliance with relevant regulations.

We invite companies and organizations specializing in digital therapeutics to provide information on their platforms, including:

* Clinical trial data demonstrating effectiveness for social anxiety in adolescents
* Users experience feedback and engagement metrics
* Cost-effectiveness analysis and potential for long-term impact
* Integration capabilities with NHS systems and healthcare professionals

By understanding the available options, we aim to identify a digital therapeutics solution that can enhance our current treatment offerings and improve outcomes for adolescents with social anxiety in Northeast London.

## Trust(s) Background

**North East London NHS Foundation Trust (NELFT)**

1.1 North East London Foundation Trust (NELFT) provides a range of healthcare services to people living in northeast London and in neighbouring Essex; offering specialist mental health and community services for people living in Waltham Forest, Redbridge, Barking & Dagenham and Havering; and additional community services in South West Essex.

1.2 Our mental health services include:

• specialist inpatient and community-based treatment and care for people experiencing acute mental illness

• help for children and young people with emotional

• behavioural or mental health difficulties; care for people with dementia

• support for people with problems associated with drug and alcohol misuse

1.3 Our community services are provided in clinics, hospitals and in people’s own homes – they include:

• care and support for people living with long term conditions such as diabetes

• speech and language therapy

• health visiting, district and school nursing

• many services that in other areas may be provided in hospital, such as blood testing, footcare and children’s audiology

1.4 NELFT operates across several functional units; 6 Borough-based Integrated Care Directorates (ICDs), which are engaged in the direct provision of health care services. Additional NELFT contains the Corporate Function that supports the service-delivery ICDs with core business functions including Estates, Finance, HR and IT. This contract’s requirement covers the grounds surrounding both Corporate and Healthcare Provision elements of the Trust, although it is primarily focused within the M25 in the London-based geographical region.

## Overview Statement of Requirements

## Can you provide a solution for Online Social anxiety Cognitive therapy for Adolescents (OSCA) as defined by the below article: -

Four guided self-help digital cognitive behavioural therapy (CBT) technologies can be used as an initial treatment option for children and young people (aged 5 to 18) with mild to moderate symptoms of anxiety or low mood, while evidence is being generated. These technologies can be used once they have Digital Technology Assessment Criteria (DTAC) approval from NHS England. The technologies are:

* Lumi Nova (BfB labs)
* Online Social anxiety Cognitive therapy for Adolescents (OSCA)
* Online Support and Intervention for child anxiety (OSI)
* Space from anxiety for teens, space from low mood for teens, space from low mood and anxiety for teens (Silvercloud).

**Potential benefits of early access**

* **Access:** Guided self-help digital cognitive behavioural therapy (CBT) technologies provide another treatment option for children and young people including those who may not be able to access current treatment or are on a waiting list and so not currently having treatment.
* **Clinical benefit:** Early evidence suggests that digital CBT technologies may improve symptoms of anxiety for children and young people with mild to moderate symptoms of anxiety or low mood.
* **Resources:** Earlier treatment could reduce the demand on other treatment options such as face-to-face CBT and potentially prevent progression to more severe symptoms which could be more costly to treat.
* **Equality:** Because these technologies can be used remotely, they may be preferred by some children and young people compared with face-to-face interactions with adults. This may benefit some neurodivergent children and young people.

**Managing the risk of early access**

* **Clinical assessment:** An initial assessment with a healthcare professional is needed before using these technologies to make sure they are suitable. This can take place in a range of settings including school mental health support teams, single point of access teams, voluntary sector teams and children and young people's mental health services.
* **Clinical support:** Children and young people will have regular support from a healthcare professional and safeguarding and risk management processes must be in place. This means that if the treatment is not working and symptoms are getting worse, it will be identified quickly, lowering the risks.
* **Individual choice:** These technologies can be used as an initial treatment option. Children and young people may choose to wait for other treatment options including face-to-face CBT. They may also have further treatment such as face-to-face CBT after using these technologies.
* **Care pathway:** This guidance has assessed the use of the technologies as an initial treatment option to address an unmet need and increase access to effective mental health treatments. Their use elsewhere in the care pathway should be based on individual clinical assessment.
* **Costs:** Early results from the economic modelling show that the technologies could be cost effective. This guidance will be reviewed within 4 years and the recommendations may change. Take this into account when negotiating the length of contracts and licence costs.

Link to article: - <https://www.nice.org.uk/guidance/hte3/chapter/1-Recommendations>

## Timetable and Next Steps

Responses to this RFI must be submitted according to the cover page of the document. All responses must be sent via the Atamis portal.

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| **DATE** | **ACTIVITY** |
| 30/10/2024 | Publication of the Request for Information |
| 07/11/2024 | Deadline for submission of a RFI Response |
| 13/11/2024 | Analysis of RFI responses |
| 15/11/2024 | Confirm next steps to RFI Respondents |

## Request For Information – Questions

**Nice Approved Solution Considerations:**

1. **NICE Guidance:** Has the platform been evaluated by NICE or other relevant regulatory bodies? If so, what were the outcomes of the evaluation?
2. **Clinical Evidence:** What is the strength of the clinical evidence supporting the platform's efficacy and safety?
3. **Cost-Effectiveness:** How does the cost-effectiveness of the platform compare to traditional treatment options?
4. **Patient Experience:** What is the patient experience with the platform, and are there any data on patient satisfaction and engagement?
5. **Long-Term Sustainability:** How does the platform ensure long-term sustainability and ongoing support?