Focus Mental Health Solutions Carbon Reduction Plan

Introduction

FMHS is committed to reducing its carbon footprint and promoting sustainability in its operations. Our goal is to achieve a **30% reduction in carbon emissions by 2030** and work towards **net-zero emissions by 2050**.

Current Carbon Footprint from the 1.1.2024 – 1.1.2025 (Estimated Annual Emissions)

- **Scope 1 (Direct Emissions):** 10,101kg CO_2e (from heating and company car (business travel)
- **Scope 2 (Indirect Emissions):** 5,650kg CO_2e (from electricity for lighting, computers, ipads etc)
- **Scope 3 (Supply Chain & Other Indirect Emissions):** 21,500kg CO_2e (purchased goods and services (office supplies), waste generation, patient travel, staff commuting)

Carbon Reduction Targets

- **By 2026:** Reduce emissions by 10%
- **By 2030:** Reduce emissions by 30%
- **By 2050:** Achieve net-zero emissions

Carbon Reduction Plan

1.Reduce Office Energy Consumption

- Implement energy-efficient appliances, LED lighting, and smart thermostats.
- Switch to renewable energy sources (solar, wind, or green energy plans) where possible.

2. Encourage Remote Meetings for staff & Office Space use

- Optimize virtual consultations to limit in-person visits for meetings for staff.
- If an office is needed, minimize its size and optimize space-sharing.
- Use energy-efficient office spaces

3.Reduce Commuting

- Provide opportunities and encourage employees to use public transport, cycling, or EVs when commuting is necessary.

4. Sustainable Digital Practices

- Choose energy-efficient cloud providers (e.g., those using renewable energy).
- Reduce unnecessary data storage and optimize digital workflows.
- Implement digital records to minimize paper usage.

5. Eco-Friendly Equipment & Supply Chain

- Purchase energy-efficient office equipment.
- Source supplies from sustainable and ethical vendors.
- Use refurbished or recyclable electronics when possible.

6. Offset Unavoidable Emissions

- Partner with carbon offset programs that support reforestation or renewable energy.
- To consider a subscription to carbon offset services for business travel and digital operations.
- Support carbon offset projects (tree planting, renewable energy investments).

7. Educate & Involve Staff & Patients

- Encourage associates and patients to use eco-friendly digital healthcare options.
- Provide educational materials on reducing their own healthcare carbon footprint.

8. Go Paperless

- Use electronic health records (EHRs) and digital notes.
- Implement digital consent forms.
- Send invoices, receipts, and educational materials via email instead of print.

9. Sustainable Technology & Digital Practices

- Choose a green cloud provider powered by renewable energy.
- Reduce video call resolution when high quality isn't necessary to save energy.
- Power down or put devices in eco-mode when not in use.

10. Eco-Friendly Office & Supplies

- Use recycled or second-hand furniture instead of new.
- Purchase non-toxic, biodegradable cleaning products.
- Opt for local and sustainable vendors for office and therapy materials.

11. Track & Improve

- Set clear carbon reduction goals and monitor progress.
- Conduct annual sustainability reviews.
- Share sustainability reports with stakeholders and customers.

12. Conclusion

FMHS recognises the impact of digital operations on the environment. By implementing **sustainable digital practices, energy-efficient remote work strategies, and carbon offset initiatives**, we aim to be a **climate-conscious mental health provider** while delivering high-quality services.