

FOI – 1750

6<sup>th</sup> July 2023

## **FREEDOM OF INFORMATION ACT 2000 – INFORMATION REQUEST**

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**Please provide data on providers, volume and value for outsourcing and insourcing IAPT (NHS Talking Therapies) services within your respective trust, board, or ICS for the financial years 2022-23, 2021-22, 2020-21, 2019-20, 2018-19. Please provide the following:**

- a) name of the provider to whom is outsourced/insourced,**
- b) the total value of the services provided/contract (in £s), and**
- b) total volume of appointments procured (as # of appointments covered/completed under the agreement)**

**We have defined outsourcing as an external (third party) provider that has been contracted by your trust, health board or ICB to deliver therapy, and insourcing as internal bodies within your trust, health board or ICB delivering the required therapy.**

**Services that we considered included under NHS Talking Therapies / IAPT are the following:**

- **Guided self-help based on cognitive behavioural therapy principles**
- **Cognitive behavioural therapy (CBT)**
- **Interpersonal therapy (IPT)**
- **Couple therapy for depression (CTfD) or behavioural couple therapy (BCT)**
- **Dynamic interpersonal therapy (DIT)**
- **Counselling for depression (PCE-CfD).**
- **Mindfulness-based cognitive therapy (MBCT)**
- **Trauma-focused cognitive behavioural therapy (TfCBT)**
- **Eye movement desensitisation and reprocessing (EDMR)**

*Response:*

*Southern Health and Social Care Trust (SHSCT) does not procure services under the NHS Talking Therapies, formerly IAPT program. In 2022 the Trust developed Steps to Wellness Service which is IAPT aligned. The service is provided by SHSCT staff.*

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