

Freedom of Information request 473-23

Request

I am writing to you under the Freedom of Information Act 2000 to request the following information around the procurement of services under the NHS Talking Therapies, formerly IAPT (Improving Access to Psychological Therapies) program.

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
- c) 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

NHS Borders do not outsource or insource any IAPT (NHS Talking Therapies) services and have not in any financial years between 2018/19 to 2022/23.

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 **473-23** 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.