

FOI 0126/2023 Response

Dear FOI team,

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.

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)

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:

1. name of the provider to whom is outsourced/insourced,
 - Insourced - Birmingham Healthy Minds (BHM)
2. the total value of the services provided/contract (in £s), and

Financial Year	Contract Value (£)	Contracted Activity(£)
2018/19	5,320,568	18102
2019/20	5,451,190	18102
2020/21	5,605,459	18102
2021/22	5,633,486	18602
2022/23	5,836,292	18602

*****Note:** 'contracted activity' refers to the service we are contracted to provide as an agreed target with commissioner, not the actual number of clients we provide service to. We do not have contracts for volume of appointments procured

3. total volume of appointments procured (as # of appointments covered/completed under the agreement)

Please see the table provided in question 2 and note that BHM are contracted for number of patients entering treatment, rather than number of appointments. We have supplied figures on the numbers of patients entering treatment we are commissioned to provide. We do not have contracts for volume of appointments procured