

Reference: FOI.ICB-2324/109

Subject: IAPT Services

I can confirm that the ICB does hold some of the information requested; please see responses below:

QUESTION	RESPONSE
<p>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:</p> <p>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)</p> <p>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.</p>	<p>Please refer to template attached.</p> <p>Please note that the volume of appointments data is not held in the ICB, please contact the provider Vita Health Group directly: Contact Us - Vita Health Group</p> <p>Please note that in 2018 IAPT provision was an Any Qualified Provider (AQP) model which meant that there were various providers during this time including Avon and Wiltshire Mental Health Partnership NHS Trust (AWP).</p> <p>Vita Health Group are the providers from 2019 onwards.</p>

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)

The information provided in this response is accurate as of 7th July 2023 and has been approved for release by Sarah Truelove, Deputy Chief Executive and Chief Finance Officer for NHS Bristol, North Somerset and South Gloucestershire ICB.