

30 June 2023

Our Ref: RFI 51724

Dear Sir/Madam

**Freedom of Information Act 2000
Information in Relation to Talking Therapies Contracts**

I am writing to confirm that the South Eastern Health & Social Care Trust (the Trust) has now completed its search for information relating to the above which you requested on 20 June 2023.

A response to each of the questions raised has been provided by the Planning, Performance and Informatics Directorate and is attached in Appendix A.

If you are unhappy as to how this request has been handled, you have the right to seek a review within the Trust in the first instance. You should write to the Information Governance Department, Lough House, Ards Community Hospital (informationgovernance@setrust.hscni.net) within two months of the date of this response and your complaint will be considered and a response provided, within 20 working days of receipt.

If, after receiving a response, you remain unhappy, you can refer your complaint to the Information Commissioner at The Information Commissioner's Office –Northern Ireland, 3rd Floor, 14 Cromac Place, Belfast, BT7 2JB. It is important to note that if you refer any matter to the Information Commissioner, you will need to show evidence of having gone through the Trust's internal review procedure to try to resolve the matter with the Trust in the first instance.

If you have any queries about this letter, please do not hesitate to contact me. Please remember to quote the reference number above in any future communications.

Yours sincerely

Robyn Watterson
Information Governance Officer

Q1. 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, board or ICB to deliver therapy, and insourcing as internal bodies within your Trust, board or ICB delivering the required therapy.

Services that we consider 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 behavioural therapy (MBCT)**
- Trauma-focused cognitive behavioural therapy (TfCBT)**
- Eye movement desensitisation and reprocessing (EDMR)**

A1. Please see attached spreadsheet, NHS Talking Therapies.