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29 November 2019

Freedom of Information request: 20191127

Thank you for your request for information dated 27 November 2019. Your request has been managed under the terms of the Freedom of Information Act 2000.

Request

- 1) Please state how much you have spent in (i) 2017-18 and (ii) 2018-19 on sessions of cognitive behavioural therapy for your patients.
- 2) In 2018-19 please state what different types of psychological problems were addressed by sessions of cognitive behavioural therapy.
- 3) In 2018-19 how many patients suffering from anxiety were treated for anxiety with sessions of cognitive behavioural therapy that were funded by your CCG?

Response

NHS Birmingham and Solihull CCG became the largest clinical commissioning group in England on 1 April 2018. NHS Birmingham CrossCity CCG, NHS Birmingham South Central CCG and NHS Solihull CCG merged to become NHS Birmingham and Solihull CCG, therefore some information relating to dates previous to the merger, may not be available.

- 1) **NHS Birmingham and Solihull CCG does not hold the information requested.**
The CCG commission Improving Access to Psychological Therapies (IAPT). This service offers a range of therapies including cognitive behavioural therapy (CBT). For 2018/19 NHS Birmingham and Solihull CCG commissioned 24,262 episodes of IAPT treatment at a cost of £7.23million. The CCG does not hold the information about which modalities of treatment were adopted by therapists in each case.
- 2) **NHS Birmingham and Solihull CCG does not hold the information requested.**
The CCG commission IAPT for depression, anxiety, post-traumatic stress disorder, phobias and obsessive-compulsive disorder.

3) **NHS Birmingham and Solihull CCG does not hold the information requested.**

Please contact the IAPT service providers directly:

- Birmingham and Solihull Mental Health NHS Foundation Trust, bsmhft.foioffice@nhs.net
- Living Well Consortium, info@livingwellconsortium.com
- Forward Thinking Birmingham, 5th Floor, 1 Printing House Street, Birmingham, B4 6DF.
- Coventry and Warwickshire Partnership NHS Trust, freedomofinformation@covwarkpt.nhs.uk

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If you have any queries or concerns or are dissatisfied with the service, you have received in relation to your request, please do not hesitate to contact me. If you wish to make request a review of the decision, you should write to the: Senior Information Governance Manager via email at bsol.foi@nhs.net in the first instance.

In addition, if you are not satisfied with the outcome of your complaint or review, you may apply directly to the Information Commissioner for a decision. Generally, the ICO cannot make a decision unless you have exhausted the complaints procedure provided by the CCG.

The Information Commissioner can be contacted at:

Information Commissioner's Office,
Wycliffe House,
Water Lane,
Wilmslow,
Cheshire,
SK9 5AF

Telephone: 08456 30 60 60 or 01625 54 57 45 - <https://ico.org.uk/>

Yours sincerely,

CCG FOI Team

NHS Birmingham and Solihull Clinical Commissioning Group