

11 March 2015

Dear Sir/Madam

Thank you for your recent Freedom of Information request regarding computerised mental health therapy.

The Trust can provide the following information:

Please see below

If you have any queries about this response please contact the information governance manager at foi@homerton.nhs.uk, in the first instance. If, following that, you still have any concerns, you may contact the Information Commissioner either by letter, FOI/EIR Complaints resolution, Wycliffe House, Water Lane, Wilmslow, Cheshire SM9 5AF, or by email www.informationcommissioner.gov.uk to take them further.

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Yours sincerely

Laura Evans
Information Governance Administrator

Mike Dunne
Information Governance Manager/Deputy Calidcott Guardian

PCP response for 1741-FOI Request-Computerised mental health therapy-due date 11/03/2015

1. According to the dataset I have obtained from NHS Choices, you host the following IAPT services: City and Hackney Psychological Therapies Service

I can confirm that this is correct

2. Please can you confirm whether this list is complete and add any additional services that are not listed? (Including address and postcodes)

As above

3. If these services are not run directly by the NHS please state who runs them and what they are (e.g. Social Enterprise, Limited Company, third sector group).

N/A

4. If you provide an IAPT service on behalf of another organisation (such as a care commissioning group, foundation trust or other) please state the organisation's name.

N/A

5. Please state the types of referral used by your organisation / IAPT i.e. GP, Self-Referral, Other.

GP, Self-Referral and referrals from other healthcare providers for example MIND

6. If you offer a self-referral service do you have an online self-referral method such as a contact email address or a form on your website?

Yes we have a form on our web page <http://www.cityandhackneytalkingtherapy.nhs.uk/contact/> Self-referrals can also be made via the telephone.

7. Please state any e-therapies, computerised therapies, Internet-delivered therapies, online therapies, or advice/guidance websites for mental health issues that your organisation / IAPT service use or recommend to service users. For example, these might include, but are not limited to internet-delivered cognitive behaviour therapy with or without therapist support, internet-delivered therapy based on an approach other than cognitive behaviour therapy, online or email therapy/counselling, online social support networks, or informational websites.

Our therapists usually recommend the following as a means to support some of the treatment options we offer –

Mindshift

<http://www.anxietybc.com/mobile-app>

Headspace – free

Take 10- 10 minutes of meditation over 10 days. Other features available for a fee.

<https://www.headspace.com/headspace-meditation-app>

8. Please state any smart phone apps your organisation / IAPT service use or recommend to service users. For example, these might include specific apps from the NHS Choices Health Apps Library, or others that professionals in your service recommend.

We have a phone app resource list which is as follows –

CBT Thought Record apps; one for 1.99 and another for 2.99, with the latter a bit more detailed

My mood tracker £2.99
Helps you review and track emotions

iCBT £2.99
Helpful for challenging erroneous or negative thinking patterns

Thought Diary £1.99
Helpful for challenging erroneous or negative thinking patterns

Thought Diary Pro £2.99
As thought diary, but with some extra features.

Music for relaxation

Relaxation – free
Combination of nature and relaxing sounds that can be played at the same time, continuously

Take a Break – free
Guided short relaxations for either a work break (7mins) or stress relief (13mins). Female voice with choice of background sounds.

Beginners Meditations – free
Provides free guided breathing meditation. Other meditation features are available for a cost.

Negative to Positive - free
Using visualisation and breathing techniques to overcome frustrations and stresses.

Eat, drink & be Mindful – free
App helping us to stay more present while eating, so we can savour food and recognise how much of our eating is because we are hungry and how much is due to eating out of habit, stress & other things

9. In 2013/14 could you give the total number of people your service saw under IAPT and also give a figure as to how many of those were aged 50 or over.

From the 1st April 2013 until the 31st March 2014 we saw a total of 5286 people. 180 were above the age of 65 (we are unable to provide the number of service users aged 50 and above as our information is not captured in this way. Age bands go from 18-64 and then 65+)

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