



Deputy Pat Buckley

Dáil Éireann
Kildare Street
Dublin 2

13th March 2019

PQ Ref: 12416/19

To ask the Minister for Health the hours resourced and cost per hour of the number of professionals providing dialectical behaviour therapy through HSE funding by area in tabular form - Pat Buckley

PQ Ref: 12417/19

To ask the Minister for Health his plans to further support access to dialectical behaviour therapy across the State; and if he will make a statement on the matter - Pat Buckley

Dear Deputy,

The HSE National Office for Suicide Prevention (NOSP) has been requested to respond to you with regard to your two questions above.

The National DBT Project, funded by the NOSP and the HSE was formed in 2013. At that time, the HSE became the only public health service internationally to roll out a national coordinated implementation of DBT for people with Borderline Personality Disorder (BPD) and related conditions with a high tendency for self-harming and suicidal behaviours.

DBT is provided in varied forms, stages and cycles. Since 2013, 23 DBT teams have been trained across Ireland to work with adult (AMHS) and child and adolescent (CAMHS) community mental health service populations. Along with pre-existing teams, this brings the total number of teams to 34, covering 12 counties and representing 54% national coverage.

The National DBT Project Office is responsible for coordinating training of Community Mental Health Service staff (psychologists, mental health nurses, OTs, social workers, social care workers, art therapists, family therapists, psychiatrists, addiction counsellors) to establish DBT programmes in their service. The office also coordinates training on an annual basis which facilitates the addition of new staff to existing DBT teams in community services and ensures the sustainability of programmes.

- Further information on the planning, implementation and evaluation outcomes for DBT in the Irish community mental health setting, can be found in the *National DBT Project Ireland Report (2013-2018)*: <https://www.hse.ie/eng/services/list/4/mental-health-services/connecting-for-life/publications/national-dialectical-behaviour-therapy-dbt-report.html>
- This report also details an economic evaluation comprising a cost analysis of treating BPD and concluded that the direct cost of DBT per participant is **€10,511** for the intervention duration. More details on this can be found in the full report.
- For additional information on the National DBT Project Office, see: <https://www.hse.ie/eng/services/list/4/mental-health-services/dbt/proj/>

Plans to further support access to DBT across the State

The recent *National DBT Project Ireland Report (2013-2018)* and findings, will further inform work aligned with *Connecting for Life, Irelands National Strategy to Reduce Suicide 2015-2020*. Of particular relevance, is the current HSE project exploring the “*Standard Availability of Talk Therapies in Mental Health Services*”;

The HSE provides a wide range of talking therapies directly or through funded partner organisations, including Cognitive Behaviour Therapy (CBT), Systemic therapies, Dialectical Behaviour Therapy (DBT), Behavioural Family Therapy (BFT), person centred psychotherapy, brief solution focused therapy, counselling and a number of other existing or emerging therapeutic interventions to address service user needs. Some of these interventions are offered on-line, often in combination with face-to-face therapy. In addition, HSE Mental Health funds certain therapeutic interventions at primary care level, including Counselling in Primary Care (CIPC) and more recently the recruitment of assistant psychologist posts.

In order to ensure greater consistency and equity of access across community mental health services, the purpose of this project is to develop a Model of Care for adults accessing talking therapies, as part of attending mental health services in the community. This project is currently ongoing and its findings will inform planning and funding decisions in this space.

I trust this information is useful for you. Please do revert should you require anything further.

Yours sincerely,



Mr John Meehan

HSE Assistant National Director, Mental Health Strategy and Planning

Head of National Office for Suicide Prevention (NOSP)