



Deputy Kathleen Funchion

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PQ Ref: 15616/20

“To ask the Minister for Health the estimated cost of recruiting 15 additional dialectical behaviour therapy teams” - Kathleen Funchion

Dear Deputy,

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

Background

The National Dialectical Behaviour Therapy (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.

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 through the recruitment of assistant psychologist posts.

Associated costs of DBT

It is not applicable to estimate the cost “of recruiting 15 additional dialectical behaviour therapy teams” because provision of this therapeutic intervention does not involve the new recruitment of specific therapists or teams. DBT is an intervention provided in varied forms, stages and cycles and is integrated into the work of existing staff. It involves training existing 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 basic cost (excluding travel and subsistence) of DBT training per person is €2,500. A “team” would typically consist of 4 to 8 existing Mental Health Service staff.

It should be noted that a business case has been submitted to the Department of Health (in May) to further develop a “Train the Trainer” model and assist with both implementation and longer term sustainability of DBT training in the HSE. Totalling €250k, it comprised;

- 0.4 Clinical Lead/Lead Trainer
- 1.2 Trainers (6 x 0.2 WTE)
- 2 x 0.5 WTEs Peer support workers.

These roles would be seconded from existing HSE roles and a new recruitment process would not be required. Funding would support the backfill of hours as required.

Further information on the National DBT Project (including a cost analysis of the treatment of Borderline Personality Disorder using DBT interventions) is available here:

<https://www.hse.ie/eng/services/list/4/mental-health-services/connecting-for-life/publications/national-dbt-project-report.pdf>

I trust this information is helpful to you.

Yours sincerely,



John Meehan

Assistant National Director, Mental Health Community Strategy & Planning and Head of National Office for Suicide Prevention (NOSP)