



Ceannasaí Náisiúnta Oibríochtaí Meabhairshláinte
Ospidéal Naomh Lómáin,
Baile Phámar Baile Átha Cliath 20.
R: PQReps.NatMHOPS@hse.ie

Head of Operations, Mental Health Service
St Loman's Hospital,
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Deputy Mark Ward,
Dail Eireann,
Leinster House,
Kildare Street,
Dublin 2.

6th March 2023

PQ Number: 4140/23

PQ Question: To ask the Minister for Health the number of CAMHS per CHO that offer family-based therapy, cognitive behavioural therapy, play therapy; if there are plans to provide these services where they are absent; and if he will make a statement on the matter. – Mark Ward

Dear Deputy Ward,

The Health Service Executive has been requested to reply directly to you in the context of the above Parliamentary Question, which you submitted to the Minister for Health for response. I have examined the matter and the following outlines the position.

Please accept our apologies for the delay in responding to this Parliamentary Question. Contact had to be made with the Office of each Head of Service for Mental Health in the nine CHO areas which required a considerable amount of time and human resource capacity across the system. This information has been provided by each service and any information reported is correct at point in time.

Response from Community Healthcare Cavan, Donegal, Leitrim, Monaghan, Sligo (CHO 1)

Cavan/Monaghan Mental Health Service

There are no Family Therapists in Cavan/Monaghan Child and Adolescent Mental Health Services. The Centre for Nursing and Midwifery Education (CNME) provided funding in summer 2022 for a Family Therapy Skills course with 15 participants from CAMHS. There is one Advanced Nurse Practitioner providing Cognitive Behavioural Therapy (CBT) for eating and anxiety disorders, and a Clinical Nurse Specialist has just completed her Masters education in CBT. Many staff working in Cavan/Monaghan CAMHS have baseline skills in CBT. CHO1 have advised that one Occupational Therapist is trained in Play Therapy.



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Sligo/Leitrim Mental Health Service

Family based therapy is available on both CAMHS Teams in Sligo/Leitrim. CBT is also available on both CAMHS Teams and is provided by Psychology Services. Play therapy is also available, and is provided by a Social Care Leader and a senior Social Worker who is also a Child Psychoanalytical Psychotherapist who provides play therapy as part of the role.

Donegal Mental Health Service

Across the three CAMHS teams in Donegal, the following services are provided: systemic family therapy, family based therapy, play therapy, and CBT.

Response from Community Healthcare West (CHO 2)

The Head of Service for Community Healthcare West has advised that family-based therapy and CBT is available across all CAMHS in CHO 2. Services, however are operating within limited capacity. Occasionally, demand exceeds the ability to provide these services, obliging CAMHS teams to operate local, internal waiting lists for these therapies.

Response from Mid- West Community Healthcare (CHO 3)

CAMHS in Mid-West Community Healthcare (MWCH) provide mental health services to children and adolescents with moderate and severe mental health difficulties. In-service education and training is provided on an ongoing basis to build capacity and skills within teams to deliver a wide range of therapies and interventions. The training and education required for the delivery of certain interventions for example, family-based therapy (ED) is in limited supply and therefore, there are fewer clinicians trained than is ideal. Currently, this training is provided through the National Clinical Programme for Eating Disorders with plans to roll out further training in this modality nationally, as part of the ongoing development of services for children, adolescents and adults with eating disorders. At present, there are two clinicians working in MWCH CAMHS who are trained and who deliver the intervention across their respective teams.

There is one fully qualified play therapist in MWCH CAMHS and staff members have availed of workshops and other training opportunities to develop their skills in using play as a therapeutic tool.

All CAMHS teams in CHO3 have staff across various disciplines who have had training in CBT skills.

The CAMHS service, supported by senior management, accesses and provides a significant amount of training across several modalities e.g. Decider Skills, Circle of Security and Parents Plus Programmes on a regular and frequent basis and considerable efforts are made on an ongoing basis to develop and build the expertise and knowledge of staff for the benefit of service users.



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Response from Cork/Kerry Community Healthcare (CHO 4)

The Head of Service in CHO4 has advised that having liaised with the relevant teams, all 10 CAMHS teams provide family-based therapy and CBT. With regard to play therapy, some teams refer service users to Southwest Counselling Centre. One of the CAMHS teams in Cork offer Talk Therapy to those who require it.

Response from South East Community Healthcare (CHO 5)

CBT is being provided by professionals within all CAMHS teams in South East Community Healthcare (SECH) Mental Health Service. Family therapy and play therapy is currently being provided by professionals within some of the CAMHS Teams in SECH Mental Health service (See below table for breakdown).

CAMHS Strategy Days are being planned over the spring months to progress consistency of approach and supports to CAMHS teams across SECH.

	CBT	Family Therapy	Play Therapy
CW/KK Team 1	√	√	√
CW/KK Team 2	√	√	√
South Tipp Team 1	√	√	X
South Tipp Team 2	√	√	X
Waterford	√	X	X
CAMHS North Wexford	√	√	X
CAMHS South Wexford	√	√	√

Response from Community Healthcare East (CHO 6)

The Lucena Clinic services provided by Saint John of Gods Hospitaller Services provide CAMHS services to the HSE via a Service Level Agreement. The governance of this SLA is aligned to the Chief Officer and Head of Service for Mental Health in CHO East. Lucena CAMHS have 9 teams in operation between CHO6 and CHO7 which are split as follows:

- 5 teams solely for CHO6
- 2 teams solely for CHO7
- 2 teams which are split 60% for CHO6 and 40% for CHO7

All 9 teams offer family-based and CBT. There is one team in CHO6 which offers play therapy. Currently, there are no plans to offer play therapy by further teams.



Response from Dublin South, Kildare and West Wicklow Community Healthcare (CHO 7)

The Head of Service has advised that family therapy and CBT are available on all CAMHS teams in Dublin South, Kildare and West Wicklow Community Healthcare. These interventions are delivered via the MDT when clinically indicated. Play therapy is generally a Primary Care intervention and not delivered by specialist mental health services.

Response from Community Health Organisation Midlands Louth Meath (CHO 8)

The following table outlines the response provided by Midlands Louth Meath CAMHS Mental Health.

Service Area	Family-Based Therapy	CBT	Play Therapy
Longford/North Westmeath	Yes	Yes	No
South Westmeath CAMHS	Yes	Yes	No
Young Adult Mental Health Longford/ Westmeath	Yes	Yes	No (not deemed appropriate for age demographic (16-18 year olds))
Offaly CAMHS	Yes	Yes	No
Laois CAMHS	Yes	Yes	No
Young Adult Mental Health Laois/Offaly	Currently not available due to vacant Nurse position.	Yes	No (not deemed appropriate for age demographic (16-18 year olds))

Service Area	Family-Based Therapy	CBT	Play Therapy
Louth Elms Drogheda	Yes	No	No
Louth South	Yes	No	No
Louth Earl Street Dundalk	Yes	Yes	No
Meath Navan	No	No (CBT Therapist on Maternity Leave no replacement)	No
Meath Trim	Yes	No	No
Meath Ashbourne	No	Yes	No

At this point there are no immediate plans to provide play therapy in CAMHS in Midlands Louth Meath.



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Response from Community Healthcare Organisation Dublin North City and County (CHO 9)

The Head of Service for Mental Health has advised that each community team in Child and Adolescent Mental Health Service in CHO Dublin North City and County provide a range of assessment and treatment supports including family based therapy, play therapy and CBT.

As accepted therapeutic options, the HSE will continue to attempt to address any gaps in provision of family based cognitive behavioural therapy and play therapy by developing internal resources or contracting services as appropriate.

I trust this information is of assistance to you.

Yours sincerely,

A handwritten signature in black ink, appearing to read 'Tony McCusker', written in a cursive style.

Tony McCusker
General Manager
National Mental Health Services