



**Cúram Sláinte
Phobail, Iarthar**
ag freastal ar Ghailimh,
Maighéo agus Ros Comáin

**Community
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serving Galway, Mayo
and Roscommon

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08th February 2024

**Mairéad Farrell
Leinster House
Kildare Street
Dublin 2**

PQ ref 49882/23

** To ask the Minister for Health the length of time people in Galway are waiting to access dialectical behaviour therapy (DBT); if work is being done to expand access to this therapy; and if he will make a statement on the matter**

Dear Deputy Farrell,

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;

There are three dialectical behaviour therapy (DBT) Adult Teams in Galway, one for GR1-3, one for GR4-5 and one for Mental Health Intellectual Disability Services, including Brothers of Charity and Adult Disability Service. Some other services offer private DBT as does St. Pat's in Dublin, which has an option to facilitate clients from Galway.

DBT waiting lists vary from 6-18 months depending on the catchment area. Staff can usually work with two clients at a time and the availability of enough trained staff is the main reason for the waiting times. Group Skills programme are 6 months in duration and individual programmes are 12 months in duration.

In West Galway there are 6 trained staff with one additional staff member due to complete training later this year. Group skills programmes have been expanded to patients who do not need the full programme.

The CAMHS service run a regular DBT programme throughout the year.

I trust this information is of assistance to you, but should you have any further queries, please contact me.

Yours sincerely,

**Charlie Meehan
Head of Mental Health Services
Community Healthcare West**