



Ceannasaí na Seirbhísí Mearbhairshláinte
Ceantair Sláinte Imeachtha de
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Head of Mental Health Services
covering Integrated Health Areas
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13th May 2025

Ms Ann Graves TD,
Dáil Éireann,
Leinster House,
Kildare Street,
Dublin 2

Email: ann.graves@oireachtas.ie

PQ 23568/25 – *“To ask the Minister for Health the current number of dialectical behaviour therapy (DBT) teams operating in Fingal East; their remit, inclusion and exclusion criteria; the number of staff employed in each team, and the time they allocated to DBT work specifically; the waiting list for accessing such services and rates of referrals which are rejected; and if she will make a statement on the matter.”*
Ann Graves TD

Dear Deputy Graves,

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

Community Healthcare Organisation Dublin Mental Health services have not been funded for a dedicated dialectical behaviour therapy (DBT) Team. However, there are a number of clinicians who have completed the National Clinical programme DBT training. Service users can be offered DBT interventions if needed when referred for individual Psychological intervention.

Some service users are provided with a 13-week DBT skills program, which is typically offered annually across most community mental health teams (CMHT). They may receive the Decider Skills intervention if they attend the Day Hospitals. We continue to actively seek interest from staff to access further levels of training within the National DBT programme.

DBT is one potential approach to supporting people therapeutically. There are many other therapeutic approaches that have also been demonstrated to be effective in a similar manner. Within our Mental Health Services, decisions about the therapeutic approach offered to people results from a number of considerations, including the individual needs of patients, and also considerations about maximising the effectiveness of our service.

I trust this information is of assistance to you but should you have any further queries please do not hesitate to contact my office.

Yours sincerely,

Donal Cassidy
Head of Service Mental Health
Covering Integrated Health Areas of Dublin North County and Dublin North City & North West