Dear colleagues,

I am delighted to introduce this first edition of DBT NEWS, the National DBT Project, Ireland’s bi-annual newsletter. The National DBT Project coordinates training and evaluation for DBT teams in community mental health settings across Ireland. We will use this newsletter to keep you in touch with news and developments from the National DBT Project, including information on training and research highlights.

This newsletter has been developed in response to an interest expressed by therapists at the National DBT Review Forum which took place in April 2016. We hope that DBT NEWS will be both interesting and beneficial, and that it can be a means of sharing ideas, updates and stories with other teams across the country. DBT NEWS is produced here in the National DBT Project Office, so if you have feedback or would like any news from your service to be included in the next newsletter, please email justina.hurley@hse.ie

Wishing you all the best for 2017,
Daniel Flynn, National DBT Project Clinical Lead.

NATIONAL DBT PROJECT, IRELAND
Since the National DBT Project was established in 2013 with the support of funding from the National Office for Suicide Prevention (NOSP), 23 teams have completed Intensive Training and established DBT programmes within their services.
This represents 13 teams in AMHS and 10 teams in CAMHS. These 23 teams are in addition to the already existing DBT teams in community settings (14 to our knowledge) in Ireland, prior to 2013.
DBT is now available in many AMHS and CAMHS services where it was not available prior to this national coordinated effort.

INTENSIVE TRAINING 2015/2016
In 2015, the National DBT Project received funding to train a further seven new DBT teams. Four AMHS (Limerick, Roscommon, North Dublin & St. James’ Hospital) and three CAMHS (Lucena Clinic, Dublin North City & County CAMHS & Swords) teams completed their second week of Intensive Training in May 2016.
Well done to everyone for completing Intensive Training and for establishing new DBT programmes in your service in 2016!

FOUNDATIONAL TRAINING 2016
Foundational Training facilitates the addition of new DBT therapists to teams who have established DBT in their service and are delivering all treatment modalities.

The National DBT Project received a large number of requests for places at Foundational Training in 2016. Following a review process, 34 therapists, representing 19 teams, attended this training event in June 2016.

ADVANCED DBT TRAINING
Therapists from Cluain Mhuire, Galway/ Roscommon CAMHS, Kildare, Kerry, Lucena Clinic CAMHS, Longford/Westmeath, Mayo, Meath, North Lee, Sligo, Waterford and Wexford are participating in a development programme to consolidate their own skills with a view to becoming accredited DBT therapists and providing additional expert support to their own teams.
Participants have taken part in a two day workshop, ongoing online training and supervision. This will help to provide additional expert support to their own teams.

FAMILY CONNECTIONS
The Family Connections programme provides education, skills training and support to family members and significant others of individuals with BPD.
In April 2016, Family Connections training was delivered by Daniel Flynn and Mary Kells in Cork. Representatives from DBT teams across Ireland attended the training along with attendees from Switzerland and the United Kingdom.
Since training, teams in Meath, Galway, St. Vincent’s Fairview and Wexford have delivered the programme in their services with positive feedback from all involved.
A google group has been set up for all those who attended training to facilitate the sharing of resources, therapist queries etc.: https://groups.google.com/forum/#!forum/family-connections-therapists

NATIONAL DBT PROJECT OFFICE
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The National DBT Project Ireland is a collaboration between the HSE and the National Suicide Research Foundation. The project is supported by funding from the National Office for Suicide Prevention.
Feedback has been provided to teams on resource use by participants on their DBT programme. One way of illustrating this has been through reporting the reduction in frequency of self-harm behaviour. The chart above shows the reduction in self-harm frequency from pre to post intervention for 45 participants who completed the DBT programme at the four AMHS sites from Cohort 1 (2013/2014). The chart on the left highlights reductions in borderline symptom scores from pre to post intervention. The results continue to highlight positive outcomes across all study sites. The research team would like to thank all therapists for their continued support for the research evaluation.

Predicting dropout in outpatient dialectical behaviour therapy with patients with borderline personality disorder receiving psychiatric disability.

**By:** Landes, S.J., Chalker, S.A., & Comtois, K.A.

**Published in:** Borderline Personality Disorder and Emotion Dysregulation, 3(9).

**When:** September 2016

**Link:** [https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5007727/](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5007727/)

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**Tips & Tools**

At the review day, you expressed an interest in sharing tips and tools that help with the various DBT modules. This section is for you and we hope that you will send your tips and tools to us for future newsletters. Please email your tips to Justina.hurley@hse.ie

**How to engage with this resource:** The idea is to send your example of a tip, tool, exercise or skill to us and we will list it here. We will then include the full description on the website at dbt.ie/resources and in that way an online resource will grow that you will all be able to use.

**For this issue we include the links to the Family Connections based DVD and online teaching resource ‘Open Your Mind Before You Open Your Mouth.’** This DVD was developed within the North Lee AMHS service, in association with Alan Fruzzetti the programme originator, to enhance the learning of skills for family members/ significant others and to facilitate the sharing of their learning with extended family and friends. This resource is available and offered to all participants involved in the Family Connections Programme. For full info click [here](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5007727/) or go to [this link](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5007727/) to view the full DVD online.

**Youtube->HSE Ireland Channel->Family Connections Playlist**

[https://www.youtube.com/playlist?list=PLsQK32cdMW_zwlg6cyFDycuyUK-f9IrV9p](https://www.youtube.com/playlist?list=PLsQK32cdMW_zwlg6cyFDycuyUK-f9IrV9p)

**Web page:** [www.dbt.ie -> Information for clients and families -> please click here -> Family Information](http://www.hse.ie/eng/services/list/4/Mental_Health_Services/dbt/infoclients/Cork/famininfo/famininfo.html)

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**CONFERENCES**

**PRESENTATIONS**

Members of the National DBT Project research team attended the 4th International Congress on Borderline Personality Disorder and Allied Disorders in Vienna in September 2016, and the 4th SfBDT Conference in Manchester in November 2016.

Presentations were given on the following topics:

- Preliminary findings of the effectiveness of DBT in Ireland
- Burden and grief for family members participating in Family Connections
- DBT STEPS-A (DBT skills in schools)
- Therapists’ experiences of participating in a national coordinated implementation project.

The team received positive feedback and interest on their presentations. Copies of the presentations can be found on our website: [www.dbt.ie](http://www.dbt.ie)

**PUBLICATIONS**

A number of papers are also being prepared and/or have been submitted, for publication, namely:

- The effectiveness of Family Connections versus optimised treatment-as-usual
- Direct costs of Borderline Personality Disorder to the Irish health service
- Implementing DBT in a national health system
- Evaluation of the effectiveness of standard DBT in community mental health settings: Endeavour Pilot Study.

Links to these publications will be made available on our website when published.

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**FEATURED PAPER**

**BRIEF SUMMARY**

**23 teams, 18 counties, 274 therapists... DBT Ireland**

National roll-out - Local support

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**National DBT Project Research Updates**

**YEAR ONE SAMPLE**

The research team have been working on data collected for the research evaluation to help teams plan local service delivery.

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