

**Deputy Duncan Smith  
Leinster House  
Kildare Street,  
Dublin 2**

**13<sup>th</sup> March 2024**

**Re: PQ 50598/23** - To ask the Minister for Health if there are future plans to roll out Dialectical Behavioral Therapy in County Sligo.

Dear Deputy Smith

I refer to your recent correspondence. I have examined the matter and the following outlines the position of Sligo Leitrim Mental Health Service.

There is a Dialectical Behaviour Therapy (DBT) Service currently operating in Sligo Leitrim Adult Mental Health Service, which was established in December 2013 as part of the National DBT Project, and has been in continuous operation ever since.

It is a part time service, operating 1.5 to 2 days per week providing comprehensive DBT treatment (encompassing all four modes of DBT treatment – group skills training, individual therapy, telephone coaching and therapist consultation) to adults aged 18 and over who experience problems with emotional regulation, suicidal and self-harm behaviours. Referrals are accepted from the community mental health teams covering Sligo, Leitrim, West Cavan and South Donegal, as well as the Sligo/Leitrim Psychiatry of Later Life Service and Rehabilitation and Recovery Team.

The Sligo Leitrim Adult DBT Service is a psychology led service, and the current staffing of the team includes;

- 3 clinical psychologists,
- 1 clinical nurse specialist and
- 2 senior social workers

Each of the above contribute between six and fourteen hours per week. A Family Connections intervention is also provided by the DBT Team for the family members/significant others of individuals attending for DBT treatment with the Sligo Leitrim Adult DBT Team and for families attending Sligo/Leitrim CAMHS Service whose young family member is presenting with emotion dysregulation, suicidal and self-harm behaviours.

Please note this response was held due to the Forsa Industrial Action which has now been lifted.

I hope this information will help to address the concerns raised.

Yours sincerely



**Pauline Ackermann**

General Manager  
Mental Health Services CHO1 CDLMS