

22nd December 2015

Ms Joan Corrigan
[request-305403-4378d355@whatdotheyknow.com]

Our ref: FOI/15/265

Dear Ms Corrigan

RE: Freedom of Information (FOI) request, Dialectical behaviour therapy

We refer to your Freedom of Information request which was received by the Western Health and Social Care Trust on 2nd December 2015. Please see below a Trust response to your queries.

1. What is the current criteria, as of 1 Dec 2015, for receiving Dialectical Behaviour Therapy within the WHSCT?

The Personality Disorder (PD) Service is a specialist service staffed by two Clinical Psychologists. It is a Trust wide service and aims to meet the needs of individuals with a diagnosis of personality disorder and whose needs cannot be met via existing statutory or non-statutory services. The service offers direct and indirect input.

Due to limited resources the demand for PD Service input outstretches capacity and as such difficult decisions are made on a daily basis as to which cases to accept and prioritise. Each referral is paper triaged and attempts are made to gather as much information as possible about the client to facilitate decision making. Staff may meet with clients/families and/or referrers to gather information. When a decision is reached the referral agent is informed and we explain our decision making and offer suggestions if needed for onward care.

If accepted by the PD Service, an offer of direct or indirect work is made. Direct work such as one to one sessions are reserved for those individuals with a diagnosis of personality disorder who have the greatest clinical need for example: those who make repeated attempts to end their lives, those who frequently and severely self-harm, those who have additional challenges such as drug & alcohol misuse, those who have parenting issues, and those who may be at risk from others or themselves or be a risk to others etc. Staff also care co-ordinate a small number of clients who

require specialist care outside of the Western Trust due to the severity of their difficulties.

The PD Service works indirectly with those individuals with a diagnosis of personality disorder who do not meet the threshold for direct service input. This takes many forms but typically involves staff consultation, support and training. The PD Service also will co-work cases with other specialist services and contribute to care planning and risk management. The service also co-ordinate Positive Action Plans (PAPS) which involves formulating and promoting a consistent positive risk management approach whilst maintaining a focus on clinical care.

The PD Service currently does not offer Dialectical Behaviour Therapy (DBT) but is planning to do so as soon as additional staff is recruited to the service. A waiting list for this proposed service exists and the same threshold for direct input will be applied, i.e. only those who have a highly significant clinical need will be considered for inclusion in the DBT programme. Already the waiting list for this programme outstretches the proposed increase in staffing.

2. When does the WHSCT plan to start providing this service for those who meet that criteria?

This service will be provided as soon as additional staff have been recruited.

3. What are the names (and contact details if permissible) of the current commissioners for this service?

The Health & Social Care Board are the commissioners for all services provided by Western Trust staff.

We hope you find this response helpful. Please contact us at the below address if you have any further queries.

Yours sincerely

(not signed – issued by email)

**Freedom of Information Office
Western Health and Social Care Trust**

Freedom of Information (FOI) Office, Administration Building,
Altnagelvin Hospital site, Glenshane Road, Londonderry, BT47 6SB
e-mail: foi.request@westerntrust.hscni.net

Freedom of Information: If you are unhappy as to how this request has been handled, you have the right to seek a review within the Trust in the first instance. You should write to the FOI Office, Administration Building, Altnagelvin Hospital, Glenshane Road, Londonderry BT47 6SB (foi.request@westerntrust.hscni.net) within two months of the date of this response and your complaint will be considered and a response provided, usually within 20 working days of receipt.

If, after receiving a response, you remain unhappy, you can refer your complaint to the Information Commissioner at The Information Commissioner's office, Wycliffe House, Water Lane, Wilmslow, Cheshire SK9 5AF. It is important to note that if you refer any matter to the Information Commissioner, you will need to show evidence of having gone through the Trust's internal review procedure to try to resolve the matter with the Trust in the first instance.