

ODDESSI NEWS

Newsletter with updates from the ODDESSI Research Programme

News in Brief

- On the 14th January over 100 trainees, including 70 from the Netherlands, gathered at High Leigh Conference Centre for their first week of Open Dialogue training.
- Preparations for the full cluster-randomised trial are underway at UCL and all five sites. Amanda Henderson, a Senior Research Practitioner from DPT recently visited Shaira Hassan, our Research Assistant in NELFT to prepare to start recruitment in DPT.
- The central study team submitted a 'Checkpoint Report' to our funder the NIHR on the 31st January. For more details about what this means see overleaf.
- NELFT have reached the end of recruitment to the feasibility trial, with KMPT to follow shortly. Great job to both!
- Some members of the Open Dialogue Champions are coming to UCL on the 11th February to be part of a focus group. This help is invaluable in our planning for the main trial.

Shaira's shout-outs

Mervin Gareta from NELFT Open Dialogue Team, for getting stuck into the research. Thank you for your meticulous approach and your dedication to sharing what the ODDESSI trial is about!

Hannah Herlihy and Meg Setterfield from KMPT Research and Development Team. You have both been brilliant at helping get ODDESSI recruitment numbers up!



ODDESSI Research Staff after a Research Assistants' Meeting at UCL

What is Open Dialogue?

In the ODDESSI trial we will compare Open Dialogue to 'treatment as usual'. 'Treatment as usual' is a term commonly used in research, which means the treatment that a person would normally be offered if we were not doing a research study. For people in crisis this may mean a crisis team, a home treatment team, or perhaps referral to other teams, depending on a person's needs.

Open Dialogue is a more recent addition to the UK so may be less familiar. It is a model of mental health care which involves a consistent family and social network approach. All treatment is carried out via whole system or 'network' meetings, which always include the patient.

The Open Dialogue approach, pioneered in Finland, is a different approach to much of mental health care in the UK, but it has been discussed for several years with interest by several NHS Trusts around the country. Staff delivering Open Dialogue receive specific training, and may also have expertise from previous work or personal experience of mental health care. Open Dialogue has been taken up in countries around the world, including much of the rest of Scandinavia, Germany and several States in America.

There have been some promising results in non-randomised studies of Open Dialogue for first episode psychosis. The ODDESSI research may be the next step in researching the effectiveness of Open Dialogue.

Checkpoint Report

We have recently submitted our first checkpoint report to our funder the NIHR which summarizes our progress thus far. The report includes updates on the work we have done in the feasibility trial, the development and refinement of the adherence and fidelity measures, process evaluation, training, and the development of the Peer Support Worker role in OD.

This same report will go to our Programme Steering Committee which functions as an independent panel that reviews progress on programme. They will also provide a report to the NIHR. The Programme Steering Committee is set to meet on February 5th 2019 where the Chief Investigator Professor Stephen Pilling will present the progress of the research programme to date.

With the feasibility study coming to a close in our two pilot sites (NEFLT and KMPT), the ODDESSI team has been wrapping this up and preparing for the full RCT to begin in all 5 trial sites (NELFT, KMPT, DPT, C&I, and BEH). Through the joint efforts of the ODDESSI research team and teams within the feasibility site trusts we were able to successfully recruit participants in both sites. This is one of the key findings which was included in our Checkpoint Report.

We have a busy time ahead as we make plans for the full trial of Open Dialogue, which we expect to begin in April this year. We are streamlining our trial processes and improving our trial design, applying for ethical approval, recruiting researchers, and working with trial sites to get ready to start.

Emily Wilson, UCL

Thank you for taking the time to read the ODDESSI newsletter. We will be uploading information and future newsletters to our website, so check back at any time for updates.

To find us

- go to www.ucl.ac.uk
- search for 'ODDESSI'



Now Accepting Applications

We are now accepting applications to be part of the ODDESSI Lived Experience Advisory Panel (LEAP). The panel be an expert resource for the ODDESSI research team, and will help to steer the research and ensure that the project is highly relevant for the people who might use Open Dialogue.

What will the LEAP do?

The LEAP will consist of up to 12 people who will meet and discuss the progress of ODDESSI. LEAP members will provide ongoing advice to the national research team on how we conduct the research locally, how we bring the findings together nationally, and share our learning most effectively. The plan is for the panel to meet for 3 hours, three times each year. Meetings will be held at University College London.

Who can be a LEAP member?

We are looking for adults of all ages and backgrounds who are involved with one of the five NHS Trusts that the ODDESSI study is taking place in and who have 'lived experience'. By 'lived experience' we mean experience of mental distress and service use, or experience of supporting a loved one.

Will there be payment and expenses?

We will offer you a voluntary involvement payment for each meeting, and cover reasonable travel and support costs. If you are in receipt of welfare benefits we can advise on payments you can receive.

Where can I find more information?

- On our website, just go to www.ucl.ac.uk and search for ODDESSI
- Ask Emily Wilson emily-wilson@ucl.ac.uk

The deadline for applications is the 12th of February 2019



The panel will be led by ODDESSI co-applicants Dr. Sarah Carr and Corrine Hendy. They have expertise through lived experience and through academic and peer support work.

