

ODDESSI NEWS

Newsletter with updates from the ODDESSI Research Programme

News in Brief

-The design and methods of the main ODDESSI cluster randomised trial have been published, read the paper here:

<https://bit.ly/34mY4MV>

-The current wave of Omicron infections continues to cause sickness and absences in clinical teams.

-Researchers across ODDESSI sites took part in a 'January Wellbeing Challenge' and covered 307 miles over 112 hours walking or running. Phoebe Barnett covered the most distance: 57.3 miles!

-We have finished recruitment of our almost 500 trial participants.

-We continue to recruit people providing and being offered care in trial sites, and their families or loved ones, for interviews and focus groups.

-Professor Nav Kapur spoke at UCL on suicidal behaviour and Covid, watch here: <https://bit.ly/3L5F71Y>

ODDESSI Shout-Outs

-A big thank you to James Sinclair from NELFT for offering a workshop on LGBT+ health inequalities and research to ODDESSI researchers.

-Goodbye and good luck to Tamsin Hayes as she begins her new role as a trainee Psychological Wellbeing Practitioner. We will miss you!



Open Dialogue principles inform community transformation

A transformation of community mental health care is underway. NHS England is committed to creating a new model of care, where those with mental health problems are individually supported in their recovery within their community, alongside their social networks.

North East London Foundation Trust (NELFT; ODDESSI site and sponsor) are undergoing a programme of development over the next three years. Their focus is on introducing new 'Mental Health and Wellness Teams', to replace the current Access and Community Mental Health Teams. This will involve a large structural and cultural change towards a more person-centred and trauma-informed approach to care.

The new teams will be largely influenced by the principles of Open Dialogue, with a key aim being to improve continuity of care, so longer and more meaningful relationships can be built with service users and their networks. What's more, all staff will receive training in Open Dialogue, as NELFT aims to be "one of the most progressive and person-centred mental health services in the country". This is sure to be a challenging but hugely exciting time to be involved in community mental health services and Open Dialogue.



Tamsin (above) recalls how ODDESSI has helped prepare her for her new clinical role.

The Process Evaluation part of the ODDESSI research programme aims to provide context to the results of the main trial. Currently, I am recruiting a sample of trial participants and their friends and family to interview. We will ask about their experiences of receiving care, and specifically how it has affected their lives and wellbeing.

I am also looking at the interviews with healthcare professionals from last year. These explored understanding of and experiences delivering Open Dialogue. They also spoke about the benefits and challenges of working in this way, and their perspectives of delivering care within the context of the trial.

We are planning to publish a protocol paper for the process evaluation soon. This will outline the rationale and methods of the different studies being conducted as part of the evaluation.

Dr Lefteris Anestis, Middlesex University



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Spotlight on Tamsin Hayes

The ‘spotlight on’ feature includes an interview with someone involved in the ODDESSI trial. We checked in with Tamsin Hayes, who has been working as an Assistant Research Practitioner in Devon.

Being a research assistant on the ODDESSI trial has helped me in many ways for my next step in my psychology career. I am about to start training to be a “Psychological Wellbeing Practitioner” (PWP). PWPs assess and support people who have common mental health problems, often anxiety or depression. It has helped me to improve my communication skills, talking with lots of different participants, often on the phone. I will be taking this skill with me, to build helpful relationships within my new work. The work is 50% online, so being able to have a good conversation on the phone with someone is a very important part of the role

It has also taught me about the importance of knowing when to do risk assessments. In my new role, I will need to do this quickly and safely – I think working on ODDESSI has taught me how to do that. I have a strong sense of gut feeling, which working on ODDESSI has improved. Being able to trust a gut feeling that someone might be at risk will be very important when delivering low intensity cognitive behavioural therapy.

ODDESSI has also taught me the importance of talking and bonding with your team, even if online. I will be able to take this into my new team to make sure that we work to be the best we can be by keeping in close contact with regular catch-ups, wellbeing activities, and helping each other. ODDESSI and being a research assistant has allowed me to practice the skills I learnt during my psychology undergraduate degree, which has led me to be able to train as a PWP. Learning to be able to balance a large and busy work life during my time as a research assistant, by working on such a large trial, will allow me to organise my caseload as a PWP and work to the best of my ability to help other people!

Tamsin Hayes, Devon

Would you like more updates or to get in touch?

- Search for ODDESSI at www.ucl.ac.uk
- Email us at oddesi@ucl.ac.uk
- Find us on Twitter at [@ODDESSI_UCL](https://twitter.com/ODDESSI_UCL)