

ODDESSI NEWS

Newsletter with updates from the ODDESSI Research Programme

News in Brief

- This month we officially met half of our recruitment target, with 322 participants recruited.

-Our Programme Steering Committee and Lived Experience Advisory Panel met in December and reviewed our plans to continue to recruit new participants up until August 2021.

- ODDESSI Chief Investigator Prof. Stephen Pilling and Trial Manager Katherine Clarke presented the experiences of moving to 'remote delivery' in ODDESSI at the MindTech conference in November.

-Our 1-year 'fidelity' interviews about how clinical teams are delivering care are well underway. Find out more about these interviews overleaf.

ODDESSI Shout-Outs

-A big welcome to our new UCL Research Assistant, Shaeda Nourmand.

-Thank you to both Macey Cubbage and Emma McKenzie for organising a brilliant ODDESSI Christmas event.

-Shout-out to Jahara Khatun for training up our Research Assistants on all things trial delivery. It is much appreciated.

*If you have a shout-out for anyone involved in ODDESSI please email the study team at oddesi@ucl.ac.uk *



Some of the ODDESSI research team enjoying our virtual Christmas party over Zoom.

Team Christmas Festivities

On the 9th December, the ODDESSI research team held a virtual Christmas party. It was an afternoon filled with festive activities and snazzy Christmas jumpers! It began with a 'getting to know you quiz', followed by a game of taboo, Christmas themed origami, a game of Linkee, and a scavenger hunt. We split everyone into two teams for some friendly competition.

Organising a virtual Christmas event was unusual, as I am used to them being the likes of drinks and karaoke. We tried to be creative with our ideas for games, and luckily, I worked with a fantastic colleague, Macey, who was great at coming up with ideas.

All attendees were sent a Christmas parcel in the post which contained games materials, and edible treats. Macey did a great job of making up the parcels and sending these out to everyone, however, despite the valiant organisation and effort, some of the parcels did not arrive in time. I don't think the post office was having a particularly quiet time in early December! However, we managed to think on our feet, and for those of us whose parcels arrived a few days after (me included), the joy of the event was extended as we enjoyed our delayed edible treats! Overall, the event was a success, and a fun opportunity to bond as a team.

-Emma McKenzie. NELFT



Physically distant, but socially connected

With working from home being the 'new normal', the ODDESSI researchers have been trying to remain socially connected, although we have all been physically distant for some time. Regular check-ins continue, as well as time for informal 'office' chat like our Friday coffee and cake meetings.

In the winter months it was more difficult to be motivated to get out of the house during the daylight in the working day, and so we set up an ODDESSI Strava 'club'. This was inspired by the '66Miles4Marcus' fundraising memorial in November.

We use it to track our miles walking or running outside, which feed into a weekly team total. Sharing activities, routes, and photos (like the sunset above) has been the encouragement needed to leave our desks.

- Georgie Parker, UCL

Fidelity interview thank you

We last reported on fidelity interviews in the April 2019 newsletter. Since then a lot of progress has been made, with staff from all ODDESSI sites taking time out of their busy schedules to be interviewed about their teams. Here are some key figures:

- 78 hours of interviews conducted
- 124 members of staff participated
- 6 Open Dialogue teams contributed
- 10 crisis and community care teams contributed

These interviews are vital as we use them to measure 'fidelity': how well mental health services are able to deliver care in the model they intend to. Keeping track of this over time provides key information for interpreting the results of the trial.

We would like to say a huge thank you to all of the staff members who have been interviewed, and the administrators and managers who have helped with organisation. Your support is hugely appreciated.

I would also like to say thank you to Georgie, who has done a lot of work liaising with teams, arranging interviews, and learning to conduct and rate them herself. I am impressed with the job she has done during less than one year in post, all of it working from home.

-Katherine Clarke, UCL



It is with deep sadness that we announce the passing of David Cousins. David worked on the ODDESSI project as a Research Assistant in Kent and Medway NHS and Social care Partnership Trust, and had been an integral part of the Trust for many years. We plan to publish a tribute to David in a future newsletter alongside holding an event to honour David in the coming months.

In the meantime, if anyone would like to make a donation, David's family have asked for money to go to 'Rethink Mental Illness- Canterbury & Coastal', a local group close to David's heart.

Would you like more updates on the ODDESSI trial, or to get in touch? Search for ODDESSI at www.ucl.ac.uk, email us at oddesi@ucl.ac.uk or find us on Twitter at [@ODDESSI_UCL](https://twitter.com/ODDESSI_UCL).