



ODDESSI NEWS

Newsletter with updates from the ODDESSI Research Programme

News in Brief

- Site Principal Investigators and Open Dialogue Leads came together for a virtual meeting in April to share their experiences since ODDESSI finished recruitment and their continued work during the follow-up period.

-The 2022 National Peer-Supported Open Dialogue conference took place in London on 4th May.

-Prof. Owen Bowden-Jones & Prof Sunjeev Kamboj spoke at UCL on the topic of 'Changing minds with drugs'. Watch the recording here:
https://youtu.be/7Di1gv_d76A

- You might be hearing from Aatqa Arham, who is joining the team during the summer. She will work on a project on staff turnover associated with the Process Evaluation. Welcome Aatqa!

-NELFT held their annual Research & Development conference in April, featuring workshops on qualitative research methods and person-centred approaches to research.

ODDESSI Shout-Outs

-A big thank you to Bethan Cramer and Paul Lowcock for sharing their experiences as part of a new video currently being made by the UCL team. These will be available on our website by the end of the month.

Kinane et al. *BMC Psychiatry* (2022) 22:138
<https://doi.org/10.1186/s12888-022-03731-7>

BMC Psychiatry

RESEARCH

Open Access

Peer supported Open Dialogue in the National Health Service: implementing and evaluating a new approach to Mental Health Care



Catherine Kinane¹, James Osborne², Yasmin Ishaq², Marcus Colman² and Douglas MacInnes^{3*}

A study run by the team in Kent and Medway NHS and Social Care Trust (KMPT; an ODDESSI trial site) has recently been published in *BMC Psychiatry*. Taking place before ODDESSI, this study provides the first evidence of the successful implementation and evaluation of Peer-supported Open Dialogue (POD) within the NHS.

Fifty service users, plus members of their family and networks, were recruited to receive POD. Measures of wellbeing, functioning and satisfaction were collected from participants using self-report questionnaires upon recruitment and at three and six months.

They found significant improvements in service user outcomes after receiving POD, with reduced symptom severity, improved mental wellbeing and increased work and social engagement. The authors of the paper suggest that this indicates less distress and in turn a better prognosis for the future. Results also suggested that family members and networks felt supported following POD.

All of this indicates that it is possible to implement and deliver effective POD within the NHS. The ODDESSI trial will add to this by looking more broadly at POD delivered by several teams, and comparing outcomes following POD compared with the current model of care using a randomized design.

To read the full paper visit the link here:

<https://bmcp psychiatry.biomedcentral.com/articles/10.1186/s12888-022-03731-7>

Georgie Parker, UCL Research Assistant



Emma at Glastonbury Festival in 2005 in front of the Pyramid Stage.

The 2022 National POD Conference in London

I attended the National Peer-Supported Open Dialogue Conference on 4th May in London hosted by North East London Foundation Trust (NELFT).

It was an opportunity to hear from the clinicians that deliver Open Dialogue and from peers and families that have benefited from receiving Open Dialogue. The conference was a face-to-face event and it was great to see so many people attend and be able to connect with them on a personal level.

The conference was also an opportunity to hear an update about the ODDESSI trial. As a researcher working on the project it was enlightening to hear from those that have found the Open Dialogue approach so effective and valuable. It confirmed how valued the research trial is in providing detailed information about the Open Dialogue approach.

I feel privileged to be working on a trial that will hopefully have such a positive impact to mental health services.

Sarah Noordally, KMPT Research Assistant

Spotlight on: Emma Hogwood

The 'spotlight on' feature includes an interview with someone involved in the ODDESSI trial. We checked in with Emma Hogwood in Kent and Medway Partnership Trust (KMPT).

Can you tell us a bit about yourself and your background?

Hi, my name is Emma Hogwood and I am the Team Manager of the Open Dialogue Service within KMPT. I am originally from the south-east coast, but moved to Canterbury as a student nurse to experience living in a city (which was a culture shock!) and haven't looked back since. Throughout this time I have worked mainly in the acute sector, and now as part of the Open Dialogue team.

How did you get into your current role?

When I returned to work after maternity leave someone mentioned Open Dialogue to me and I thought it sounded really interesting. After attending an open day and doing the training, I joined the Open Dialogue team as it was being set up in KMPT. We didn't know what we were jumping into, or how long it would last, but we wanted to try something different and had faith. Years later and the Open Dialogue team is one of the top performing teams within the Trust!

Once the team was up and running it was decided there needed to be someone in charge of the day-to-day running of the team and to make sure we were hitting the same targets as the other teams in the Trust. Therefore, my role as manager was created, which has a mix of operational duties (I do a lot of the background work) and clinical work in which I have a small caseload.

How have you found taking part in ODDESSI as a trial site?

Becoming an ODDESSI trial site was a steep learning curve, as I had only taken part in research trials prior to this on a much smaller scale. As a team of only six, there is a kudos about taking part in such a massive research programme. The fact that we are driving something that is so wanted by patients and carers fills me with great hope! Our job can be difficult sometimes, so it is great to have the recognition and to be able to say that the team is doing well. A large challenge of taking part in the trial was definitely trying to keep things going during the worst of the pandemic. However, through the challenging times we have to remind ourselves of why we are taking part.

What do you like to do when you are not at work?

I love to dance, and I usually go to quite a few festivals even in my late years. I am going to Glastonbury again this year, which will be my 14th time (after waiting three years!). My husband is like an SAS camper when it comes to packing, whereas I freestyle it a bit. I have a lot of joy outside of work, which also includes a love of watching a bit of Midsummer Murder.

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)