

# ODDESSI NEWS

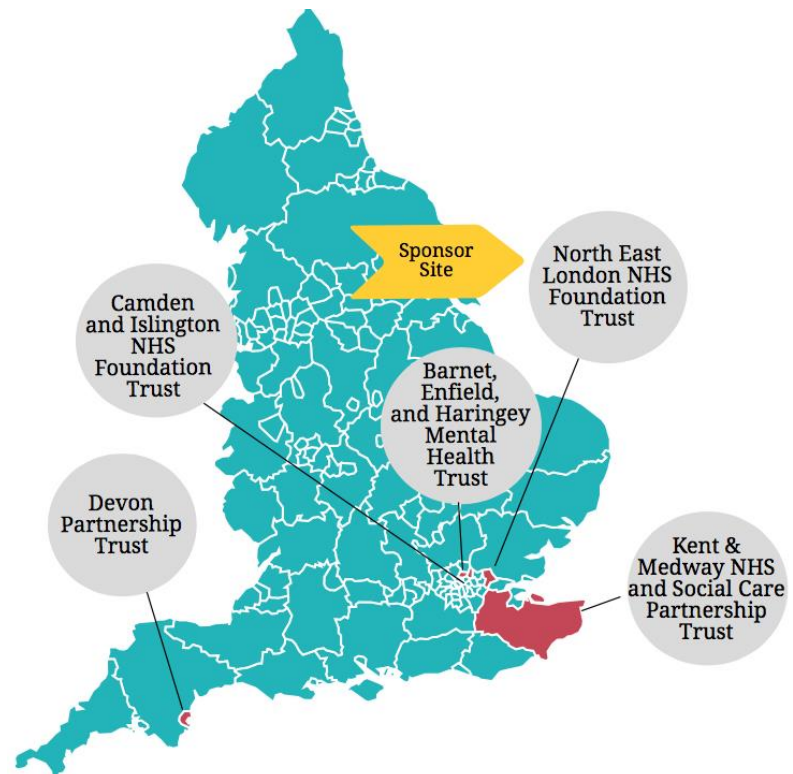
Monthly newsletter with updates from the ODDESSI Research Programme

## News in Brief

- Last week Sarah Carr (Middlesex University) and Corinne Hendy (Nottinghamshire Healthcare NHS Foundation Trust) held a meeting with ODDESSI peers to share best practice and work on a national peer job description.
- The feasibility study is more than half way through recruitment in Kent and Medway NHS and Social Care Partnership Trust (KMPT) and North East London NHS Foundation Trust (NELFT).
- Staff in Barnet & Haringey, Camden & Islington, and Devon NHS Trusts are working on setting up their Open Dialogue teams and preparing to start recruitment from January-April 2019.
- Study sites have begun to audio-record Open Dialogue sessions, and Melissa Lotmore at UCL is preparing to review some tapes from all sites before the end of the year.
- The KMPT Peer Supported Open Dialogue Team have been awarded a prestigious award from the Royal College of Psychiatrists for their outstanding work. We will hear more about this in the next newsletter.

## Shaira's shout-outs

Shaira is our Research Assistant in NELFT who will be in charge of the 'shout-outs' section of the newsletter. If you have a shout-out for anyone involved in the ODDESSI programme (including TAU teams, peers, other OD practitioners, support staff, researchers, and clients) please email Shaira at [Shaira.Hassan@nelft.nhs.uk](mailto:Shaira.Hassan@nelft.nhs.uk)



## Introducing ODDESSI

ODDESSI is a large-scale programme of research into crisis mental health care within the NHS, and is funded by the National Institute for Health Research (NIHR). ODDESSI stands for Open Dialogue: Development and Evaluation of a Social Network Intervention for Severe Mental Illness. There are several questions that the research is examining:

1. Can we develop a way to offer Open Dialogue in the NHS that is acceptable to staff (including peers) and service-users? Does it fit in with how existing NHS services operate?
2. Does offering Open Dialogue result in good clinical outcomes, and is it worth the money?
3. What is the experience of service users, carers, and staff?

The programme is vast and includes projects that focus on these areas:

- How NHS mental health services are configured and change
- Mental health services and referral pathways across study sites
- Peers and their role within Open Dialogue teams
- Training people in Open Dialogue
- Whether it would be possible to compare Open Dialogue to treatment-as-usual in a large multi-centre trial (the feasibility trial)
- The health economics of Open Dialogue and of treatment-as-usual



## Research Teams

The Chief Investigator of the ODESSI Study is Professor Stephen Pilling at UCL. Co-investigators at King's College London. The University of Birmingham, Middlesex University, and other Universities and NHS trusts are also working on the study.

## Working on ODESSI

The ODESSI trial is the first to test Open Dialogue in the UK. The trial is currently in its feasibility stage, where the project is being carried out on a small scale in 2 trusts in Kent and Medway and North East London. The feasibility stage allows us to test how well the design of the trial works before we carry out the main trial on a bigger scale. Service users in crisis are assigned to either current treatment or Open Dialogue treatment.

When service users enter the trial they first take part in a baseline interview with me or another ODESSI researcher. We ask about service users' demographics, how their mental health has been over the past week, how supported they feel by social networks, and how their mental health affects their day to day life. After 3 months, we invite participants to another interview, where we ask about their experiences since we last spoke, including experiences of recovery and which (if any) services they have been using. As a Research Assistant, I'm always extremely grateful to service users for giving their time to answer our questions and contribute their experiences. We hope that the information they provide will give a picture of people's paths following a crisis, through changes in their health, use of services and quality of life.

## Spotlight on: Niall Henderson

In each newsletter we will have an interview with someone who is involved in the ODESSI research programme. This time we spoke with Niall Henderson in Devon. If you would like to suggest a person (or volunteer yourself) to appear in this feature please email Jess Clarke (Research Assistant, Middlesex) at [j.clarke@mdx.ac.uk](mailto:j.clarke@mdx.ac.uk)

*Hi, I am Niall and I am the Clinical Team Leader, for Adult Services Directorate CRHT for Torbay in Devon Partnership Trust (DPT). These services are part of the standard crisis care pathways that are currently offered in DPT, and are crucial for being able to intervene quickly when people are experiencing severe distress, or are at risk of harm.*



*Being a participant site in the trial has meant some challenges in terms of staffing and team restructuring. However, I think the OD (Open Dialogue) way of working does look promising, so it will be interesting to see what the results are. Mainly, I think it is really important that the trial doesn't overlook TAU (treatment-as-usual) staff. There has been a lot of attention on OD, which is understandable, but I always make sure to reiterate to TAU staff members that their contribution is just as important to the trial. After all, we don't know if OD will prove to be more effective than TAU yet – the purpose of the trial is to find that out. So the role of TAU staff is invaluable in providing an excellent quality service, one that can give OD a run for its money!*

*My background is in psychiatric nursing- I qualified in 1992, so I have been working in the NHS for around 26 years now! I have worked both on the wards and in the community, and piloted the night practitioner team within Torbay. Outside of work, I have a range of hobbies, and tend to really focus on one thing for a while, and then move onto something else. I like craft and make silver jewellery. My wife Amanda (who also works at DPT) and team members benefit from this (although it is a 'give away' when they get something I have made for secret Santa!). As a result of losing a bet with my wife over whether Lidl sell trifle sponge (they do, by the way), my penance was to complete the couch to 5 k app. I managed it, and currently run around 5 k every week- although I hate every minute of it. My claim to fame is that I have won supermarket sweep! I won a £1000 in cash which was sensibly spent and paid off my overdraft (unfortunately).*

Thank you for taking the time to read the ODESSI newsletter. We will be uploading future newsletters and information about the study to our website, so check back at any time for updates. To find us go to [www.ucl.ac.uk](http://www.ucl.ac.uk) and search for 'ODESSI'