

ODDESSI NEWS

Newsletter with updates from the ODDESSI Research Programme

News in brief



- ◆ The ODDESSI newsletter now has a more accessible format. See [here](#) for more details.
- ◆ Devon are the first site to complete all their fidelity interviews! Thank you to all staff who took part over the last 36 months.
- ◆ The Open Dialogue team leads and PIs came together recently to reflect on their achievements so far, and the challenges they face in the final year of the trial.
- ◆ ODDESSI researchers had fun doing some spooky pumpkin carving for Halloween.
- ◆ The ODDESSI trial was featured in an article in the latest issue of the Royal College of Psychiatrists Insight Magazine. The full magazine can be viewed [here](#).

ODDESSI shout outs

- ◆ Good luck to Dr Russell Razzaque who is currently running to be President of the Royal College of Psychiatrists.



My week on the POD training

In September I completed module 1 of the Peer-supported Open Dialogue (POD) training course. Me and my fellow trainees (220 in total!) found that practice sessions were a lot more moving and impactful than we thought they would be. We often found that through the practice exercises we were reflecting on our own selves and clinical practices. I feel that I learnt skills which I can use in all areas of my work and in my personal life, such as tolerating silence, asking open questions and being reflective.

At the training I was able to talk to the other trainees about what excited and what concerned them most about POD. This information which will be useful for my PhD project. The week also included a powerful talk on the importance of peers, and I now have a deeper appreciation for peers in POD and in all areas of mental health care.

Overall, it was an enjoyable and productive week. I met lots of great people, deepened my knowledge of Open Dialogue and gained practical skills. I am looking forward to completing module 2 in January!

Emma McKenzie, Research Assistant & PhD student

Spotlight on: Susan Jordan

The 'spotlight on' feature includes an interview with someone involved in the ODDESSI trial. We checked in with Susan Jordan in Devon Partnership Trust (DPT).

Can you tell us a bit about yourself and the team?

I've been working in the NHS for 25 years, I started as a Healthcare Assistant and worked my way up. I'm currently the Operational Team Manager in the Riviera Core Mental Health Team, which covers around 75% of Torbay. I am managing the transition under the community mental health framework, so my role is largely operational. I started this job during the pandemic, so it involved working a lot of things out for myself at the start!

The team is made up of a variety of roles, and it's great to have a mix of staff with different clinical backgrounds and skills. We have grown as a team and we now work much more closely with other services in the area, sitting around one 'virtual' table. This means we are able to work together, signpost out more, and use all of our joint resources to think about what would benefit a person the most.

As a treatment-as-usual team, what has it been like taking part in the ODDESSI trial?

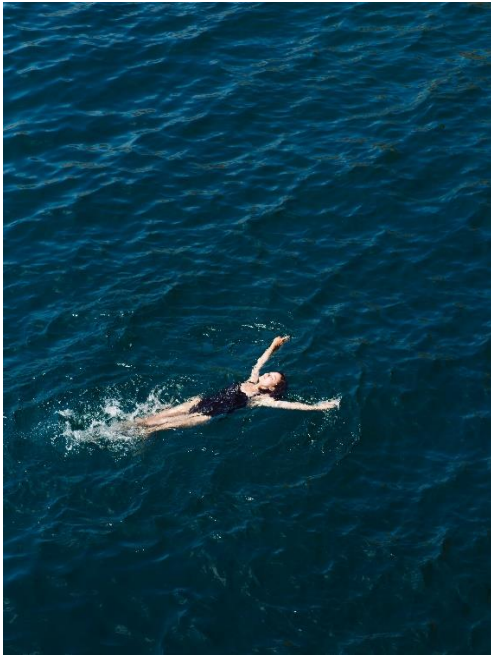
During the recruitment period, Amanda and Daniel (the research team) would come along to team meetings which was great. This opened up the scope to have conversations about the trial, and I received positive feedback from the team about how well that worked.

What do you like to do when you're not at work?

I love exercising! I usually run about 4 miles per week and swim in the sea (when it's not too choppy). Exercise has provided an outlet for me to burn off work stress and reflect.

I also do lots of baking and reading (sometimes with the odd drop of red wine or gin!), socializing, and going to the theatre.

If you would like to nominate anyone for a future 'spotlight on' feature, please email Georgie at oddesi@ucl.ac.uk.



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To get in contact or join our mailing list, please email us at oddesi@ucl.ac.uk

Joining our mailing list will get the quarterly newsletter sent straight to your inbox!

You will also be among the first to hear about any trial results and new papers.

Want to know more?

You can keep up to date on the ODDESSI trial online via our website, or by following us on Twitter.

Just search 'ODDESSI' at www.ucl.ac.uk or follow @ODDESSI_UCL on Twitter.