September 2017

TACK
TACKLING CHRONIC DEPRESSION

E: philip.mcnamee@elft.nhs.uk, T: 020 7540 6755 x. 2325

TACK activities in September have been focused on identifying and recruiting clinicians for the exploratory phase of Work Package 2 across all three sites. LEAP members have received research training on using DIALOG+ intervention and facilitating workshops. We have successfully carried out the first demonstration workshop & focus group with six service users.

LEAP Research Training Day

Phil and Aleks organised the 1st LEAP training day on 8th September. LEAP members were first introduced to the DIALOG + intervention and how to use it. Following the demonstration by the researchers they had an opportunity to practice using the software themselves.

LEAP members also received training on facilitating workshops and conducting focus groups. They were invited to apply their new skills in the 1st TACK Demonstration Workshop & Focus Group with service users. Their task was to demonstrate the intervention to the attendees prior to the focus group and record their comments.

The future training days will be organised in accordance to the needs of the LEAP members and the phase of the study.

QUICK STATS

No. of clinicians recruited	8
No. of service users recruited	6

Workshop & Focus Group with Service Users

The first TACK workshop & focus group with was held on 18th September and was attended by six service users. The aim of the event was to explore their views of DIALOG+ and its suitability for people diagnosed with chronic depression.

The attendees were first introduced to the software in the demonstration workshop, followed by the focus group discussion.

Four LEAP members facilitated the demonstration workshop. The service users had an opportunity to use the software themselves which resulted in a lively discussion with LEAP members.

The focus group discussion was facilitated by Megan and Aleks. The service users had a number of suggestions on how the intervention could be adapted for the needs of people with chronic depression which we will now analyse.

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Update across TACK sites

Phil held TACK study training for researchers in Oxford Health NHS Foundation Trust on 7th September. The researchers were trained in the DIALOG+ intervention, recruitment and consent procedures, and topic guides for WP2. Two care-coordinators interested in the exploratory study have been identified by Libby.

A TACK training day in 2gether NHS Foundation Trust in Gloucester has been set for 10th October. The training will be delivered to both researchers and mental health professionals involved in the exploratory study.

ELFT researchers have identified four care-coordinators who agreed to take part in the exploratory study. Aleks and Megan presented TACK programme and DIALOG+ to the staff of Community Mental Health Team South at ELFT.

Conferences

We have been invited by Public Health Wales 1000 Lives Improvement initiative to present DIALOG+ at their national conference on 18th October in Cardiff. Phil will present the evidence for DIALOG + for psychosis at this particular event as they are keen on adopting the intervention in their early intervention services. We hope that this link may be a potential avenue for collaboration for the TACK Programme too.

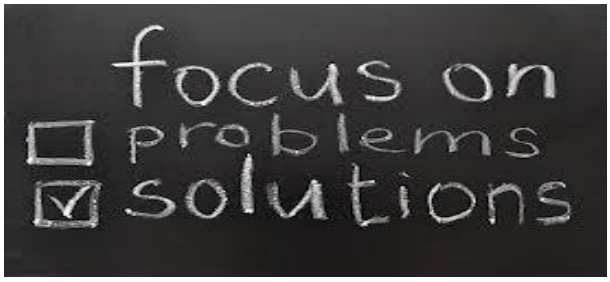
THRIVE LDN Initiative

Thrive London is the new initiative focused on improving Londoner's mental health and wellbeing, supported by the Mayor of London and the London Health Board. They have recently held a series of workshop across different boroughs to engage with and discuss local mental health issues and initiatives with London residents and communities. Aleks attended the workshop in Newham and submitted the information on existing DIALOG+ evidence as well as the TACK Programme to Thrive researchers. You can visit their website on thriveldn.co.uk

IMPORTANT FUTURE DATES:

10th October – Site Visit to 2gether (Gloucester)

9th November- PMG 2nd Meeting



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