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ABSTRACT FORM

Name/Nome	Raffaella Pocobello Giuseppe Salamina Tarek el Sehity Jimmy Ciliberto	Country/Paese	Italy
Affiliation/Organizzazione (University/Agency/NGO)/(Università /Azienda/ONG)	RP: ISTC-CNR, Rome GS: ASL Torino TeS: SFU-Vienna; ISTC-CNR JC: SIRTS, Milano		
Address/Indirizzo	Via San Martino della Battaglia, 44 Rome Via della Consolata, 10- Turin		
Phone-mobile/Telefono	377 4477954	Fax	
E-mail	Raffaella.pocobello@istc.cnr.it Giuseppe.salamina@aslcityatorino.it		
Title of the contribution/Titolo del contributo			
Objectives/Obiettivi	<ul style="list-style-type: none"> - Present the main results of the project “Open Dialogue and its transferability in the context of Italian mental health services” - Discuss recommendations about the implementation of OD in Italy 		

Contents-text/Contenuto-testo:

Background

Open dialogue is a resource-oriented approach to cope with mental health issues, involving patients and significant persons of their social networks. Outcomes evaluation has proven the effectiveness of this approach in Western Lapland- Finland (Seikkula et al, 2011), where it was developed. Over the last years, studies started to investigate the transferability of this approach into other contexts. In 2015, the Italian Ministry of Health financed a national project to evaluate the transferability of OD in the context of eight Italian mental health departments (MHDs), located in different regions and cities (Turin, Savona, Trieste, Rome, Modena, Catania). The program was coordinated by the Department of Prevention of the Health service of Turin, and the Nation Research Council was involved in the evaluation research.

Purpose

We present the Italian OD program, focusing on the main results of the evaluation of the training and OD-adherence. Moreover, we will briefly introduce an ongoing pilot project to assess OD-transferability.

Results

Training Evaluation

The first years of the project (2015-2016) were dedicated to the open dialogue training involving eighty mental health professionals. A pool of expert trainers coordinated by Prof. Jaakko Seikkula delivered the training. We used a mixed method approach to evaluate the training. Participatory observation evidenced trainees' interest, involvement and satisfaction about the training program. Testimonies of personal- and team-changes were given, such as the re-discovery of a professional purpose. Trainees appreciated the use of the Reflective-Team-setting to improve their clinical practice as well as their relation between colleagues. Participants rated the training content highly valid, the program well designed, and the majority did not report any negative outcomes or sanctions. However, significant differences between the mental health departments emerged with respect to performance, commitment to the transfer, personal positive outcomes, support of colleagues and/or the directors, perceived self-efficacy.

OD adherence after the training

The OD-fidelity scales developed by Olson, Seikkula and Ziedonis (2015) were translated into Italian and used to assess videotaped OD sessions of the different teams trained. Overall, the assessment of clinical fidelity found that most items were adhered to; however, there were differences in levels and items of non-adherence between the teams.

Reflections

Implementing OD imply organizational and clinical challenges for mental health departments. Local organizational changes should be promoted to allow immediate help, psychological continuity and to adapt to users and network's needs. More training and supervision would support the professionals already trained to work dialogically, increasing adherence with respect of the OD principles "polyphony" and "tolerate the uncertainty". Assessment of the quality and adherence of both clinical and organizational aspects is necessary to assess outcomes meaningfully. This assessment is part of the pilot study - still ongoing. Finally, critical issues emerged with respect to the training of new professionals and how to sustain the development of OD in the Italian context at the end of the project financed by the Ministry of Health.