
Fourth Meeting of the Engaging Young Men Project (EYMP) Advisory Group: Minutes

Date: Tuesday 19th August 2014
Time: 10.00am - 11.40am
Venue: Dial-in Teleconference
Present: Paula Carroll, Brid Casey, Colin Fowler, Billy Grace, Owen Metcalfe, Finian Murray and Noel Richardson
Apologies: Lorcan Brennan, Nick Clarke, Maria Lohan, Gillian O'Brien and Bidy O'Neill
Chairperson: Owen Metcalfe
Minutes: Colin Fowler

Agenda Items

1. Welcome and Introductions

Owen, as Chairperson, welcomed everyone to the meeting, and thanked them for their attendance. As this was Brid's first involvement with the Engaging Young Men Project (EYMP) Advisory Group, he asked everyone to introduce themselves. Brid is replacing Susan Kenny as the National Office for Suicide Prevention (NOSP) representative on the group.

2. Minutes of Last Meeting

The minutes of the previous Advisory Group meeting were accepted and approved as an accurate reflection of that gathering.

3. Matters Arising

- Since the last meeting, Colin has submitted a detailed six month progress report to NOSP. This was also circulated to all members of the Advisory Group.
- Some members of the group did not receive the list of questions / topic guide used in the Focus Groups. This will be included as an appendix in the final report on the Mapping Exercise phase of EYMP.
- The biggest disappointment during the Mapping Exercise was the limited input received from primary health care staff - especially GPs. The research team followed-up all leads supplied, but few potential respondents replied to the messages that were sent to them.
- Paula has been liaising with Steve Robertson in relation to the 'What Works to Engage Men' research, and has submitted a first tranche of information to this initiative.
- Owen requested that Billy's progress reports (and any similar documentation from other sources) should be dated - so that the reference period can be easily determined.
- All other tasks proposed at the May meeting have been completed.

4. Feedback on Draft Report on Mapping Exercise

Owen reminded the meeting that the focus of today's teleconference was to discuss the draft report on the Mapping Exercise. The issues which arose in the subsequent conversation included ...

4.1 Release Date of Report

A decision needs to be reached as to whether or not this report will be released now or held on file to become part of a future final composite document detailing all elements of EYMP and its work. Finian pointed out that the information in the report is very valuable and current, and may be useful to others working in this field. However, if we leave this paper on file until the end of EYMP, the relevance of some of the findings may be reduced and it could date quite quickly. As NOSP funding for EYMP is yearly, the outputs of the project are deliberately broken-up into discrete, time-bounded deliverables. The Mapping Exercise is one of these outputs, and was designed to be a standalone piece of work which could also inform other aspects of the project. Brid will discuss this issue with Susan and others in NOSP to see if they have a preference, and it will be put onto the agenda of the next MHFI Management Committee meeting on Tuesday 2nd September 2014.

4.2 Cover of Report

The cover page of the report should acknowledge that this document only details the findings from the Mapping Exercise rather than the entire YMSP. This is important - even if it is agreed not to publicly release the report at this stage. A possible title could be 'Engaging Young Men Project: A Report on the Mapping Exercise Conducted in Ireland'. The funding from NOSP should also be acknowledged on the cover and/or in the first pages of the document.

4.3 Executive Summary

It was agreed that a short Executive Summary would be a useful addition to the report.

4.4 Introduction

At the beginning of the Introduction chapter, it says that: '*...over 450 million people worldwide suffer from mental health disorders while the numbers of those who suffer from mental health problems are significantly greater*'. Owen asked if it might be possible to give a statistic for those with '*mental health problems*', and to clarify what these problems entail.

4.5 'Topping' and 'Tailing'

The report authors were asked to consider opening each section with a few lines / a short paragraph which sets the scene for what is to follow. They were also asked to end all sections with a brief synopsis of the key learning points.

4.6 Prominence of Key Learning Points

It was suggested that the summary paragraphs in each section - which draw together the key learning points - should be made more prominent by putting them into text boxes and/or highlighting the text and/or making the text a different colour. This will make the information stand out more from the surrounding text.

4.7 Use of Underlining

Section 3.9 contains a lot of underlined text. This makes it difficult to easily determine what is a section title and what is merely a sub-heading within an initiative. Using bold text and/or italics and/or capitals might help to create a more definite distinction between these.

4.8 Standardising the Template

The practical initiatives outlined in Section 3.9 do not always follow the same reporting template. Consistency would be useful for the purpose of comparing and contrasting them. It was also noted that some entries do not mention if they have been evaluated or not.

4.9 Moving Examples of Programmes to Appendices

Section 3.9 offers a substantial amount of detail on interventions and programmes. It was felt that although this is all relevant, there may be too much detail for the main body of the report. Subsequently, it was suggested that the long-hand descriptions of the initiatives should be moved to an appendix, while only a brief overview of each project should be presented in Section 3.9.

4.10 Grouping Examples of Programmes

It was proposed that it might be useful to group the examples of practical initiatives that are, currently, outlined in Section 3.9 by country or by evaluated and non-evaluated. The authors will look at the feasibility of this. However, there was agreement that the current system of categorisation (i.e. by themes) is also very effective.

4.11 Appendix A

Section 2.2 in the report refers to the Focus Group Topic Guide in Appendix A. However, this is not there at present and needs to be inserted.

4.12 Quotations

It was felt that the quotes arising from the Focus Groups had been effectively weaved into the narrative of the report.

4.13 Recommendations

Immediately before the teleconference began, Noel had circulated a revised Recommendations section for the report. Paula introduced this paper, and explained that it was hoped that this would better reflect the findings from the Mapping Exercise. There was consensus that this version of the Recommendations section would be more useful to the development of the next phases of EYMP. However, a few points were noted ...

- The purpose of EYMP is to develop a training programme (and ancillary supports) which will provide practical guidance to participants on how to effectively engage with young men in relation to their mental health and well-being. This, primarily, focuses on: self-reflection upon own levels of 'young male friendliness'; developing empathy with the world of young men; understanding the pressures upon them; recognising the places / activities / people / things that they feel most comfortable with; identifying the most appropriate language / activities / modes of communication to use; highlighting examples of how to build and sustain beneficial relationships with them etc.
- It is not a function of EYMP to train anyone to deliver a specific type of programme or intervention, or to roll-out a particular mental health promotion model.
- The over-arching goal of EYMP is to develop a generic skills and knowledge-based programme which can be adapted to a range of settings that are appropriate to young men. At this stage of development, there is no spare capacity or resources to create bespoke training programmes for specific areas of work such as teachers, parents, early years workers etc.

- EYMP focuses upon young men aged 18-30 years. Therefore, some of the recommendations made are outside of the remit of this project. While these need to be noted as outcomes of the Focus Group, they are not, necessarily, relevant to the future development of EYMP per se.
- It was suggested that, since this is a generic programme, the key practitioners to be targeted in the first instance should be Engage Trainers (who already have a substantial grounding in general men's health engagement) and people who have completed ASIST or safeTALK training. This would ensure a good geographical and occupational spread in the roll-out of the training.
- It was agreed that each recommendation should be preceded by a short header which indicates what it is about e.g. 'Prioritise the Needs of Young Men'.
- As everyone had only received the revised Recommendations immediately before today's meeting, they were asked to review this paper over the next few days and to send their feedback to everyone in the group as quickly as possible.

4.14 Corrections

Everyone was asked to submit any additional suggestions for corrections to Billy, Noel and Paula as quickly as possible.

4.15 Thanks to Billy

Owen, on behalf of the Advisory Group, thanked Billy for his hard work and professionalism in undertaking the Mapping Exercise and drafting the report. It was noted that this document will provide an extremely useful foundation for developing the next phases of EYMP.

5. Any Other Business

Approximately three months ago, Paula was approached by Prof Steve Robertson from Leeds Metropolitan University, and asked if she and/or MHFI would like to contribute to an international research initiative (funded by 'Movember'). This seeks to conduct a literature review and an environmental scan to identify effective approaches to engaging men and boys in mental health and well-being issues.

It was agreed at the May 2014 Advisory Group meeting that this project is likely to complement and add value to EYMP. Subsequently, MHFI signed a contract with Leeds Metropolitan University to undertake this work in Ireland, and Paula and Noel have been coordinating this work on behalf of MHFI. We are part of a network of 12 international partners.

The first submission date for material was Friday 15th August 2014, and this has been met. However, a more substantive paper - with additional material - has to be submitted by Monday 25th August 2014.

There is an obvious overlap between our EYMP work and this international study. Paula asked the Advisory Group for permission to reference the Mapping Exercise as a source of information (but will not expand upon it in any great depth) when drafting her final report to Steve Robertson. It was felt that as this is current local data and insights, it could add greatly to the Irish submission.

Paula will circulate the draft report to Advisory Group members so that they can make an informed decision about giving permission to reference the EYMP research at this stage. In light of the extremely limited timescale for this initiative, responses are requested by no later than close of day on Wednesday 20th August 2014.

6. Action Points

- Brid will speak to Susan and others in NOSP to see if they have a preference as to whether or not the report on the Mapping Exercise should be made publicly available at this stage. Brid will be on leave from Friday 22nd August until Monday 8th September, so will do this immediately.
- The status of the Mapping Exercise Report will be put onto the agenda of the next MHFI Management Committee meeting on Tuesday 2nd September 2014. Noel will brief the Forum about it.
- The authors of the report will make the suggested amendments to the Mapping Exercise Report as detailed in Section 4 of these minutes.
- Everyone is asked to review the revised Recommendations section of the report and to send their feedback to the whole group as quickly as possible.
- All members of the group are asked to submit any additional suggestions for corrections to Billy, Noel and Paula within the next few days.
- Paula will circulate a draft of the report for Steve Robertson to Advisory Group members. Everyone is asked to respond (by no later than Wednesday 20th August 2014) to say if they would be willing to give their permission to reference the EYMP research within it.

7. Next Meeting

The next EYMP Advisory Group meeting will be held at 2.00pm, on Wednesday 1st October 2014, in the Institute of Public Health's (IPH) office in Dublin. There will be no video-link with the IPH Belfast office on this occasion. It is hoped that this face-to-face meeting will help new members of the Advisory Group to build a personal relationship with other members.