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

Date:	Wednesday 28 th May 2014
Time:	1.30pm - 2.55pm
Venue:	Video-link between the Institute of Public Health in Ireland's Dublin and Belfast offices
Present:	<u>Dublin</u> - Paula Carroll, Maya Lefkowich (in attendance), Owen Metcalfe, Finian Murray, Bidy O'Neill and Noel Richardson <u>Belfast</u> - Colin Fowler
Apologies:	Lorcan Brennan, Nick Clarke, Billy Grace, Susan Kenny, Maria Lohan and Gillian O'Brien
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. He asked Maya Lefkowich to introduce herself. Maya is a student from the USA who is, currently, doing a Summer Internship at the National Centre for Men's Health (NCMH) in the Institute of Technology in Carlow (ITC).

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

- Colin has spoken to Paula Forrest in the National Office for Suicide Prevention (NOSP) about a reporting template. As NOSP fund a wide variety of initiatives, they do not have a single format for feedback. It was suggested that EYMP should follow any reporting structure used by the HSE's Health Promotion Department.
- Following the last meeting, Colin contacted Gillian O'Brien, Director of Education in Headstrong, and asked if she would be willing and free to join the EYMP Advisory Group. Gillian has agreed to contribute, but was unable to make today's meeting due to a prior arrangement.
- Paula will pass on her contact details for the Garda to Billy.
- All other tasks proposed at the March meeting have been completed.

4. Update on Mapping Research

It was agreed that the mapping research should be the main focus of today's meeting. As Billy was in Donegal running a Focus Group with Irish Chaplains during their Annual Conference, Noel and Paula agreed to brief the group on progress that has been made.

Billy had already submitted a written report on developments. Colin will attach this document again when circulating these minutes.

4.1 Overview of Progress

- Billy has been meeting Noel on a weekly basis to discuss / report on progress. Paula is helping Billy to refine the literature review, and will sit in on a Focus Group with him.
- The overall timescale for this project is on track.
- There have been a number of difficulties in terms of convening some of the Focus Groups.
- The Service Agreement with the NCMH did not include a date for reporting back to the Advisory Group on the Literature Review and Focus Group outcomes / findings before the draft final report was produced. It was agreed that draft interim documents should be circulated as soon as they are ready.
- The Final Report will include a literature review, a methodology outline, findings from the Focus Groups, and a conclusions / recommendations section.
- It is expected that the Final Report will be approximately 70-80 pages long, and will include an Executive Summary. This will have a practice focus on how to engage young men - rather than revisiting all of the information in the Young Men and Suicide Project.
- The first payment to NCMH (Week 6 - €4,000) has been made.

4.2 Ethical Approval

Ethical approval for the mapping research was given by ITC's Ethics Committee. This had been submitted to the Health and Science Department, with the nominated research advisors being Noel Richardson, Aoife Osborne and Paula Carroll. The Committee had asked for a small number of minor amendments (in relation to the recruitment of participants, how data would be disposed of, and the breakdown of groups being targeted). A letter of approval was received before the fieldwork was begun.

4.3 Literature Review

- A preliminary literature review has been undertaken, and a report has been drafted. This is a substantive document, but needs to be refined. It includes a lot of data on the outcomes of interventions with young men, but it has been harder to tease out the elements of how to engage these young men. This latter element will be Billy's priority henceforth.
- At the outset, a number of key search words / terms were utilised i.e. 'mental health' AND 'boys', 'mental health AND 'young men', 'mental health promotion' AND 'boys', 'mental health promotion' AND 'young men', 'mental health programmes' AND 'boys', 'mental health programmes' AND 'young men', 'mental health' AND 'engaging young men', 'engaging young men' AND 'best practice'.

- Articles have been collected on issues such as Deliberate Self Harm (DSH), suicide in men, help-seeking and men, masculinities, best practice when working with young men, and mental health programmes for young men.
- Articles and grey literature are, currently, being searched for in relation to best practice in mental health promotion / programmes aimed specifically towards young men.
- Focus of Literature Review:
 - Evidence of mental health and young men - suicide, DSH, patterns of help-seeking.
 - Issues and challenges associated with mental health and young men - gender and help-seeking, high risk groups, lack of engagement with services.
 - Evidence of good practice - policy measures, programmes, services, training.
 - Mentoring and peer-led initiatives.
 - How can effectiveness be measured - evaluation criteria, tools for measuring effectiveness, gender-proofing existing services and programmes.
- It was agreed that the draft literature review should be circulated to Advisory Group members (for comment) as soon as possible, but by no later than Wednesday 9th July 2014.

4.4 Focus Groups

Billy's report highlighted the progress made with the Focus Groups as being ..

Name of Group	Description of Participants	Update
Youth Workers (RoI)	Youth Workers and those working with young men from the Waterford and South Tipperary Regional Youth Services	Completed on 9 th April 2014 in Park Hotel, Dungarvan, Co. Waterford.
Sports	Representatives from GAA Healthy Club (Leinster) and St. Colmcille's GAA Club, Bettystown, Co. Meath	Completed on 7 th May 2014.
Sports Coaches	GAA, FAI and IRFU in ITC	Completed on 20 th May 2014.
Youth Workers (NI)	Youth Workers from various parts of Northern Ireland	Completed on 21 st May 2014 in YouthAction, Belfast.
Clergy / Chaplains	Chaplains who provide services for young men in the various Institutes of Technology throughout the country	To be held on 28 th May 2014 in Letterkenny, Co. Donegal.
Probation Services	Probation Officers / Senior Probation Officers / Community Service Supervisors	Filled out application form and returned to Probation Office. Application was approved, and Focus Group is due to be held on 5 th June 2014 in Probation Offices in Cork.
Personnel from Mental Health Organisations	Volunteers / employees in mental health organisations who have experience in working with young men	In the process of contacting various mental health organisations.

Statutory Primary Health Care Staff	Public health nurses and mental health workers	Filled out application form and returned to HSE offices in Dublin. Application was approved, and the HSE then sent out a general email to staff nationwide requesting volunteers. Currently have two people interested in Galway.
Youthreach / Back to Education Personnel	People who help young men return to the workforce	In the process of arranging a Focus Group in Mountmellick, Co. Laois. Three people interested.
General Practitioners	GPs - often the first point of contact for young men	Noel contacted his local GP and is awaiting a formal response. The ICGP are to be contacted for advice / assistance.
Young Men	Young men aged between 18 and 30 years of age	Contacted Derek Chambers from Inspire Ireland and Sean McCarthy from the HSE. Possible Focus Group with Ballygunner GAA Club in Waterford and Macra na Feirme.

Accessing Primary Health Care Staff and GPs proved to be the most difficult recruitment area: the HSE application form was long and cumbersome; there has been no response yet from the ICGP; the specific GP practices approached have been unable to participate ... Paula suggested that it might be useful to contact Paul Heathwood in the West, while Biddy suggested Janet Gaynor in the North West as a good contact point. Paula also agreed to follow-up Nick Fenlon - who coordinates the ICGP Summer School - to see if it might be possible to access some GPs during this event.

Noel and Billy will circulate the list of questions used in the Focus Groups to Advisory Group members. Billy is asked to 'drill down' the findings to produce short case studies of 'what works in practice'.

Findings from first two Focus Groups:

- There is still stigma around young men and mental health, but things are slowly starting to change.
- Mental health work / programmes should be done as early as possible for young men - start in primary school.
- The social construct of 'traditional masculinity' is evident in many young men. This adversely affects their help-seeking behaviour.
- Young men often don't have the required language to express their feelings, whilst service providers often lack the necessary language to talk to young men around mental health and well-being.
- Some young men would prefer to talk to women instead of men where mental health is concerned.
- Many mental health programmes are done in a subtle way - often without young men knowing. Mental health needs to be re-named to 'wellbeing' or 'wellness'.

- Bullying appears to be a big issue for young men.
- Mental health services are not well prepared for young men with mental health issues, while doctors and other staff do not have the required skills to deal with mental health issues appropriately.
- There is a skills deficit for service providers when trying to deal with the mental health issues of some young men.
- Young men are typically more willing to talk about their physical health rather than their mental health - with the perception that young women find it easier to talk about their mental health.
- Parents were often seen as a barrier to engagement with young men and mental health.
- The environment and socio-economic disadvantage are seen as significant contributors to the mental health issues of young men.
- Social, Personal and Health Education (SPHE) is not being prioritised in schools. It should be mandatory up until the Leaving Cert.
- Individual solutions are required. A general programme will not work because what works for individuals varies.
- A sheet or booklet on 'best practice' when working with young men would be useful.
- Learning the basics of Cognitive Behavioural Therapy (CBT) would be a good idea.
- There is a good potential for doing mental health work through sport.
- The recent cases of various sports personalities revealing their mental health issues is a positive development.

4.5 Agreed Timescale

The projected timescale for completion of this initiative is:

- Wednesday 9th July 2014 - Draft Literature Review will be circulated.
- Friday 15th August 2014 - Draft version of the Final Report will be sent to Advisory Group members.
- Tuesday 19th August 2014 - Draft version of the Final Report will be discussed by Advisory Group members via conference call (telephone).
- Friday 22nd August 2014 - Final version of report will be sent to Advisory Group members for sign-off.
- Monday 25th August 2014 - Final version of report will be sent to MHFI Management Committee.
- Tuesday 2nd September - MHFI Management Committee will discuss / sign-off the Final Report.

5. Future of EYMP Advisory Group

The question was asked: *'will this Advisory Group stay together after the mapping research has been completed?'* NOSP has said that they will look favourably upon all elements of the original three year EYMP proposal which was submitted to them. However, this is dependent upon:

1. Funds being available to NOSP in the future.
2. This work aligning with their agreed annual priorities.
3. EYMP delivering all of the commitments that it undertakes in this phase.

6. Any Other Business

Paula has been approached Prof Steve Robertson from Leeds Metropolitan University, and asked if we would like to contribute to an international initiative seeking to develop a 'What Works to Engage Men' resource. It was agreed that this may complement our own initiative, and Paula will liaise with Steve on this matter. We have to submit our information to them by Friday 15th August 2014.

7. Action Points

- Paula will pass on her contact details for the Garda to Billy.
- Colin will attach a copy of Billy's written report on EYMP developments when circulating these minutes.
- Paula will help Billy to refine the literature review, and will sit in on a Focus Group with him.
- Any draft interim reports will be circulated to the Advisory Group as soon as they are ready.
- The Final Report needs to have a practice focus on how to engage young men - rather than revisiting all the information from the Young Men and Suicide Project. Billy is asked to consider this as he prepares his report.
- Billy will follow-up Paul Heathwood in the West (Paula's contact) and Janet Gaynor in the North West (Biddy's contact) as possible gatekeepers to Primary Health Care practitioners.
- Paula will contact Nick Fenlon - who coordinates the ICGP Summer School - to see if it might be possible to access some GPs during this event.
- Noel and Billy will circulate the list of questions used in the Focus Groups to Advisory Group members.
- Billy is asked to 'drill down' the findings from the Focus Groups to produce short case studies of 'what works in practice'.
- NCMH will circulate the draft literature review to Advisory Group members by Wednesday 9th July 2014.
- NCMH will send a draft version of the Final Report to Advisory Group members by no later than Friday 15th August 2014.
- All Advisory Group members are asked to read the Draft Final Report in advance of the teleconference on Tuesday 19th August 2014.
- Paula will liaise with Steve Robertson about the 'What Works to Engage Men' resource. She will ensure that our information to them is dispatched by Friday 15th August 2014.
- Noel will make all practical arrangements for the teleconference on Tuesday 19th August 2014.

8. Next Meeting

At 10.00am, on Tuesday 19th August 2014, the Advisory Group will convene via a telephone conference call to discuss the draft version of the Final Report on the mapping research. The facility for this call will be arranged by Noel.