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# Invitation to Tender: Engaging Young Men Project

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The 'Engaging Young Men Project' (EYMP) is seeking to carry out a piece of research (using a Focus Group methodology) which will look at the training needs of organisations in the Republic of Ireland in relation to mental health programmes which target young men. Applications are now being invited from competent organisations to undertake this work.

## Background to Engaging Young Men Project

Between March 2011 and October 2012, the Men's Health Forum in Ireland (MHFI) coordinated an all-island action learning project which involved a broad range of stakeholders including the Health Service Executive (HSE), the National Office for Suicide Prevention (NOSP), the Public Health Agency (PHA) and the Institute of Public Health in Ireland (IPH). This initiative sought to identify a range of possible means to promote positive mental health among young men on the island of Ireland and to assess the efficacy of these approaches. This venture was called the 'Young Men and Suicide Project' (YMSP).

The final report ([www.mhfi.org/ymspfullreport.pdf](http://www.mhfi.org/ymspfullreport.pdf)) on this project was launched in January 2013, and the 'Conclusion and Recommendations' section made twelve key proposals. MHFI reviewed and discussed these proposals with key stakeholders, including NOSP, and concluded that Recommendation 10 (i.e. *develop a one day training programme for all frontline staff on how to effectively engage with young men*) would present an immediate opportunity to make a significant contribution to this area of work. Subsequently, MHFI sought, and received, funding from NOSP to begin to implement Recommendation 10. This initiative is called the 'Engaging Young Men Project' (EYMP).

## Aim of Engaging Young Men Project

The core aim of EYMP is to develop a training package which will increase the capacity of service providers and practitioners to effectively engage with young men in relation to programmes which promote mental health and well-being.

## Objectives of EYMP

There are four key objectives to this initiative:

1. Conduct a **mapping exercise** which will identify the training needs of a wide variety of organisations, seek feedback on how the training might be delivered most appropriately, and shape the focus, content and structure of the training package.
2. Apply a '**gender lens**' to organisations, by developing an audit tool and a self-assessment quality mark classification system to help agencies to assess how male-friendly they currently are.
3. Create a dedicated **Course Unit titled 'Engaging with Young Men'** within the Engage National Men's Health Training Programme. This Unit will be offered to qualified Engage Trainers as a top-up module, as well as being offered to service providers and practitioners throughout Ireland in a workshop format.
4. Act as a **portal and reference point** for information on young men and mental health in Ireland.

## **Focus of Proposed Research Project**

MHFI is seeking a researcher / research team to meet the first of the key objectives listed previously, that is:

*Conduct a mapping exercise which will identify the training needs of a wide variety of organisations, seek feedback on how the training might be delivered most appropriately, and shape the focus, content and structure of the training package.*

## **Type of Research Required**

During the YMSP, the Advisory Group for this initiative felt that the most useful information was generated via Focus Groups rather than through online questionnaires. Subsequently, we wish to conduct research using this mode of data collection in the mapping stage of EYMP.

## **Target Groups**

We require the successful researcher / team to establish eight Focus Groups. These will target representatives from specific interest areas and, as far as possible, will involve a geographically dispersed range of workers from throughout the Republic of Ireland (by seeking an overall spread between groups as distinct from within groups).

Consideration should be given to convening the following interest groups, with the final selection to be agreed with the EYMP Advisory Group:

- Statutory Primary Health Care Staff
- Teachers / Student Union Officers
- Sports Coaches
- Garda
- Youth Workers
- Clergy / Chaplains
- Workplace Occupational Health Officers / Trade Union Representatives
- Voluntary and Community Sector Mental Health Workers

## **Tasks associated with the Focus Groups**

The successful bidder will be asked to:

- Secure ethical approval for undertaking this research.
- Identify participants for the eight Focus Groups - each session targeting one specific interest group.
- Recruit 6-10 respondents for each group.
- Enlist a membership for each group which reflects as much diversity as possible.
- Make all the practical arrangements for venue hire and refreshments, as well as undertake all administration tasks associated with the recruitment process.
- Facilitate, record and write a report on each Focus Group.
- Collate the key themes from each Focus Group into a composite final report - which makes recommendations for the focus, content and structure of future training programmes on engaging young men.

## Issues to be Addressed in Focus Groups

The core aim of this mapping exercise is to ascertain what information, knowledge, support, skills or resources are needed to help the respondents to engage more effectively with young men on mental health and well-being issues. This process also needs to ascertain what is the most appropriate and realistic mechanism for delivering this training.

The themes to be explored in the Focus Groups should be informed by a literature review, and Tender documents must outline a methodology for soliciting feedback, as well as list potential issues that could usefully be explored.

The Advisory Group has also determined some questions which it would like to see addressed in the Focus Groups:

- What is the nature and extent of respondents' engagement and/or contact with young men at present?
- Does this engagement include a mental health component and/or is there potential for doing this in the future?
- What are the perceived mental health and well-being needs of young men?
- What are the main challenges and barriers that respondents experience / might experience when seeking to engage with young men, generally, and on mental health issues, specifically?
- Are there any approaches / programmes in this field that work well?
- What support / information / resources / skills would make their efforts to engage young men easier?
- What would be the most appropriate mechanism / timescale / format for delivering this training support?

## Timescale

It is hoped that this mapping exercise will begin in March 2014. It is anticipated that the work required will take up to six months from the start date.

## Budget

The budget for this piece of work is expected to be in the region of €10,000 - €15,000. The total figure proposed in tender submissions must include all aspects of the Focus Group research and reporting process, for example ...

- Preparation time
- Identification and recruitment of participants
- Hiring of venues
- Telephone, postage, stationery and photocopying costs
- Payment for participants' refreshments
- Any specialist equipment or materials required
- Researcher travel costs
- Facilitation of sessions
- Transcription of Focus Group recordings (if required)
- Supervision costs
- Collation of data generated and production of a report on each Focus Group
- Writing of a final report which makes recommendations for future action

The projected budget must also include VAT (if applicable).

## **Management and Support**

The successful tendering body will liaise with the MHFI Director of Operations throughout the mapping process. This person will, in turn, act as a conduit to relay information to the EYMP Advisory Group.

It is also hoped that a member of the EYMP Advisory Group, with a research background, will act as a support person during the mapping process, and that they will attend at least some of the Focus Group sessions.

## **Format of Tender Submission**

The following detail must be included in the tender submission:

- Name of the primary contact person
- Contact person's telephone and email address
- Organisation's name
- Organisation's address and website details
- Background to and status of tendering organisation
- Previous experience in this type of research (especially in relation to men's work)
- Proposed methodology
- Anticipated outputs
- Timeline suggested
- Detailed breakdown of the total cost for this project and the suggested payment schedule (all figures must include VAT if applicable)
- CV for each person who will be involved

## **Closing Date for Submissions**

Submissions must be received by Noon on Tuesday 11<sup>th</sup> February 2014. Please send tenders by email to Colin Fowler, at: [colin@mhfi.org](mailto:colin@mhfi.org)

## **Further Information**

For further information on this tender, please contact:

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