
Seventh Meeting of the Young Men and Suicide Project Advisory Group: Minutes

Date: Wednesday 20th June 2012
Time: 10.30am - Noon
Venue: Videolink between the Institute of Public Health in Ireland's Dublin and Belfast offices
Present: **Dublin ...** Derek Chambers, Colin Fowler, Naoise Kavanagh, Owen Metcalfe and Noel Richardson
Belfast ... Michael McKenna
Apologies: Martin Bell, Madeline Heaney, Susan Kenny, Michael Lynch, Biddy O'Neill and Michael Owen
Chairperson: Owen Metcalfe
Minutes: Colin Fowler

Agenda Items

1. Welcome, Introductions and Apologies

Owen, as Chairperson, welcomed everyone to the meeting, conducted a round of introductions (to familiarise Naoise from Inspire Ireland with the group), and recorded apologies. It was agreed that the order of Agenda Items 5 and 6 would be swapped to allow Naoise to give her input and then leave.

2. Minutes of Last Meeting and Matters Arising

The minutes of the last meeting were agreed as an accurate reflection of those proceedings. Matters arising included ...

- There has been little feedback on the draft website from Advisory Group members.
- Owen has not yet briefed Sandra Walsh about developments with the Work Out website.
- Action Point 10 should have said that 'Derek will contact Catherine (rather than Biddy) and Susan to inform them of developments and plans in relation to the website and its launch'.
- Noel did not receive any feedback from the Advisory Group on his proposed format for the Final Report except from members connected with the Men's Health Forum in Ireland (MHFI).

3. Republic of Ireland Pilot Intervention

- Naoise gave a short presentation on the Work Out website. She has been working closely with the developer to finalise the site. Good progress is being made, but there has also been a lot of learning.

- One of the biggest challenges has been making sure that users have a fully functional interactive experience which is all online i.e. no print-offs / pen-and-paper exercises such as in the 'Food as Fuel' Mission in the Australian version of the site.
- Although most of the young men using the site are likely to be fairly IT-savvy, it is important that they feel engaged, secure and safe. Given the sensitive nature of this programme, they need reassurance that their details and profiles aren't been tracked / sold-on to a third party. The site also needs to be simple, enjoyable, challenging, encouraging, and one which elicits return visits from users.
- Young people are used to (and often expect) 'gameification' when they're online. This includes achieving 'badges' / 'rewards' as they move up through the different levels of a site. This will be a feature of the Irish Work Out programme.
- One of the first tasks for the web developer was to devise an alternative to the 'Results Quadrant' used on the Australian site, because in the original version: Site users log-in ► Take a test (based upon a clinical questionnaire) which covers the four key area ► See their score ► Get a visual representation of where they are positioned on the quadrant ► Take a 'Mission' to improve their score ... However, this new score doesn't affect their position on the quadrant i.e. they don't get a visualisation of their progress.
- One of the other key development concerns was to condense / merge some of the 'Missions' and to allow users to dip-in-and-out of them in a more piecemeal fashion. Some of the materials from the original Australian site have proven difficult to collapse and re-work. These may, however, be added-in at a later stage.
- At the moment, a lot of energy is being focused upon site functionality rather than style. For example, in the 'Body Clocking Mission' - which is spread out over a period of time - the site will send the user an email notification a week later, and let them re-join the programme where they left off. They will then be given three options for the next stage of their journey - which depends upon the score that they have achieved.
- The new site avoids images of brains and the language of mental health / illness. Instead, it focuses upon 'mental fitness'.
- By the time of the launch, it is likely that we will have 8 -12 Missions on the site under the four main themes.
- Inspire Ireland have conducted their own primary research into the validity and reliability of the tests / scales used on the site. These materials conform to clinical standards.
- It was pointed out that Work Out is not a crisis intervention programme, but is a resource to help users - particularly young men - to improve their mental fitness. That said, the site will offer signposting to available support services to ensure that users are not left stranded.
- In the longer-term, Naoise will have 'Administrator Status', and will be able to update / amend / add to the content.

- The production of the site has involved a lot more work than was first anticipated. We are in the middle of a research and development cycle at the moment - in order to ensure that we get it right.
- All members of the Advisory Group were asked to check out the functionality of the website as soon as possible, and to forward their comments and suggestions to Naoise. Colin will forward the log-in details to everyone, as well as Naoise's email address.
- Inspire Ireland will manage and administer the website in the future. However, all of the partners in this project (i.e. NOSP, HSE, PHA, DHSSPS, IPH, YouthAction NI and MHFI) will be acknowledged on the site.
- Given the amount of extra work that this project has entailed, the website developer has indicated that he has already exceeded his budgeted allocation of hours. Derek will check how much more the overall budget will be due to this over-spend, and will get back to Colin in MHFI to see if it can be met from existing resources.
- Naoise will know by the end of this week how long it will take to complete the site and make it ready for launching.

4. Northern Ireland Pilot Intervention

4.1 Young Men's Advisory / Reference Group

Michael (McKenna) provided an update on recent developments ...

- YouthAction NI has now completed their input to this project.
- The YouthAction team will have a draft of their report on the Young Men's Advisory Group ready by early July 2012.
- Staff from YouthAction will meet with Umberto Scappaticci and others from the Colin area to discuss 'next steps' - including expanding the membership of the Young Men's Advisory Group, and agreeing a longer-term project for the group to work on.

4.2 Man's World?

Key workers from the Colin Neighbourhood Partnership have been offered priority places at a number of existing MHFI seminars and workshops. They have also been invited to submit proposals for bespoke one-off training sessions.

4.3 Mind Yourself Programme

- Since the initial two days of the Mind Yourself Train the Trainer programme (held in March 2012), the facilitation team - coordinated by Kevin Bailey, Suicide Prevention Coordinator, SEHSCT - has organised additional skill enhancement / practice days in order to prepare for the delivery phase.

- The roll-out of the programme began in St. Colm's High School, Twinbrook, with all Year 12 pupils, on Friday 11th May 2012. This first session entailed the pupils completing a Baseline Evaluation questionnaire. The session was led by Paula Kinsella (an MSc student in IT Carlow, working under the supervision of Noel) who is coordinating the impact evaluation. Six of the people who trained as Mind Yourself facilitators (as well as Colin Fowler) administered the questionnaire and oversaw its completion.
- On the following two Fridays (18th and 25th May), the Mind Yourself facilitators delivered the programme in the school. Each session lasted for 90 minutes, and was delivered to both boys and girls. Most of the facilitators worked in pairs, with an average group size of 18 pupils. The teachers were not present during the sessions.
- On Friday 1st June 2012, Paula returned to the school to do the final evaluation session with all the pupils - using the same team of facilitators as on the first day. There were, however, a number of pupil 'drop-outs / no-shows' in this session.
- Ella Arensman from the National Suicide Research Foundation (NSRF) supported the evaluation process by supplying copies of an evaluation questionnaire which contains validated impact assessment scales. Noel and Colin will be holding a teleconference with Ella on Friday 22nd June 2012 to discuss the scoring mechanisms, and the research validity implications which may arise due to some pupils not completing the final questionnaire.
- Kevin Bailey's key role in operationalising the Mind Yourself programme was once again acknowledged.
- There are plans to hold a Focus Group with all of the facilitators in order to ascertain their thoughts about how the programme could be improved, and if it could be extended to informal group work settings. Colin and Noel will talk to Kevin about arranging this.

4.4 Group Work Resources

Colin has begun to order a range of off-the-shelf group work resources to encourage and stimulate discussion with young men. These will be given to Colin Neighbourhood Partnership at the end of this intervention. All Advisory Group members were asked to tender suggestions for materials to Colin as soon as possible.

5. Final Report

Noel and Nick are working on the final report for the overall Young Men and Suicide Project. To date, they have not received any feedback from Advisory Group members (except from those connected with MHFI) on the proposed format for / content of this document. Colin will re-send the draft document, and the new deadline for suggestions is Friday 20th July 2012. It is hoped to have a final version of it ready for the next Advisory Group meeting at the start of September 2012.

6. Any Other Business

- Michael (McKenna) is making a presentation to the Stormont Health Committee on his own work, and will mention the Young Men and Suicide Project within this. He has also mentioned our work in a presentation which he made at Westminster.
- Derek will forward Advisory Group members a short overview paper which Inspire Ireland has prepared on the Work Out website.
- It was acknowledged that the Young Men and Suicide Project has been supported by a broad range of volunteer input, and that this has been vital to its success. Colin was asked to try quantify the extent of these contributions.

7. Action Points

- i. All members of the Advisory Group are asked to check out the functionality of the website as soon as possible, and to forward their comments and suggestions to Naoise. Colin will forward the log-in details to everyone, as well as Naoise's email address.
- ii. Inspire Ireland will ensure that all of the partners (i.e. NOSP, HSE, PHA, DHSSPS, IPH, YouthAction NI and MHFI) are acknowledged on the Work Out website.
- iii. Derek will check with the website developer to ascertain how much more funding is required, and will contact Colin to see if this can be met from existing resources.
- iv. Naoise will check when the website will be ready to launch.
- v. The YouthAction NI team will have a draft of their report on the Young Men's Advisory Group ready by early July 2012.
- vi. Staff from YouthAction NI will meet with Umberto Scappaticci and others from the Colin area to discuss 'next steps'.
- vii. Noel and Colin will hold a teleconference with Ella Arensman on Friday 22nd June 2012 to discuss the Mind Yourself questionnaire scoring mechanisms, and the research validity implications of some pupils not participating in the final session.
- viii. Colin and Noel will talk to Kevin Bailey about arranging a Focus Group with the Mind Yourself facilitators to collate their experience of the programme.
- ix. Colin will re-send the draft structure of the Final Report, and the new deadline for Advisory Group feedback is Friday 20th July 2012.
- x. Derek will forward Advisory Group members a short overview paper which Inspire Ireland has prepared on the Work Out website.
- xi. Colin will try to quantify the extent of volunteer contributions to the Young Men and Suicide Project.

8. Date of Next Meeting

Thursday 6th September 2012, from 1.00pm - 3.00pm. This meeting will be conducted via video-link between the Institute of Public Health's Belfast and Dublin offices. This is likely to be the final meeting of the Advisory Group.