
Sixth Meeting of the Young Men and Suicide Advisory Group: Minutes

Date: Tuesday 8th May 2012
Time: 2.00pm - 3.30pm
Venue: Videolink between the Institute of Public Health in Ireland's Dublin and Belfast offices
Present: **Dublin ...** Derek Chambers, Owen Metcalfe, and Noel Richardson
Belfast ... Martin Bell, Colin Fowler, Michael Owen (deputising for Madeline Heaney) and Michael McKenna
Apologies: Madeline Heaney, Susan Kenny, Michael Lynch 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 recorded apologies. As there were no new members present, introductions were not necessary.

2. Minutes of Last Meeting and Matters Arising

The minutes of the last meeting were agreed as an accurate reflection of those proceedings, and all follow-up actions have been completed. The Matters Arising were ...

- Martin sought clarification about the 'Man's World?' element to the programme in the Northern Irish Pilot Intervention. Colin confirmed that, on the recommendation of the local partners, this will now take the form of either:
 - Priority places for practitioners from the Colin area at workshops that are already being run by the Men's Health Forum in Ireland (MHFI) e.g. 'Framework for Men's Health Training', 'Jest for the Health of It' or 'Use of IT to Promote Men's Health Messages' etc.
 - Standalone workshops organised exclusively for workers in the Colin area on topics that they identify themselves e.g. 'The Engagement Jigsaw' or 'Wait Until Your Da Gets Home' etc. These will be offered upon request.
- Derek has received written assurances from The Inspire Foundation in Australia that we can replicate the content of their Work Out programme in our Irish website. He also informed the group that the price quoted by the web developer is the total price that we will have to pay. Derek will ask the developer to make it clear on their invoice how the price was arrived at, and if they are VAT exempt.
- Colin and Derek did not receive any additional suggestions from Advisory Group members for Irish Support Services to include on the Work Out website.

3. Northern Ireland Pilot Intervention

3.1 Young Men's Advisory / Reference Forum

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

- YouthAction NI is now winding-up their input to this project.
- Michael, Jonny (Ashe) and Marty (McKinley) are collating an overall report on their intervention. It is hoped that this will be ready in 4-6 weeks.
- This overview report will reflect the findings from the baseline data collection process, session feedback sessions, workers' reflections, and supervision meetings. It will seek to highlight the key learning points which arose.
- YouthAction will hold meetings with Scap (youth worker from the Colin area who co-facilitated the programme) and others in the Colin area, to develop a plan for ongoing support for the young men who participated in the programme and the expansion of this type of work.
- It is hoped that other young men will, in future, join this Forum. YouthAction staff will help Scap and the Colin Neighbourhood Partnership to recruit other young men to the group.
- The Young Men's Forum will be advised / supported by YouthAction staff to produce or organise something for Men's Health Week.

3.2 Man's World?

The key contacts in the Colin area now feel that it would be difficult to recruit a core group for the 'Man's World?' element of the programme as was originally envisaged - as a lot of energy was put into recruitment for the core Mind Yourself training. Therefore, it has been agreed that MHFI will offer a small number of tailored one-off workshops and/or places on existing MHFI seminars and workshops. See Section 2 of these minutes for more detail.

3.3 Mind Yourself Programme

- The roll-out of the Mind Yourself programme will begin in St. Colm's High School, Twinbrook, on Friday 11th May 2012. This first session will entail the completion of a Baseline Evaluation questionnaire. This session will be led by Paula Kinsella (a Masters Student at IT Carlow, working under the supervision of Noel) who will be coordinating the impact evaluation. Six of the people who trained as Mind Yourself facilitators (as well as Colin Fowler) will administer the questionnaire and oversee its completion.
- On the following two Fridays (18th and 25th May), the team of facilitators will deliver the Mind Yourself programme in the school. Each session will last for 90 minutes, and will be delivered to both boys and girls. The teachers will not be present in the sessions.
- On Friday 1st June 2012, Paula will return to the school to do the final evaluation session with all the pupils - using the same team of facilitators as on the first day.

- Ella Arensman from the National Suicide Research Foundation (NSRF) has supported the evaluation process by supplying copies of an evaluation questionnaire which contains validated impact assessment scales. However, the questionnaire used in St. Colm's will also include a module on Post-Traumatic Stress Disorder. This wasn't included in the Republic of Ireland study.
- Kevin Bailey (Suicide Prevention Coordinator for the South Eastern Health and Social Care Trust) has played a pivotal role in securing the facilitators, negotiating the participation of the school, and ensuring that all the practicalities of the implementation phase have run smoothly.
- Kevin, Annie Armstrong (Colin Neighbourhood Partnership) and all of the facilitators are keen to look into the possibility of adapting the Mind Yourself programme for use in informal settings (such as youth clubs, youth training schemes etc.) in the future.
- It was felt that the final report on the Pilot Intervention should clearly identify which elements of the programme worked best / least and why. It should also include a description of the evolution of the idea, and record the process of making contacts, building trust, and fostering a cooperative approach. The role of volunteers has also been critical and should, if possible, be quantified.
- If the evaluation proves that the Mind Yourself programme is a useful tool for Northern Ireland, MHFI would be keen to work with the Public Health Agency and others to develop a package for delivery outside of the Colin area.

3.4 Group Work Resources

Colin has identified a number of off-the-shelf resources to encourage and stimulate discussion with young men in group work settings. These will be purchased for the Colin Neighbourhood Partnership area, and given to them at the end of this intervention.

4. Republic of Ireland Pilot Intervention

- An Invitation to Tender document was issued in late March 2012, and a website developer (Peter Duggan) was appointed to undertake the design of an Irish version of 'Work Out'. One of the key elements of the brief was to design and build a site which can be easily self-maintained (via a Content Management System interface) in the future. The final site will be looked after, in the longer-term, by Inspire Ireland.
- Peter has been working to fulfil the brief given to him, and progress has been good to date. The first version of the draft Home Page is now ready to view. Colin will forward details of the URL for this site / how to access it to members of the Advisory Group.
- The basic structure and framework for the Irish version of the Work Out programme can be viewed at: www.workoutappireland.com/workout1 However, the meeting was reminded that this is a work-in-progress. The log-in details are Username: derek and Password: Judge2012! All members of the Advisory Group were asked to give their initial feedback on the site by no later than Tuesday 15th May 2012.

- The Advisory Group was asked to offer suggestions for additional content (especially support services / referral points), and to provide feedback on the 'feel' of the site and its navigation tabs. It was also pointed out that the initial concept for the logo is too similar to the 'Minding Your Head' image.
- The first task for the developer was to understand and create a scoring mechanism for the assessment tests. This has been the priority task, and is likely to require the most input. After this, Peter will move on to working on the missions.
- Based upon feedback from both the Irish Focus Groups and Australian users, the overall number of missions will be cut down or merged (possibly to 16 instead of the original 32), and the paper-based missions will be replaced with a more sophisticated online system. This, too, will require a substantial re-work of the Australian materials.
- Derek has received confirmation that there are no copyright difficulties with Ireland using the core Work Out content.
- The new website will acknowledge the role and input of the HSE, PHA, DHSSPS, NOSP, as well as MHFI and Inspire Ireland.
- It is hoped that the site might be ready (in pilot form) by approximately Wednesday 6th June 2012. If this is possible, it could be launched around the start of Men's Health Week (MHW) 2012. It was felt that a Press Release / Photo Opportunity launch would be better than a full-blown event.
- Inspire Ireland have been in contact with the FAI about their support for the launch of Work Out, and this might be possible - especially in terms of a photograph with a key FAI figure(s).
- The National Office for Suicide Prevention (NOSP) has offered €5,000 to support the launch. It is expected that €2,000 of this sum will be used for a social marketing campaign, and €3,000 for the actual launch expenses. Inspire Ireland will work with a PR company to organise the launch.
- There is a 'catch 22' situation, however ... we need to generate a certain degree of interest to properly test the materials on the site. At the same time, the first few months of being 'live' will be a period of road-testing rather than using a finalised resource. The key is to make sure that it is not seen as the final product at this stage.
- After the launch, there will be a three month pilot phase to iron out technical glitches and incorporate feedback from users / Focus Groups.
- Derek will follow-up with Bidy and Susan after today's meeting to inform them of developments and plans. NOSP should then keep the Minister and Department of Health informed about progress.
- Owen will inform Sandra Walsh about developments, and Martin will provide a briefing to the North-South Ministerial Council. It was felt that we shouldn't go looking for Ministerial 'buy-in' at this stage.
- If possible, it would be beneficial to get a report on the usefulness of the website by the start of September 2012 - as this would fit with the PHA's planning cycle.

5. Any Other Business

Noel will be working on his template / content for the final report over the next few weeks. He is keen to receive comments and suggestions from Advisory Group members.

6. Action Points

- i. Derek will ask the website developer to make it clear on their invoice how the price was arrived at, and if they are VAT exempt.
- ii. YouthAction NI staff will collate and submit a final report on their intervention in the Colin area.
- iii. YouthAction will hold meetings with Scap and others in the Colin area, to develop a plan for ongoing support for the young men who participated in the programme and the expansion of this type of work.
- iv. YouthAction staff will help Scap and the Colin Neighbourhood Partnership to recruit other young men to the Reference Group.
- v. The Young Men's Forum will be supported by YouthAction staff to produce / organise something for Men's Health Week 2012.
- vi. MHFI will offer a small number of tailored one-off workshops and/or priority places on existing MHFI seminars and workshops to practitioners in the Colin area.
- vii. MHFI will coordinate the roll-out of the Mind Yourself programme in St. Colm's High School, Twinbrook.
- viii. Colin will forward the URL and log-in details for the first draft of the Work Out website to members of the Advisory Group.
- ix. All members of the Advisory Group are asked to give their initial feedback on the draft Work Out site by no later than Tuesday 15th May 2012.
- x. Derek will contact Bidy and Susan to inform them of developments and plans in relation to the website and its launch.
- xi. Owen will inform Sandra Walsh about developments with the Work Out website.
- xii. Martin will brief the North-South Ministerial Council on Work Out.
- xiii. Advisory Group members are asked to offer feedback to Noel (as soon as possible) on the template / content for his final report.

7. Date of Next Meeting

Wednesday 20th June 2012, from 10.30am - Noon. This meeting will be conducted via video-link between the Institute of Public Health's Belfast and Dublin offices.