

Engaging Young Men Project

ENGAGING YOUNG MEN PROJECT

A report on the Mapping Exercise conducted in Ireland during 2014

The design and evaluation of a training programme targeted at frontline service providers to engage young men

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Background



Young Men
(YM) reluctant
to access
services



YM need
targeted and
gender-
specific
programmes



Confusion
and fear
among
services
providers
regarding
effective
engagement
with YM



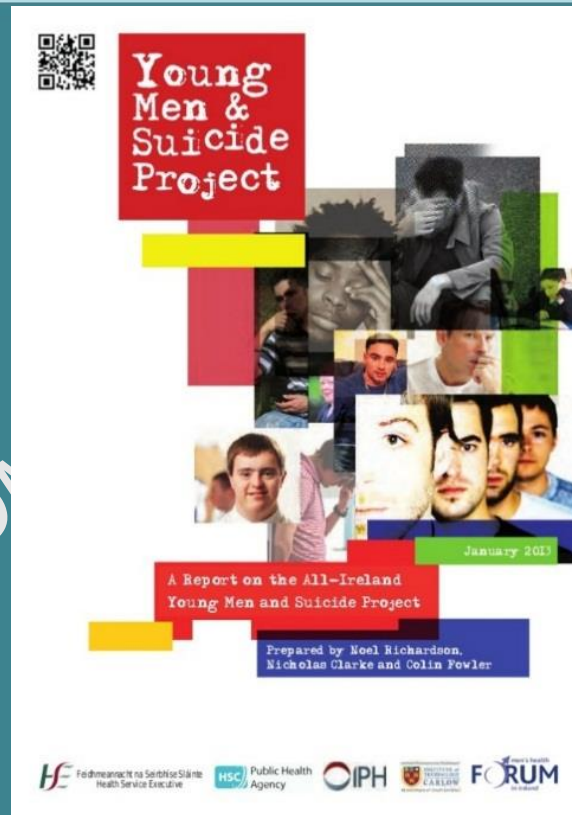
Aim of project

Factors that
support/inhibit
YM from
engaging in
services
targeted at
supporting
their
emotional and
mental
wellbeing

Development
of training
package

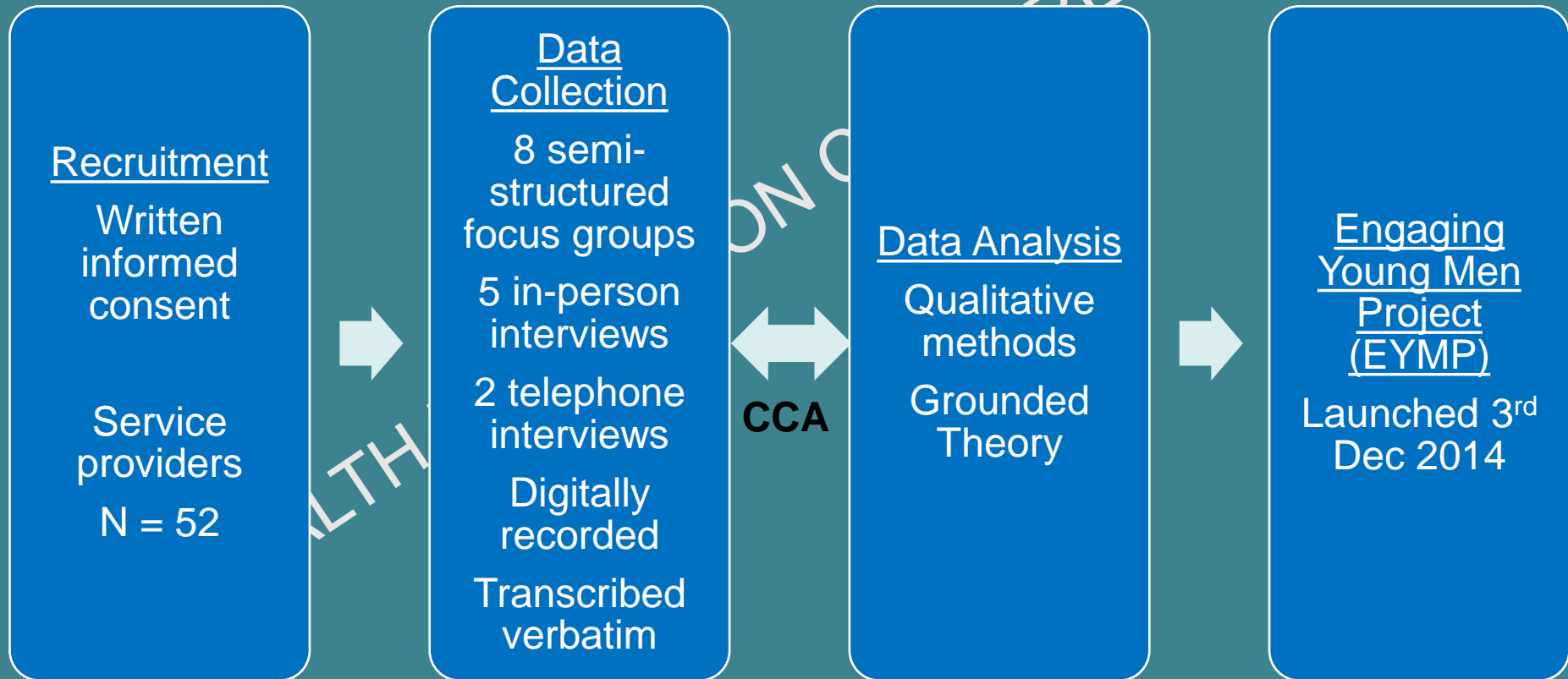


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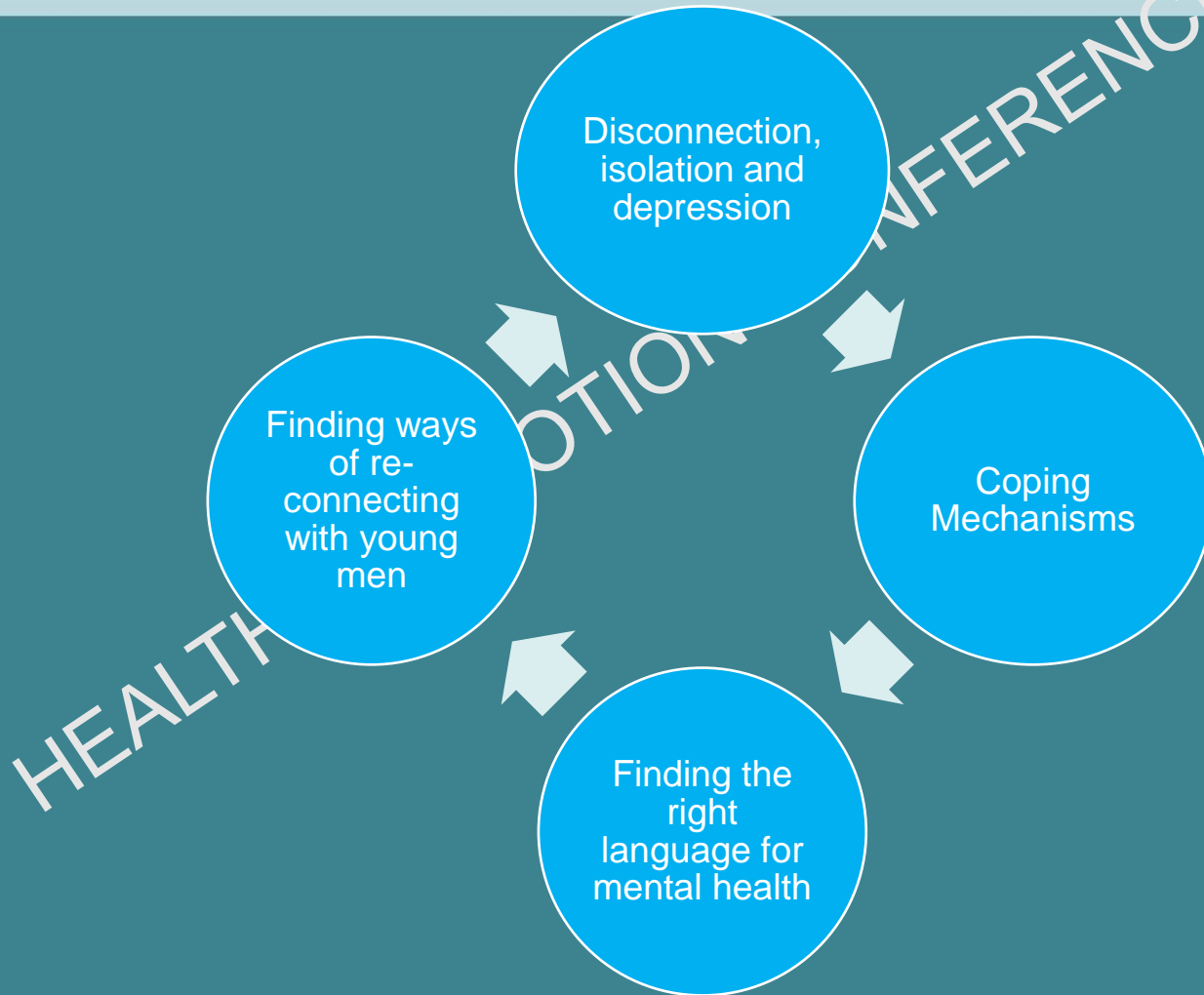


(R10) Develop a one day training programme for all frontline staff on how to effectively engage with young men

Methodology



Findings



Findings



*“We are very institutionalised and if you’re not part of the institution you fall by the wayside, that’s the stark reality.”
(James, Youth Worker)*

“I think your confidence is affected because you see everyone else seemingly living very purposeful lives, it’s like the world is passing you by and I think it can cause mental health problems like depression and anxiety.” (Jason, Youth Leader)

“...I think it’s crucial that whatever is offered to a student, that they are offered ways to connect and to feel like they belong to the college.” (Darren, Chaplain)

Findings



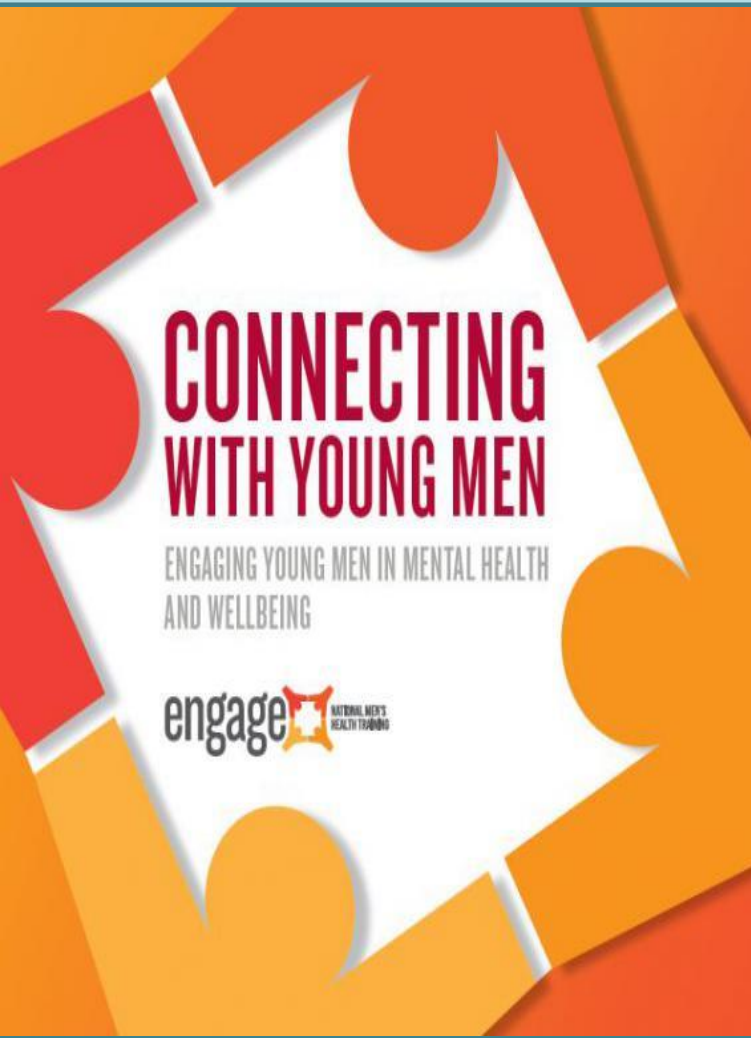
“...I think a lot of my clients never really reached a developmental level where they can deal with anything. They have never gone through the normal development...never learned how to cope with loss, grief, failure, success, any of them.” (Daisy, Probation Officer)

“...they will take anything. They don't know what they are taking half of the time.” (Tina, Probation Officer)

“I think we need to steer boys at a younger age into being more open and naming their feelings.” (Chrissie, Mental Health Organisation)

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Connecting with Young Men



- ❑ The overall aim of Connecting with Young Men is to assist service providers to effectively engage with young men on mental health and wellbeing issues.
- ❑ The training specifically focuses on the engagement process i.e. **why** and **how** to build relationships with young men, rather than offering a new or revised mental health programme i.e. **what** to offer them (Fowler et al, 2015).

Objectives



- Demonstrate why we need to work with young men as a specific group.
- Help participants to reflect on their own value base, experience, attitudes towards, and expectations of young men.
- Explore the world of young men, the issues that they face, and the opportunities that exist to engage with them.
- Model and offer practical suggestions on what works.
- Increase the confidence of participants in relation to working with young men, and help them to believe that 'it can be done'.

Findings from 'Connecting with Young Men' evaluation



Pre and post workshop scores (mean and standard deviation) of all variables

	Pre-training Mean (SD)	Post-training Mean (SD)
Level of knowledge	5.84 (1.61) (n=198)	7.92 (1.05)* (n=193)
Level of skill	6.08 (1.63) (n=196)	7.70 (1.17)* (n=189)
Success at improving capacity to engage young men in your service during the next year	3.89 (.707) (n=179)	4.11 (.670)** (n=177)

*p=0.000; **p=0.003

Conclusion



- Young men feel disconnected from important institutions in society and do not have sufficient coping mechanisms to deal with being in that place.
- Many young men do not have sufficient mental health language to express their thoughts and feelings.
- Equipping young men with sufficient coping skills and building their resilience needs to be done in the early school years.
- Re-connecting young men with themselves and with wider society can help them through their mental health problems.
- Service providers need to build relationships and trust with young men. They need to be non-judgemental and listen actively to the concerns of young men.

Grace, B., Richardson, N. & Carroll, P. (2016) "...if you're not part of the institution you fall by the wayside": Service providers' perspectives on moving young men from disconnection and isolation to connection and belonging. American Journal of Men's Health DOI: 10.1177/1557988316634088



Grace, B., Richardson, N. & Carroll, P. (2015). Engaging Young Men Project – report on the mapping exercise conducted in Ireland during 2014.

<http://www.mhfi.org/EYMPmappingreport.pdf>

Grace B, Carroll P, Richardson N (2016). 'Connecting with Young Men', ENGAGE Unit 6, National Men's Health Training Programme: An Evaluation. Men's Health Forum in Ireland. (In Press)