

The Men's Development Network



**Men's
Development
Network**

Better Lives for Men, Better Lives for All

National Men's Health Programme



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HEALTH

History of Programme

The NMHP has incrementally focused on informing policy development and practice for engaging and supporting men. This has been achieved through contributing to and supporting key initiatives and a partnerships approach to work including,

- Development of the National Men's Health Policy (2008/13) and implementation of assigned key actions, including the Engage National Men's Health Training Programme.
- Evaluation of the National Men's Health Policy (2008 - 2013) and the development and launch of National Men's Health Action Plan Healthy Ireland - Men (HI-M 2017-2021).
- Implementation of key actions of the National Men's Health Action Plan (HI-M 2017-2021) launched on 30th November 2016.
- Membership of the Healthy Ireland - Men Advisory Group.
- Developing and delivering resources and training modules that continue to be facilitated and disseminated nationally.

MDN's NMHP Overall Objectives

Purpose of MDN (as per The Men's Development Network's Strategic Plan 2015-2025): Building on all men's humanity and ability to connect, MDN works to better men's lives through addressing the social determinants, social conditioning, gender conditioning and gender-based role stereotypes cause harm to men and women. MDN works from the belief that a society where men and women are free from the negative effects of these factors will lead to better lives for men, and women.

- The work of the NMHP supports service providers towards improving men's access to services and enhancing their experience of using those services.
- It provides a clear focus for engaging and supporting men with their health especially within community and other settings.
- Through this work service providers and men are supported to create new conversations, more supportive communities and networks for men by moving out of isolation.
- Central to all the work is highlighting how best to support workers engaging with men and young men to pay attention to their health, their lives, their families and their communities.
- The NMHP has incrementally focused on informing policy development and practice for engaging and supporting men. This has been achieved through key initiatives and a partnerships approach to the work.

Objectives of the Programme

- To improve and maintain the Health and Wellbeing of men and boys in Ireland
- To promote a gender-sensitive and strengths-based approach to wellbeing and health
- To support service providers that engage with Men, Women, Boys and Girls to through promoting a gender-sensitive and strengths-based approach to dealing with the social determinants of health and health inequalities
- To Promote awareness of the impacts of poverty and marginalisation on the health and lives of all those affected, and the importance of an all government all society approach to addressing this issue.
- To Build Capacity of frontline services through the facilitation of training, presentations, health inputs
- To Grow awareness of issues impacting men and how best service providers might respond
- To Grow awareness in relation to what makes for male friendly services
- To build with partners on the research and evidence base for underpinning work with and for engaging men with their health and lives

Objectives of the Programme

- To highlight and disseminate nationally evidence based best practice for engaging men and boys
- To highlight the importance of collaborative partnership approaches to engaging men and sustaining the work
- To build ongoing training and engaging resource development and for successful engagement with men and boys
- To promote campaigns that support men's health from a strengths and solution based approach.
- To empower men and boys to take ownership of their own health
- To grow awareness, signposting and Dissemination of appropriate National services for engaging men and boys with their Health and Wellbeing.
- Increased visibility of, and exposure to, men's health issues / needs by policy makers and service providers in Ireland.
- Availability of evidence-informed models of innovative practice to engage men more effectively with their health and wellbeing.
- Access to a nationwide team of men's health trainers and facilitators.
- Increased focus upon addressing the needs of the most disadvantaged sub-populations of men.
- An expansion in partnership and collaborative work to address the health needs of men and boys.

Based on experience of engagements with men and service providers the NMHP continues to develop its working practice. It also demonstrates through its training nationally that engaging men developmentally can be a support towards better health. Such an approach can act towards helping men recognise positive supports and resources within their lives.

**For more information on
The National Men's Health Programme please contact**

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The 'Engage' training programme aims to increase participants' understanding of best practice in engaging men with health and social services. Specifically, on completion of the training programme, participants will:

- **Understand the broad determinants of men's health, including how gender influences men's approach to looking after their own health.**
- **Understand how to guide health consultations with men using brief intervention and motivational interviewing techniques.**
- **Understand how best practice guidelines in working with men should be used to engage men more effectively with health and social services.**
- **Be aware of how to set-up and support effective group work with men.**
- **Be aware of the barriers and prompts experienced by men when accessing health and social services.**
- **To assist a broad range of practitioners to effectively engage with young men on mental health and wellbeing issues.**

Engage National Men's Health Training is a comprehensive two-day training programme to assist a broad range of practitioners to effectively engage Men and Young men, to address the current deficit in gender sensitive service provision and mental health and wellbeing issues. It focuses on the engagement process (i.e. why and how to build relationships with men), rather than offering a new or revised mental health programme (i.e. what to offer them).

Its development has been a collaborative effort between the Institute of Technology in Carlow, the Men's Development Network CLG, the Health Service Executive's Health Promotion & Improvement Department, Waterford Institute of Technology and Men's Health Forum in Ireland. The training content is based upon the authors' experience, evidence from academic and evaluation literature, and an extensive 24-month pilot phase.

In 2009, the Health Service Executive sanctioned the development of this training. In 2009 and 2010 it was piloted among community workers, trainee GPs, men's health workers, health promotion officers, the Irish Heart Foundation, the Irish Cancer Society, and at the Irish College of General Practitioners' (ICGP) Annual Summer School. In 2010, it was also delivered as part of the National Health Promotion Summer School (titled 'Multidisciplinary Approaches to Men's Health') to a wide variety of frontline service providers. In 2011, the Partners began finalising the training content and developing audio-visual resources to support the training.

In 2018 a new cohort of 19 Engage trainers from diverse backgrounds including the Community and Voluntary sector alongside the HSE's Health Promotion & Improvement staff have completed the Training for Trainers programme. This will see the continuation of the delivery of the National Engage Training Programme right into 2020.

The 'Engage Units 1 - 5' training day focuses on:

Unit 1 Overview

- 1.1 What is Men's Health
- 1.2 Gender and Health
- 1.3 The Social Determinants of Men's Health

Unit 2 Men's Health and You – Practitioner Values and Supports

Unit 3 Guiding Health Consultations with Men

Unit 4 The Rules of Engagement

Unit 5 Establishing a Men's Development Group and Sustaining Engagement



The 'Engage Unit 6' training day focuses on:

6.1 Overview of Connecting with Young Men

6.2 Template for One Day Workshop

6.3 Resources used in this Unit

6.4 Welcome, Scene Setting and Creating a Safe Space for Young Men

6.5 Why Focus on Young Men?

6.6 Young Men: A Positive Force rather than a Problem to be Solved

6.7 Bags and Baggage

6.8 How are you Smart?

6.9 The Journey into Manhood

6.10 Connecting with Young Men

6.11 Top Tips for Engaging Young Men

6.12 Bringing it all Together





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engage



**NATIONAL MEN'S
HEALTH TRAINING**

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