

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:

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

For further information or to book this training please contact
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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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