THE MOVEMBER FOUNDATION: CHANGING THE FACE OF MEN’S HEALTH
Making Connections for Mental Health and Wellbeing Among Men and Boys

The Community of Practice is inclusive of 16 sites, with diversity in geography, organizational leadership, and population
THRIVE Factors

People
- Social networks & trust
- Participation & willingness to act for the common good
- Norms & culture

Equitable Opportunity
- Education
- Living wages & local wealth/assets

Place
- What's sold & how it's promoted
- Look, feel, & safety
- Housing
- Parks & open space
- Air, water & soil
- Getting around
- Arts & cultural expression
Pillars of Wellbeing

- Belonging & Connection
- Trust
- Safety
- Dignity
- Hope
- Control of Destiny
Making Connections
Community Theory of Change

Authentic Community Engagement & Ongoing Involvement

Coalition Development
- Engage Men & Boys In Primary Population of Focus
- Engage Multi-Sector Partners
- Engage Surrounding Community
  - Focus on transforming community conditions to support mental wellbeing of men and boys

Applied Values of:
- Trust
- Safety
- Belonging / Connection
- Dignity
- Hope / Aspiration
- Control of Destiny

Comprehensive Upstream Strategies for Shared Improvements Across People/Place & Equitable Opportunity

Creating Space for Being/Doing/Connecting

Creating Networks for Gendered & Cultural Approaches

Building Capacity to Help Self & Others

Supporting Civic/Community Action to Enhance Wellbeing

Facilitating Advocacy for Changes in Policy, Practice, and/or Systems

Amplifying Narratives of Healing & Hopefulness

Local Process Milestones
- Engaged & Vibrant Coalition
- Understanding of Gendered, Upstream, Community, Prevention Approaches
- Supported Peer Leadership
- Increased Capacity for Action
- Awareness of community adversity and strengths
- Discovery of Innovation

Local Short-Term Impacts
- Early markers of Community Change
- Integration of applied values of Trust, Safety, Belonging, Dignity, Hope/Aspiration, Control of Destiny

Long-Term Outcomes Across People/Place & Equitable Opportunity
- Improved Mental Wellbeing - Among Men & Boys and families:
  - Dignity & Respect
  - Safety
  - Responsive Institutions
  - Supportive Community
  - Community Connections
  - Social Connections
  - Positive Self-Worth
  - Positive Masculinity

Improved Community Conditions - Responsive to Identified Community Needs

Sustained Community Coalitions Working to Improve Mental Wellbeing

Increased Investment in Mental Wellbeing

Ultimate Outcomes
- Mental Wellbeing
- Healthy Masculinity
- Thriving and Resilient Communities
- Established Community Norms:
  - Trust
  - Safety
  - Belonging/Connection
  - Dignity
  - Hope / Aspiration
  - Control of Destiny

Scalable Innovation for Mental Wellbeing Uptake of Promising Strategies & Practices
Comprehensive Upstream Strategies

PILLARS OF WELLBEING:
Hope/Aspiration, Dignity, Trust, Connectedness/Belonging, Safety, Control of Destiny

- Creating space for being/doing/connecting
- Creating networks for gendered and cultural approaches
- Building capacity to help self and others
- Supporting civic/community action to enhance wellbeing
- Facilitating advocacy for changes in policy, practice, and/or systems
- Amplifying narratives of healing and hopefulness
Making Connections
National Theory of Change
Defining Mental Health and Wellbeing for Men and Boys
Using Concept Mapping

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Tom Massey, Ph.D.

January 25, 2018
Presentation Purpose

To explain and discuss how the process of concept mapping was used to operationalize the concept of mental wellbeing for men and boys in the Making Connections grantee communities.
What is Concept Mapping

... a structured process, focused on a topic or construct of interest, involving input from one or more participants, that produces an interpretable pictorial view (concept map) of their ideas and concepts and how these are interrelated.
Why use Concept Mapping

Concept Mapping was used to
Operationalize the concept of mental wellbeing for men, boys, and servicemen/veterans across the Making Connections implementation grantees.
Background: CM Process

1. Developed initial concept for ‘pillars’ of wellbeing based on planning year findings at meeting of PI and USF (September 2016)

2. Generated statements about mental wellbeing from grantee surveys and telephone brainstorming, and PI brainstorming (March-April 2017)

3. Final statement set: 96 statements (June 2017)

4. CM sorting completed by 90 participants: 83 grantees, 6 PI, 1 Movember (June-July 2017)

5. Reduced CM statements from 96 to 33 via consensus and grantee input (August – January 2018)
Making Connections
Concept Mapping Results
All Participants Point Map: n=90

Final stress = 0.2703

90 Participants: 83 Grantees, 6 PI & 1 Movember
8-Cluster Solution: n=90

Cluster 1 – Dignity and Respect
Bridge value: .42

Cluster 2 – Safety
Bridge value: .55

Cluster 3 – Responsive Institutions
Bridge value: .29

Cluster 4 – Supportive Community
Bridge value: .12

Cluster 5 – Community Connections
Bridge value: .17

Cluster 6 – Strong Social Connections
Bridge value: .34

Cluster 7 – Positive Self-Worth
Bridge value: .10

Cluster 8 – Positive Masculinity
Bridge value: .24

90 Participants: 83 Grantees, 6 PI & 1 Movember
What have we learned?

- Relationships are fundamental across all clusters
- Socio-Environmental Wellbeing: Clusters 1 – 5 are more about the relationship of men and boys to their external environment, including their public and community institutions
  - Cluster 1 – external perceptions of men and boys
  - Clusters 2, 3, 4 – community resources and infrastructure
  - Cluster 5 – community relationships
- Emotional Wellbeing: Clusters 6 – 8 are more about the personal relationships of men and boys
- Gender plays an important role in defining mental wellbeing for men and boys
Conclusions from this process

• Stress and bridge values indicate the 8-cluster solution provides a valid basis for developing a measure of wellbeing.

• Analysis identifies 8 concepts as foundational to the mental wellbeing of men and boys in the Making Connections Initiative:
  • Dignity and Respect
  • Safety
  • Institutional Relationships
  • Role of Community
  • Community Connections
  • Social Connection
  • Positive Self-Worth
  • Positive Masculinity

• Healthy, trusting, respectful personal relationships and relationships to their external social environment are foundational to the mental wellbeing of men and boys in the Making Connections Initiative.
The Mental Well Being Inventory (MWBI)

The Result of the Concept Mapping Process
What is the MWBI

- A survey based on the results of the concept mapping
- Designed to be administered at each grantee site
- 96 statements reduced to 33 survey items
- Covers all 8 domains
Purpose of the MWBI

• To assess impacts of the local Making Connections projects at the individual and community level.
• To help assess the impact of the Initiative overall
• To assess changes in community impact over time
Who completes the MWBI

There are 2 versions of the MWBI:

• Population of Focus Version
• Community Version

How...

• Electronically *(customized survey and link for each grantee)*
• Hard-copy
When is the MWBI Administered

• **Population of Focus version**
  - **Pre and Post** – for activities that are time-limited or that have a specific length (e.g. A 6-week masculinity training or a 4 week arts group)

• **Quarterly (February, June, October/November)** – for activities that are ongoing (e.g. A monthly men’s group)
When...

• **Community version**
  • Annually--- at an appropriate event or time of chosen by the grantee
  • Preferably at an event in which the community is already engaged
  • Done at the same time annually (or as close as possible to the same time)
    **Does not have to be done with the same people**
  • Can be collected over a period of time (e.g. within 1 or 2 weeks)
Some questions from the MWBI (Population of Focus version)

<table>
<thead>
<tr>
<th></th>
<th>Strongly Agree</th>
<th>Agree</th>
<th>Not Sure</th>
<th>Disagree</th>
<th>Strongly Disagree</th>
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</thead>
<tbody>
<tr>
<td>I feel respected where I live, work, or go to school.</td>
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<td>I am treated with honesty.</td>
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<td>My cultural beliefs and values are respected.</td>
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<td>I am treated with dignity even when I have a problem and need help.</td>
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<td>I have a safe place to meet or hang out.</td>
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<td>My neighborhood is viewed positively.</td>
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<td>I feel safe and secure in my neighborhood.</td>
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<td>I feel safe in my personal and family life.</td>
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<td>Service providers understand the effects of trauma on mental wellbeing.</td>
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</table>
Some questions from the MWBI (Community version)

<table>
<thead>
<tr>
<th>In this community...</th>
<th>Strongly Agree</th>
<th>Agree</th>
<th>Not Sure</th>
<th>Disagree</th>
<th>Strongly Disagree</th>
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<tbody>
<tr>
<td>...MEN AND BOYS are encouraged to get involved.</td>
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<td>...MEN AND BOYS feel connected to their community.</td>
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<td>...MEN AND BOYS feel supported by those around them.</td>
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<td>...MEN AND BOYS have positive male role models.</td>
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<td>...MEN AND BOYS have healthy relationships that support healing.</td>
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<td>...MEN AND BOYS believe they can do things to make this community a better place.</td>
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<td>...MEN AND BOYS trust their peers.</td>
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<td>...MEN AND BOYS can build the skills needed to make change happen.</td>
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</table>
Early Findings

- Takes about 5-10 minutes to complete
- Understandable to adults
- Language modifications needed for youth
- Potential applicability outside Making Connections and in other contexts
Making Connections *that will last* ...

When you start with needs, you get programs. When you start with strengths, you get possibilities.

- Lupe Serrano
casa de esperanza
Questions / Discussion

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The path forward is comprehensive community prevention

Improved community mental health and wellbeing

- Reframing mental health to reflect that it is more than the absence of mental illness
- Realigning and expanding strategies to emphasize prevention and resilience alongside treatment and services
- Replacing one approach fits all model and applying a cultural and gendered lens
- Recalibrating approaches to improve community conditions that influence mental health and wellbeing

- Reduce stigma, trauma, and adverse childhood experiences
- Strengthen healthy social norms and promote community connection and networks
- Promote resilience and community healing
- Support long term recovery and community supports
- Reduce severity of mental health conditions and costs of human suffering

Read the full report on our site: