



#### **OUR MEN OUR HEALING**

Creating hope, respect and reconnection

EVALUATION REPORT NOVEMBER 2015



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Three men's healing projects in the remote Northern Territory communities of:

- Maningrida
- Ngukurr
- Wurrumiyanga

The projects ran from 2013-2015.



By putting into practice culturally sound methodologies and approaches *Our Men Our Healing* aimed to re-establish holistic wellbeing allowing men to see themselves as:

- 1. <u>nurturers</u> who are nurturing and growing their children strong and healthy
- teachers who are teaching and taking care of cultural knowledge
- 3. <u>protectors</u> who are protecting and caring for their families and keeping their communities safe.

- We preferenced cultural knowledge and value systems
- We worked collaboratively to create and share knowledge
- Passed on evaluation and research skills enabling communities to participate in continuous learning
- Joined stories to strengthen knowledge based on the wisdom of the communities



#### **Evaluation Focus**

- Sit along side the men at the very beginning as they thought about what they wanted to achieve
- Let them decide what the story of success might look like and how we could tell that story
- The men developed the measures and what the 'evidence' would be
- Program Logic proved a useful tool ... what the?????



Goal 1	Build on culture to create strong men in heart, body and mind (mentally).											
Goal 2	Build happier, healthler, stronger, safer community and families.											
Goal 3	Build stronger relationships within families and stronger links with employment services.											
Long Term Outcomes 5 years	Less family and domestic violence and safer community	Men are happier, positive, stronger, more confident and with higher self esteem and good values	Men respecting and supporting one another and staying out of trouble	engag emplo educat trainin finan	yment, relation and ving and fami	ronger ionships within lies and imunity	Less community violence, alcohol, 'ganja' use and suicide	Organit work togett address Issa	king her to s men's	Many culturally strong men, leaders and better role models	More respectful, prouder, responsible men with deeper connection to culture and country	More young men respecting self, culture and elders
Medium Term Outcomes 2 years	Cultural healing activities actively sought by men	Increased referrals and uptake by men to support services	improved copin enabling men t support and de stressors in fan communit	to seek eal with nily and	Men and families prioritising the safety and wellbeing needs of children		Needs of men addressed through collaborative service provision	Decreased numbers of men abusing AOD and interacting with legal system		Increase in stronger men (heart, body, mind, spiritually and culturally) with greater connection to both worlds (mainstream and Aboriginal)		More men empowered and seeking help and job ready
Short Term Outcomes 12 months	Men look forward to participate in cultural appropriate healing programs and activitie	n culturally safer (lower supply the healing lockdence of men and		ort ed to i more nent in	t involvement in to language and culture from in tin young and old		ase in numbers of in taking part in nony and cultural ing program and activities	Men display greater belief and pride in self		communication and kids, m relationships within better the community com		male role models for more balanced and er daily life, more nmunity talk and participation
Outputs	1 x Part Time Program Worker	Coordinate weekly cultural healing activities and programs	2 x Casual/Part Time Cultural Men	heavy sessi Social and	open discussions ions (FDV, AOD, emotional suicide etc)	Thursi Cultur other Activit	al and service educat	services for agree		nt and and to ols suppo	ral healing herapeutic ort provided o men	Strong Men's cultural healing advisory group (based on attendance and commitment)
Strategies	Assist and support men to engage in healing activities	Engage cultural elde culture, language, song lines, dance, men's cultural car walking on co	Recruit and train Men's Healing Program Workers	n Men's leadership and ealing governance ogram training		More action to help men to seek social and emotional support/counselling	Focus on Culture, Communication and Consistency		Network and build relationships with relevant services for training, employment and education opportunities		Establish protocols for interagency collaboration	
Inputs	Aboriginal and T Islander Healing \$160,000 ove		NT for managemer , resources and in	In kind support from Office of Children and Families, Red Cross, Youth Diversion Unit, NT Corrections, NAAJA, NAAFVLS, Ranger's, CAAPS, TITEB and Relationships Australia NT								
Target Group	Ma	iles aged 16 to 60+ (	all aged males may	be eligible or	r targeted for the p	rogram fo	r support dependar	nt on the activit	y and at the	e discretion of the	Strong Men's Gro	up)
Pre-Existing Context	Lack of appropriate men's place/space and other resources for men including transport	Lack of respect for and following lore and culture or custom by young men	Not enough counsellors, mentors and men's and therapeutic programs for men	High level Family, Domestic Lateral Violence a communi conflict	and Relation I problem and between	iship is 1	Not enough transferring and re-education of cultural knowledge from elders to young men	High AC abuse among men particula 'ganja'		Limited cultural healing activities for, and involvement in language and culture by young and old men	High number of suicide due to MH and social and emotional causal factors	Lack of appropriate or meaningful education, employment and training opportunities

### Key program achievements include:

- Reported decrease in incidence of family and domestic violence and less violence generally in communities
- Reduced observable rates of self-harm and suicide during the life of the program in two of the communities
- At Wurrumiyanga a reported 50 per cent reduction in the number of men registered with the NT Department of Correctional Services and a significant reduction in rates of reoffending over the life of the program

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### Key achievements continued:

- Women feeling safer and more supported by the men in their families and communities
- Increased health and emotional wellbeing among men in the communities and increased leadership as men take responsibility for their past, present and future
- Increased re-emergence of cultural celebrations and ceremonies, some of which had not occurred in the communities for decades



#### The Evaluators:

- Built trust and respect and understood we were visitors but also the custodians of a story
- Combined mainstream and Indigenous methodologies allowed for quantitative and qualitative approaches
- Created safe spaces and conversations
- Aimed to 'catch the story' as insiders and outsiders and understood the difference and when each applied



### The Evaluators:

- Journeyed with the men but always aware this was their story
- Watched as expected outcomes changed in and between communities
- Conscious of what we were taking and what we could leave behind



- We preferenced cultural knowledge and value systems
- We worked collaboratively to create and share knowledge
- We empowered communities in building knowledge
- Passed on evaluation and research skills enabling communities to participate in continuous learning
- Joined stories to strengthen knowledge based on the wisdom of the communities



Young boys 16 to 20 have started singing ceremony song as they are realising on the men's camps that culture is important with the Elders saying how important it is ... they have to know story and song for country ... since the program started and got underway the men have been wanting to learn and sing the old songs

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