

Centre for Rural & Regional Health Education (CRRHE)

Affiliate organisations

Centre for Advancement of Men's Health (CAMH),
Hepburn Health Service (Daylesford),
Men's Awareness Network (MAN),
Centre for Promoting Healthier Workplaces (CPHW),
MANNET (Website)



Programs

Rural Health
Promotion

Men's Health

Adolescents Health

Workplace Health

Heart Disease
Program

Parenting

Farm Safety

Health Practitioner
Professional
Development

PO Box 160
Castlemaine
VIC 3450

Phone:

(03) 54 706 301

Fax:

(03) 54 705 213
Bernard's Mobile:
0419 566 750

Email:

man@mannet.com.au

Website:

www.mannet.com.au

Projects Manager

Bernard Denner

Admin Manager

Joanne Neill

TO: Projects and CPD Program Coordinators
Divisions of General Practice

FROM: Bernard Denner
Projects Manager

RE: **CPD Program – 4 points (under review for 5 points per hour)
ENGAGING AND UNDERSTANDING MEN AND ADOLESCENTS**
(To be an Endorsed Session under new RACGP guidelines)

We are writing to you to bring to your attention our **CME Program and seeking endorsement CPD 2002** (See RACGP Notification attached).

The Program provides GPs and other Health Practitioners with a better understanding of the issues faced by men and adolescents, based on 6 years of work by CAMH across 5 States and Territories and this year in Canada.

The Program Session/s offer the opportunity to explore new, or enhance existing skills in dealing with or engaging with men and adolescents as New Clients. Our Programs ...Encourage men into the Health System in order to support them to reduce their health risks (Early Intervention) or support them in time of crisis. At the same time providing Practitioners with additional skills to support men as new clients.

The sessions help Practitioners to better engage the Client based on a greater understanding of men and adolescents issues.

The CME Program has been going for 3 years now and conducted for Divisions in 3 States in urban and rural/remote areas and for Allied Health Workers in rural South Australia. The Program will also be introduced into British Columbia, Canada in May.

Program costs are based on the extent of the sessions required as the Program has 3 components of 2 hours each or can be presented in one 2 or 3 hour sessions.

Components are:

Men's Health Programs – Value of Men's Health Program
Engaging Men and Adolescents into your Practice
Understanding Adolescents

Costs vary in relation to distance, travel and living expenses. CPD Programs and men's health sessions start from \$750.

We have conducted the program across wide areas such as Central Rural Queensland, Canada and working with GPs at a Central Queensland Coal Mine in support of their work with miners. Also with GPs in their communities with Indigenous men.

The program supports collaboration within the local health system, effective referral protocols, cultural and systematic system changes for local health agencies in supporting GPs and their clients.

Our program also offers Allied Workers especially in rural areas a better way of Engaging New Clients (men and women) in an Early Detection Process that provides GPs with a qualified and referred client. Our Preventative Health Model for Heart Disease and related health issues is highly regarded.

The Programs incorporates Pre and Post tests, provision of Presentation and Group Work styles of learning as well as community involvement with option of screening sessions, community information sessions and adolescent sessions in the classroom. The proposed program meets the new RACGP guidelines with an evaluation process that reviews 'how well the learning objectives were met'.

If you would like to discuss aspects of our work or if you would like to know more either ring Bernard Denner direct or check out our website: www.mannet.com.au which attracts between 75 to 95,000 hits per month. Membership benefits are available on the site for resources.

Our MAN Model Programs have been developed in Canada in May 2001 with Doctors, local Practitioners, men and women in the community and adolescents in schools in British Columbia.

Hoping that our Program is of interest to you in supporting your efforts to provide your GPs with an ongoing CPD Program under the new RACGP guidelines.

Regards,

BERNARD DENNER

P.S. Other Programs that we have successfully developed and can be developed as a CPD Program are:

- **Early Intervention Heart Disease (Preventive Screening Process)**
- **Workplace Health Programs**
- **Farm Safety with local Practitioners and Primary Schools**
- **Lifeskills program for Adolescents**



THE ROYAL AUSTRALIAN COLLEGE OF GENERAL PRACTITIONERS

7 March, 2002

Mr Bernard Denner
Centre for Rural & Regional Health Education
PO Box 160
CASTLEMAINE VIC 3450

Dear Bernard

Re: **Application for point allocation for Continuing Professional Development (CPD)**
Title of Activity: Engaging and Understanding Men and Adolescents
Activity Number: 413787

Thank you for your application for adjudication of your educational activity. The application has been assessed as a CPD activity at the rate of **2 points per hour for 3 hours. Total 6 CPD points.**

Please send attendance lists back to this department for allocation of CPD points and include the above activity number and activity title. This will help ensure a smoother administrative process. Please read carefully the Provider Guide in the QA&CPD Handbook for full details of your requirements as an education provider.

If you intend to advertise your CPD point allocation for your activity, please use the following wording **ONLY** on your promotional material:

**Allocated 2 Points/Hour
TOTAL CPD POINTS: 6**

Activities that have been accredited with points in the QA&CPD Program must be conducted in accordance with the application and criteria. If an activity is found to be in breach of these requirements then repeated events of that same activity may have points approval withdrawn and future applications may not be accepted.

Please read the attached page which details your requirements and obligations for CPD point allocation, in particular the right of the RACGP to withdraw point allocation. If you have any queries regarding any of the above issues please do not hesitate to contact this office.

Yours sincerely



Julie McCormack
National Education and Development Officer
Enc

MAN Model Practitioner Program ..

Understanding and Engaging Men and Adolescents

Program Benefits

- **GPs**
- **Health Workers**
- **Communities**

Program incorporates a Pre & Post test to evaluate the ...

- impact of the sessions
- behaviour change within the Practice
- gaining of new knowledge
- value to clients
- increase in new clients based on programs conducted in the community (estimation)
- value to participants
- future needs for Practitioners

Session 1

Men's Health Prevention and Early Intervention using the MAN Model of Health Promotion

Overview of Session

The Status of Men's Health

Outcomes and Benefits of Men's Health Programs

Practitioners and the Men's Health Program

Value of Men's Health Night

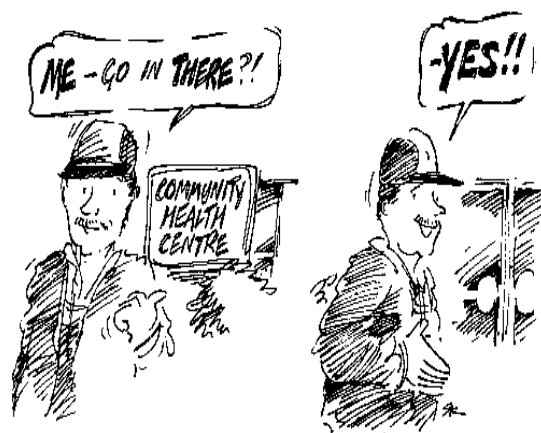
Public Speaking Hints for Practitioners

Speech Presentation Guide

Practitioner/Client Relationship with Men in the Community - different approaches

Evaluation of session

The Value of Conducting a Community/Workplace Men's Health Program



Session 2

Engaging Males in Your Practice / Centre

Overview of Session

Understanding Men

Dealing with Blokes

Conversation Starters

Communication / The Reception

Waiting Rooms

Engaging New Clients in the Practice

Integration with other Services

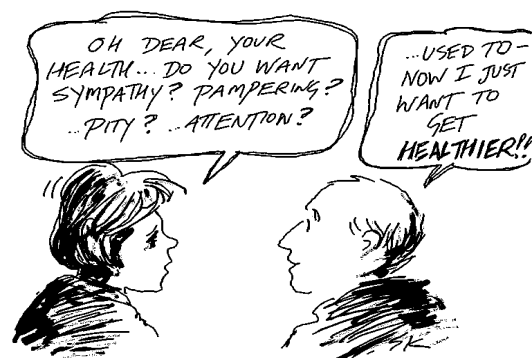
Continuing Education of Medical Advances & Procedures in dealing with men's health issues e.g. Erectile Dysfunction, Prostate Cancer, Depression

Different Approaches – the Workplace

Value of Referrals

Evaluation of Session

GP Health and value of your own GP



Session 3

Lifeskills Program for Adolescents

Engaging Adolescents in the Practice and in their school

Overview of Session

The Role of Practitioner in the Lifeskills Program Sessions

Understanding Adolescents based on their issues

Top Issues identified by Adolescents

Value of GP/Health Worker working in schools

Hints for facilitating an Adolescents Program

Providing a Pathway for Adolescents to access the Community Health System

Providing Adolescents with the skills to Access a GP

Understanding their issues of privacy

New skills in dealing with and understanding adolescents

Evaluation of Session



Summary

Professional Development Programs

Over the last four years CAMH has presented the Professional Development Program in conjunction with a number of organisations, including the Australian Integrated Medical Association (AIMA), Mid-North Division of General Practice - South Australia, Bendigo Division of General Practice and Central Queensland Rural Division of General Practice. In May 2001 Sessions were conducted for Doctors in the North Okanagan Health Region, British Columbia Canada.

Overall the results have been very positive. Responses to the questionnaires include:

- The Sessions were Excellent.
- The information on Men and Adolescents Health is Excellent and that new knowledge was gained from the session.
- They now had a better understanding of adolescent issues and that, overwhelmingly, the session had supported them in how to better engage and understand males.
- The sessions cover a number of important issues, but the respondents to the questionnaires felt that the most important for them were;

Quotes from participants:

Men and relationships, adolescent issues, normalising and men “getting a quick result from engaging with a health service”.

The importance of providing better care to men in the community and a better understanding and recognition men’s and adolescents concerns.

The importance of engaging males/adolescents. The differences between male and female statistics.

That men often don’t access health professionals. Encouraging adolescents to feel comfortable visiting a GP.

Men should take steps towards taking on the responsibility of improving their health.

Raise awareness of men’s willingness to learn and try to improve their lot.

Men’s issues ARE important and need to be understood by women also.

- Overall the Issues of male health listed in the questionnaire were all important, but the issues of relationships, stress, heart disease, wellbeing and Use of Practitioners were the most important.
- Overall it was indicated that GPs/Health Workers would be interested in supporting a Men's Health Night for their community.
- The session made them think about their own health and wellbeing, but one female respondent said ;
"No – but will certainly be talking to my husband and son, and son-in-law".
- The majority indicated that they already visit a Health Practitioner; while as a result of this session some will visit a Health Practitioner; and others will think about visiting a Health Practitioner

Comments from GPs and Health Workers attending the sessions:

No experience previously with men's health so it as all pertinent, interesting for me. Hope to use all the information for future planning.

Given very practical ideas for men's program. Challenging and encouraging. Great understanding of rural health issues.

Down to earth – practical. Encouraging – especially that you ask people what they want and provide that info to them.

Gives clear strategies and proven practice to support statements on improving men's health. Ideas about how we can make our services more "male friendly".

Reinforced the issues and problems of men and adolescents.

Because it gave me a lot of information that I did not know and reinforced other info that I had.

It was good to have insight into the program.

Good style and presentation.

Great. Down to earth presentation which can be applied to work.

Dynamic/excellent presentation.

Well presented. Well done Bernard. There was too much information, a longer session would have done it justice.

Gave a better perspective of issues related to men's health and wellbeing.

Will be able to speak to patients and them understanding what I am meaning.

It is useful to be aware of the information that will go to the community. It takes a lot of time to do good intervention with patients that aren't motivated and informed.

Presentation by Bernard Denner

**Overall Rating
(out of 5)**

Overall Presentation	4.6
Information Men and Adolescents Health	4.5
"New Knowledge"	4.5
Better Understanding of Adolescent Issues	4.6
Has this session supported you to Better Engage and Understand Males in your Practice/Service	4.7

Value of a GP's Program

Value to families in improvement of men's health
Develops a variety of experience in the Practice with men and adolescents
Gives you a greater understanding of yourself
Greater awareness in understanding the issues of males

Thoughts

Dr Fred Eggleston

Community General Practitioner
Daylesford Medical Centre
Consultant Director Medical Services
Hepburn Health Service

The Result of a Workplace Health Program

"In general conversation with BAC (Blair Athol Coal Mine) employees, I have found that the men have been overwhelmingly supportive of the program, and many have displayed a thoughtful, reflective element which I'd previously not seen in them.

I firmly believe the program will play a role in assisting in the major change in attitude to health that is needed for the health of men to improve."

Extract of Letter

Dr Steven Salleras
The Clermont Surgery
Medical Officer,
Blair Athol Coal Mine

Bernard J. Denner - Curriculum Vitae and Profile
Centre for Advancement of Men's Health (CAMH)
Developers of : MAN Model of Health Promotion

Affiliate organisations: Centre for Rural & Regional Health Education (CRRHE)
Hepburn Health Service (Daylesford)
Men's Awareness Network (MAN)
Centre for Promoting Healthier Workplaces (CPHW)
MANNET (Website)

Mr Bernard J Denner:

Has developed, researched and facilitated a range of Community and Workplace Health Promotion programs in the areas of Men, Workplace and Adolescent Health across 6 States and Territories.

Of key significance is that he has been solely responsible for initiating, developing, marketing, and managing the **Centre for Advancement of Men's Health (CAMH)**, a collaboration of the Men's Awareness Network (MAN) and Hepburn Health Service since 1995. CAMH is devoted to identifying and resolving Community Health issues through community-based programs and services for men, women, adolescents and workplaces.

The purpose of CAMH has been to pilot and evaluate different strategies that enable men and adolescents to effectively address health issues of relevance to them in a community context. The result has been the development of an effective service delivery, best practice model that is portable to any rural or urban community. Programs are based on a constant evaluation review of strategies within different communities to achieve a result of a healthier community. The model is now widely known as the MAN Model of Health Promotion.

In recent times, a further development has been the **Centre for Rural & Regional Health Education (CRRHE)**. Our programs now include women in the workforce, the development of our Workplace Health Screenings Programs and the development of our Community Health Education Resources and GP and Allied Health Workers Professional Development Packages.

Qualifications

Certificate in Men's Health, Curtin University (1998)

Dip. Couns., Australian Institute of Counselling. (1995) MAIPC

Dip. Journalism, Australian Institute of Journalism. (1993)

Professional Associations

Member – Board of Management – Mt Alexander Hospital, Castlemaine, Victoria

Honorary Member, (former) CRARH, LaTrobe University, Bendigo

Presentations

4th National Men's Health Conference Hawkesbury NSW Sept 2001

6th National Rural Health Conference, March 2001, Canberra,

2nd International Primary Health Care Conference April 2000 Melb

3rd National Men's Health Conference – October 1999 - Alice Springs

Clinical Skills in Men's Health - September 1999 - Newcastle

Working with Boys/Building Fine Men Conference, Men and Boys Program of the Family Action Centre, University of Newcastle - 1-2 July 1999 - Lifeskills Program for Adolescents - Rural Perspective

National Forum, Men and Family Relationships – 10-11 June 1998, Canberra

Marketing Fatherhood

Tasmanian Men's Health Conference - November 1998

The MAN Model

5th National Rural Health Conference-14-17 March 1999, Adelaide

MAN Model Pathway to Men's Health

House of Representatives Standing Committee on Family and Community Affairs (1997) Canberra – Men's Health.

National Rural Public Health Forum (1997) Adelaide – Men's Health on the Agenda; Kidsafe "On the Farm" Farm Safety Project

2nd National Men's Conference (1997) Western Australia – Preliminary Data from Men's Health Nights and Sessions; Improving and Enhancing Rural Men's Health through General Practitioners and Allied Health Professionals.

Referenced "Fitting Fathers into Families....Men and the Fatherhood role in contemporary Australia"

Department of Family and Community Services, January 1999

Published

"The Success of Men's Health Nights and Health Sessions", Verrinder, A and Denner B., The Australian Journal of Rural Health, Volume 8, Number 2, April 2000

"Understanding Men" The Professional Counsellor. Publication of Australian Institute of Professional Counsellors, September 2000

Man Model: Health Promotion, Australian Journal of Primary Health –Interchange 2000

Publications

Men's Health Program, Follow up to Men's Health Nights & Sessions, Denner, B. & CSM Marketing & Research, August 2000

Adolescents Report, Lifeskills Program for Adolescents, Denner, B. (CPHW) & CSM Marketing & Research, July 2000

Workplace Health Program, Ten Ways to a Healthy Heart, Denner, B (CPW) & CSM Marketing & Research, June 2000

Men's Health Report 2000, Denner, B., & Gibson, M, February 2000

Men's Health Kit Community Resource, SA Version, "Good Medicine for Men", Denner, B., March 1999

Men's Health Kit Community Resource, 2nd Edition, "Good Medicine for Men", Denner, B., March 1999

Interim Report, MAN Model - Pathway to Men's Health, Denner, B., & Gibson, M., March 1999

Interim Report, The GP-Client Relationship: Men in the Country, Based on the MAN Model, December 1998

Men's Health Report:Men's Health Nights and Men's Health Sessions (1996-1997), Castlemaine, Daylesford, Apollo Bay, Mordialloc, Manningham and Warracknabeal. Commissioned by Bernard Denner. Author: Dr Adrian Verrinder, April 1998

Men's Health Kit Community Resource, "Good Medicine for Men", Denner, B., February 1998

Men's Health Report, Denner, B., & Verrinder, A., 25th June 1997

Projects

RHSET Project – (Completed) Rural Health Support, Education and Training (RHSET) Program, Department of Health and Family Services – Rural Health Section. A detailed Project Report is available which demonstrates the MAN Model process.

Rural Health Promotion Development Program – (Completed) "*Heart of the Grampians*". The key agencies involved in this program were the Ballarat Community Health Centre, Grampians Community Health Centre, West Wimmera Health Service, Daylesford Community Health Centre and Djerrivarrh Health Service. The project, based on the MAN model, involved an innovative community approach, through knowledge and awareness, to reduce the risk of heart disease in

men, women and adolescents. An extensive Project Report is available detailing the process and results

Men's Health Projects – (Ongoing) Castlemaine, Daylesford, Apollo Bay, Mordialloc, Manningham, Warracknabeal, Laura (S.A.), Albury/Corowa (N.S.W.), Central Queensland, Menindee, Mataranka Northern Territory, Ouyen and over 25 other projects have been assisted through our Resources and support. *Men and Relationships* - Port Pirie Central Mission, South Australia.

Canada – May 2001 development of the MAN Model in North Okanagan Region, British Columbia

Women's Health Program – 2000/1 – “Understanding Men” and General Women's Health Sessions

Indigenous Health Projects –Northern Territory, Shepparton and Menindee.

Vietnam Veterans –Ballarat. Healthy Heart and Awareness Session.

Man Being a Father Parenting Course – Castlemaine, Daylesford, Apollo Bay, Trentham, Kyneton, Ballarat and Laura – South Australia. A recognised parenting course for men, addressing the issues of parenting, family relationships, parenting partnership and values of the family (evaluated by RMIT). *Man ... Being a Father* – Part of the Men's Health Kit - Community Resource, launched February 1998. Ref. Dept Family and Community Services 1999

Adolescent Program – 1997-2001– The Lifeskills Program for Adolescents addresses the issues of boys and girls in Years 8, 9 and 10

The program has been conducted in - 8 schools in Queensland, with 345 students attending the Sessions, and with over 1750 students from 9 schools in Ballarat and Bacchus Marsh district and one in Bendigo and in Laura, SA.

Also have developed as part of the program

- Health Screenings for Year 12 students – Healthy Breakfast with local GP's
- Health Screenings for Teachers

Primary Schools – "Kidsafe on the Farm", farm safety program for primary school children throughout rural Victoria, South Australia and New South Wales.

Laura and Districts Hospital received a Workcover Award for their program in farm safety.

Workplace Health Programs - These consist of Health Screenings and Workplace Health Sessions

Selection of CAMH programs	North Okanagan Health Region	2001
	Weeroona College Bendigo	2000
	Bacchus Marsh Secondary College	2000
	Nhill Hospital	2000
	Ballarat Police Station	2000
	Northern Grampians Shire	2000
	Blair Athol Coal Project	1999/2000/1
	City of Ballarat – Works Depot	1998/2000
	Bendigo Regional Institute of TAFE	1999
	Hepburn Shire Council	1998
	Little's Bus Lines	1998
	Daylesford Secondary College	1998
	St Michaels Primary School, Daylesford	1998

MAN model – Men’s Health Programs – 1995-2001

(a few examples)

MEN’S HEALTH NIGHTS		and	FOLLOW UP SESSIONS
Castlemaine	Nos attended 270	+	350
Daylesford	Nos attended 180	+	140
Manningham	Nos attended 400	+	600+
Warracknabeal	Nos attended 275	+	380
Ouyen	Nos attended 330		110+
Laura, South Australia	Nos attended 230		65+
Albury/Corowa	Nos attended 600		N/A
Central Queensland	Nos attended 685		300+
Northern Territory (Remote)	Nos attended 112		N/A
Young, New South Wales	Nos attended 400		N/A
Menindee, New South Wales	Nos attended 103 (26% of the male population)		125+
Bendigo Men’s Health Night	Nos attended 330		

Victorian Farmers Federation - Dairy Assoc Men's Health Project 595 attended these nights

British Columbia Canada May 2001.....1070 participants attended sessions.

General Practitioners – Professional Development Program for Understanding and Engaging Men and Adolescents

Allocated Professional Development points in RACGP CME Program...Total Points 4

- Mid North Division of General Practice – Port Pirie, SA 2000/1
- Australian Integrative Medical Association (AIMA) 2000
- Bendigo Division of General Practice 1999
- Central Queensland Rural Division of General Practice 1998 and 1999
- Northern Division of General Practice –Melbourne 1998

Professional Development Program for GPs and Health Workers

- North Okanagan Health Region, British Columbia, Canada 2001

MANNET Website – Health Information and Resource Site that attracts over 5,250 sessions and 85,000 hits on average per month from all sectors

Unrelated Information: Bernard is a father of 2 daughters, 15 and 17 years of age.

Also a Vietnam Veteran, served with 3RAR...Infantry

Contact Details: Bernard J. Denner

Centre for Advancement of Men’s Health (CAMH)

Affiliate Centre for Rural & Regional Health Education (CRRHE)

PO Box 160

Castlemaine Vic 3450

Phone: (03) 54 706 301 (BH)

Fax: (03) 54 705 213

Mobile: 0419 566 750

email: man@mannet.com.au

website: www.mannet.com.au