

I. COVER SHEET

Center Name: Center for Boys and Men
Co-Directors: Dr. Matt Englar-Carlson, Professor of Counseling
Dr. David Shepard, Professor of Counseling
Dr. Rebekah Smart, Associate Professor Counseling
College: College of Health and Human Development
Contact info: EC-426; mattec@fullerton.edu
Year established: 2011
Year of last review: n/a (new center)
Date submitted: April 15, 2016
Websites: <http://boysandmencenter.fullerton.edu/index.htm>

II. MISSION & GOALS

Despite the documented need of boys and men for mental health services, males across all ages are under-represented in actually receiving the appropriate care. Boys and men are affected by depression, substance abuse, intimate partner violence, bullying, adolescent at-risk behaviors, and more.

Specifically, the goals of the Center are as follows:

1. Provide a nationally available resource location for research on men and masculinity conducted by CSUF faculty.
2. Facilitate a collaborative, interdisciplinary environment for scholarship and grants.
3. Provide community outreach programs to the CSUF community, local schools, mental health agencies, hospitals, and other institutions in Southern California.
4. Host conferences and workshops on issues of men and masculinity. Special emphasis will be on issues where male gender norms affect the diverse communities within Southern California. The Center is an MCEP- and BBS-approved CE provider.
5. Provide opportunities for CSUF students to participate in scholarly and outreach activities.

Association with the Mission and Goals of the University

The Center for Boys and Men's goals fit well with a number of Mission and Goals of CSUF, beginning with its mission to help to establish an environment where learning and the creation of knowledge are central. In terms of facilitating a learning environment focusing on student success (Goals 1 and 2), the Center provides experiences on campus and in the community, including workshops, continuing education programs, and community trainings. This includes direct engagement of students in high-impact practices involving research, service, and advocacy. The focus of learning is on gender, with a strong emphasis on issues of culture and ethnicity. In terms of creating knowledge, the Center supports faculty research, encouraging interdisciplinary collaboration and the establishment of lines of research. Additionally the Center's function is consistent with the University's external community-centered mission: the Center will create working partnerships with community mental health agencies and schools, developing programs aimed at enhancing the well-being of boys and men. Revenue (Goal 4) has been increased through raising funds through conferences as well as through the awarding of external research funding.

III. ACTIVITIES

Over the past three years the Center has engaged in variety of activities consistent with the Mission of the Center.

The Center has sponsored or co-sponsored a variety of campus talks and presentations associated with men and masculinity related topics. These talks are focused on students, staff, and faculty at CSUF. These topics have included masculinity and violence, men and health, men and relationships, masculinity and performance enhancing drug use in sport, and men and drug addiction.

Outreach events include an half-day continuing education workshop in September 2014 on Counseling Men for the Orange County Association of Marriage and Family Therapists; two full day workshops (June 2014, September 2015) on counseling men for The Counseling and Education Center and the Western Colorado Suicide Prevention Foundation, Grand Junction, CO; annually presenting two half-day trainings for pre-doctoral interns at CSUF Counseling and Psychological Services on Increasing Counseling Outcomes for Men and Treating Men in Couples Therapy.

In AY 14-15 the Center became listed with the CSUF Center for Internships & Community Engagement (CICE) as an option for a research internship. We had one psychology student develop an original research study during her internship. She has gone on to present her research at two major national conferences and is in the process of submitting a manuscript.

In AY 14-15 the Center selected a Graduate Fellow who received a \$1000 honorarium to work on her research on women working with male clients in group therapy. This student is completing a manuscript to be submitted.

In June 2014 the Center organized and hosted the 4th National Psychotherapy with Men Conference: <http://boysandmencenter.fullerton.edu/mensconference/>. This national conference was attended by over 250 clinicians and graduate students. This conference was had strong financial support from four divisions of the American Psychological Association. PMC4 brought in internationally recognized speakers and workshop presenters not only to speak at the Conference, but on the day before, to visit community mental health facilities throughout southern California, where they could provide trainings on counseling boys and men. This service aspect was intended to broaden the scope and impact of the conference beyond scholars and clinicians into the community itself. In line with the Mission of the Center, this conference was a significant event in influencing how mental health professionals in southern California and the nation itself understand the needs of men and boys. Further, advanced doctoral students were admitted to the conference at no cost and participated in a pre-conference leadership training. Student volunteers were involved in the planning and execution of this event which allowed the volunteers direct access to many of the leading scholarly figures in the field. PMC4 also hosted representatives from the California Endowment, one of the largest non-profit philanthropic health care organizations in the United States.

The Center's relationship with the California Endowment has grown to where in 2016 the Center received a \$15000 grant to develop a white paper titled *Evaluating Effective Approaches That Promote the Psychosocial-Emotional Health of Male Adolescents of Color*. The goal of this project is to determine evidence-based approaches to psychosocial-emotional prevention and interventions at the individual, family, school, and community level, with specific focus on trauma-informed care.

IV. ORGANIZATIONAL STRUCTURE AND GOVERNANCE:

The Center is led primarily by its three Co-Directors, Drs. Englar-Carlson, Shepard, and Smart. The Center also has an Advisory Board, which can be found here:

<http://boysandmencenter.fullerton.edu/advisory.htm>. This board consists of CSUF faculty

members, community members, and outside scholars, all who share an interest in bettering the lives and boys, men, and those around them. Our Advisory Board does not meet as a single group, rather members are consulted for their distinct expertise when necessary. The Co-Directors meet once a month to discuss the Center and initiatives.

The Organization and Structure of the Center will be undergoing a significant shift in AY 16-17 as new members are added to the Advisory Board and some existing member plan to step down.

V. RESOURCES AND SUSTAINABILITY:

At the present time the Center does not require a large amount of funding or the allocation of assigned time or staff. It does not have any assigned time for leadership, and at times has taken on unpaid student research assistants (1 in AY 14-15). The Center operates with a small budget that is specifically used to fund activities and small budget items (i.e., fund student and faculty travel to conferences, graduate fellowship, etc.). The Center was able to retain funding from the 4th National Psychotherapy with Men Conference. That amounted to about \$4000. The Center also recently received a \$15,000 grant from the California Endowment to fund a specific project. The Center shares an office in EC 427 that has a computer that is used for research. There are no costs for sharing this space and it is assigned by the Counseling Department.

The Center has operated on a project-to-project basis up until this point, namely that each project moves forward when the appropriate funding has been obtained. The Center is sustainable following this approach as long as there are not too many projects. At this time the Center is planning to move forward following this same model. It would take significant funding and assigned time for the Center to grow beyond this approach.

VI. HIGHLIGHTS AND ACCOMPLISHMENTS

Organizing and hosting the 4th National Psychotherapy with Men Conference in June 2014 was a significant event for the Center. This national conference was attended by over 250 clinicians and graduate students. The Center brought in nationally recognized speakers and workshop presenters not only to speak at the Conference, but on the day before, to visit community mental health facilities throughout southern California, where they could provide trainings on counseling boys and men. This service aspect was intended to broaden the scope and impact of the conference beyond scholars and clinicians into the community itself. In line with the Mission of the Center, this conference was a significant event in influencing how mental health professionals in southern California and the nation itself understand the needs of men and boys. Further, advanced doctoral students were admitted to the conference at no cost and participated in a pre-conference leadership training. Student volunteers were involved in the planning and execution of this event which allowed the volunteers direct access to many of the leading scholarly figures in the field.

In 2016 the Center received a \$15,000 grant from the California Endowment to work on a project titled *Evaluating Effective Approaches That Promote the Psychosocial-Emotional Health of Male Adolescents of Color*. This project will develop an evidence-based review on existing psychosocial-emotional prevention and interventions at the individual, family, school, and community level, with specific focus on trauma-informed care. This review will assess the existing empirical evidence in regard to current concerns for adolescent males of color (with an

emphasis on California when possible), an evidence-based review on existing effective prevention and interventions at the individual, family, school, and community level, and then a conclusion section that advances treatment/intervention options. Emphasis will be placed the implications of cultural adaptations of evidence-supported treatments for mental health services in terms of practice with ethnic/racial minority male adolescents. This project will be used by the California Endowment to promote mental health efforts by the California Department of Education.

VII. PLANNING AND STRATEGIC OUTLOOK

The Center to continue its involvement in research, professional training, student engagement, community consultation and advocacy. The Center consistently draws interest from undergraduate and graduate students who are interested in the wellbeing of boys and men whether that is focused on health-associated issues or concerns about educational access and retention. Our goal of being a hub for training is a core mission of the Center as we look to organize another major conference on the mental health issue of boys and men within the next 3 years. Specifically, we plan to develop our relationship with the California Endowment in order to promote areas of mutual interest (i.e., trauma-focused care for adolescent males of color). The Center is also looking to examine more of the issues that young men at CSUF are facing, namely recruitment and retention of male college students from historically underrepresented groups.

VIII. VIABILITY:

We remain extremely happy with how our Center has developed and how it will continue to grow. We do not plan to discontinue or significantly modify any activities, though we do expect in Fall 2016 to undergo a restructuring of our executive and advisory board.