DUDES Club:

A Brotherhood for Men's Wellness

First Nations Health Authority
Health through wellness

UBC Learning Circle
November 21st, 2019

DUDES club

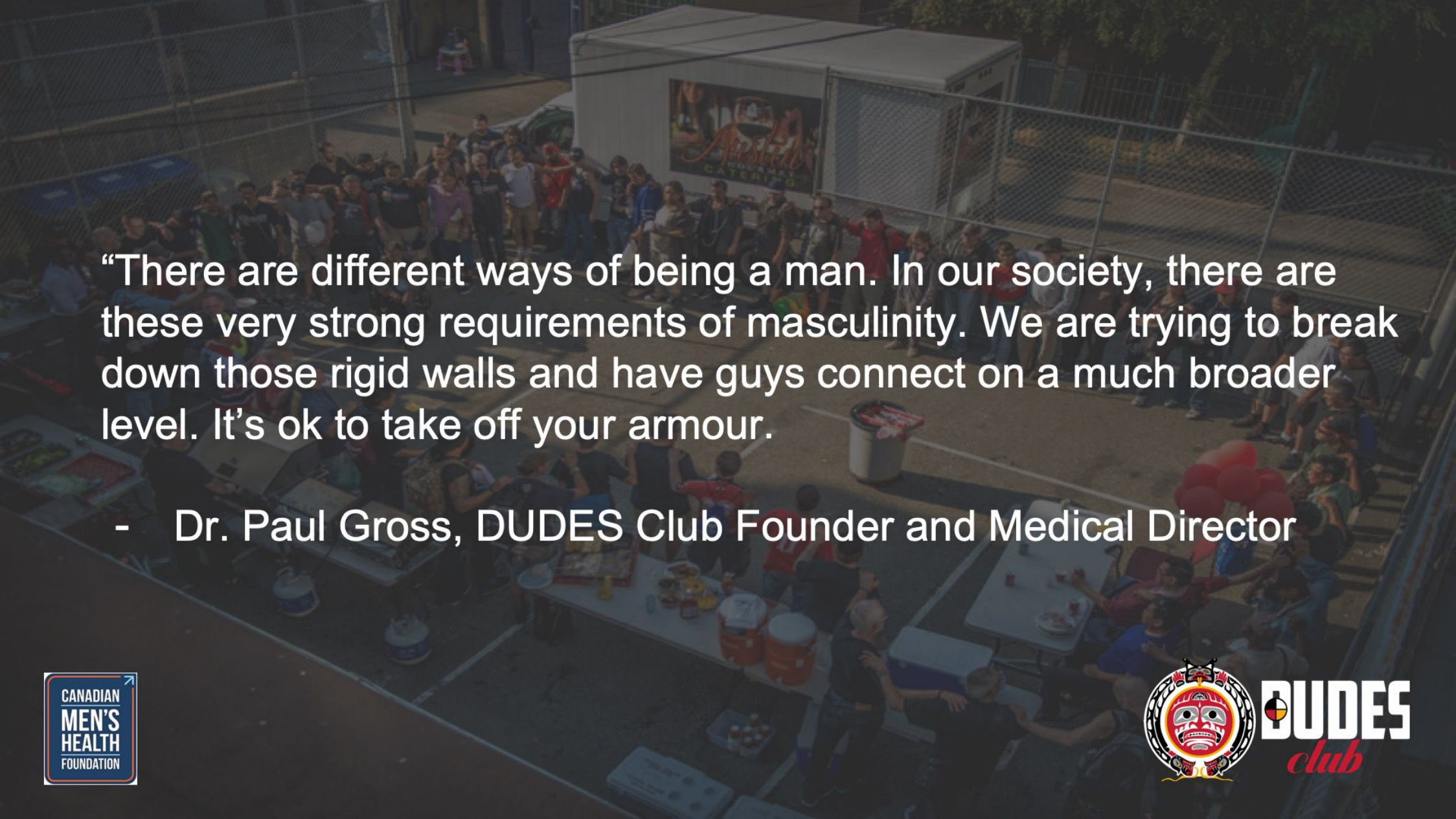
Our Foundation

The DUDES Club “way of being” is about connection.
A healthy man is connected to:

- Himself
- His physical and mental wellbeing
- His family
- The land
- His culture
- His community
- His spirituality / ancestors

Many men have been disconnected from these important anchors in their lives, and DUDES Club aims to restore this balance and connection.

DUDES club



“There are different ways of being a man. In our society, there are these very strong requirements of masculinity. We are trying to break down those rigid walls and have guys connect on a much broader level. It’s ok to take off your armour.

- Dr. Paul Gross, DUDES Club Founder and Medical Director

CANADIAN MEN’S HEALTH FOUNDATION

DUDES club

Core Principles

Mission

To facilitate a *participant-led community* for men's wellness with local activity-based clubs that prioritize supportive relationships, engagement in healthcare, and indigenous worldviews.

Vision

*A renewed role for men** supporting each other and their families in building wellness and strong communities.

Values

Relationships

Sanctuary

Brotherhood

Journey

Two-Eyed Seeing

CANADIAN MEN'S

DUDES

The Three Pillars

TO BUILD:

solidarity, brotherhood, trust, and positive role models together with men.

TO PROMOTE:

men's health through accessible education, dialogue, and health screening opportunities.

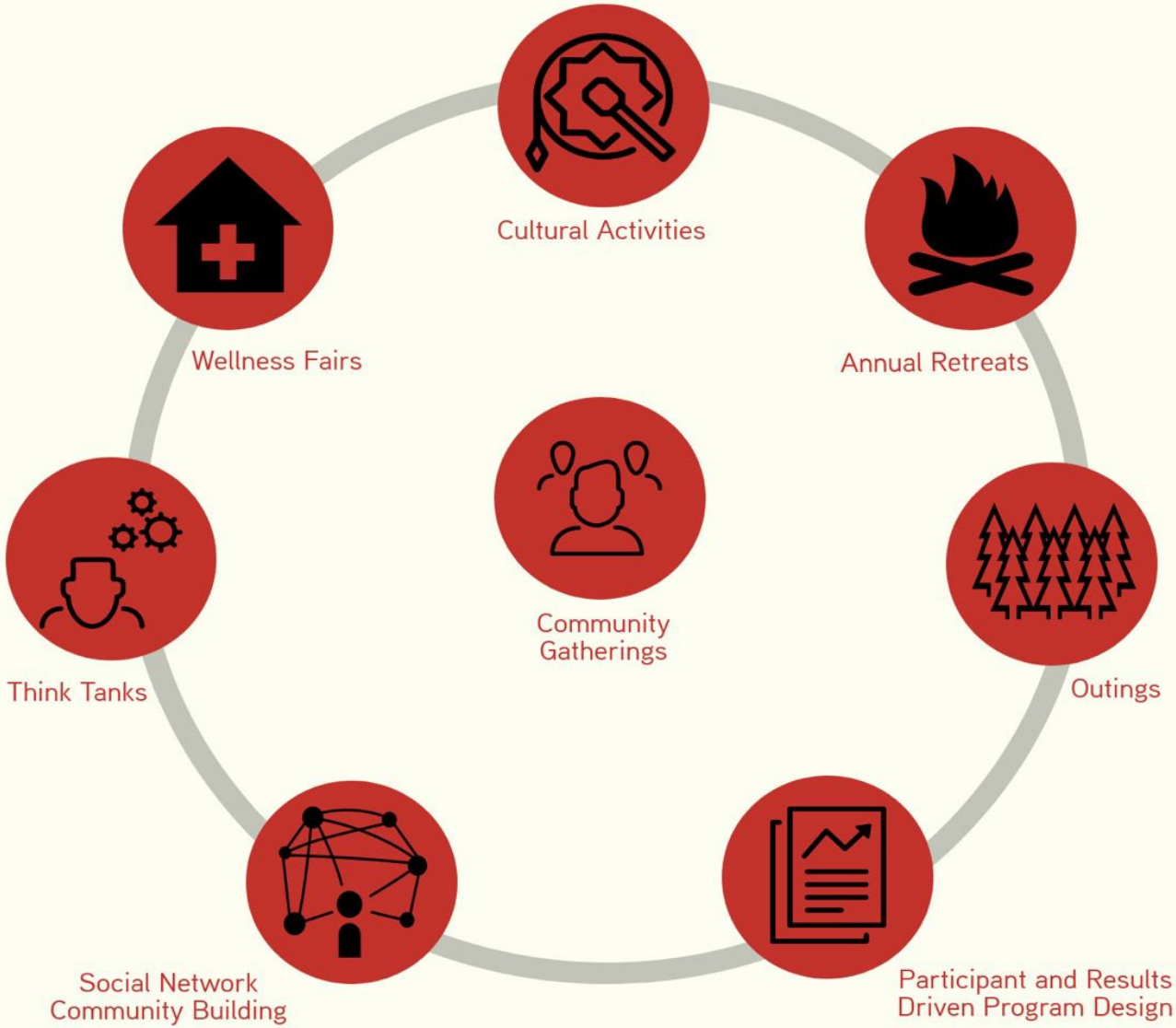
TO ENABLE:

men to regain a sense of pride, purpose and fulfillment in their life.

CANADIAN MEN'S HEALTH FOUNDATION

DUDES club

Recipe for Success



CANADIAN MEN'S HEALTH FOUNDATION

Highlight Numbers for 2019 (Approximations)

- 700 Gatherings Held (400 on Reserve, 300 Urban)
- 500 Men Participated (300 on Reserve, 200 Urban)
- Estimated over 10,000 gatherings attended
- 12 Groups have their own name and/or logo
- 22 Communities participated in Train the Trainers
- 15 Support visits and at least 15 more support visit requests
- 30 Communities and 80 men participated in Annual Retreats (Camp Friendship, Loon Lake)

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"It's part of the healing journey. When we get together, the DUDES feel so safe, they start talking about their past lives, and it all starts coming out."

- Sandy Lambert, DUDES Club Elder

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“In Indigenous contexts, it's a part of every day life to live in community. That is how people survived.”

- Dr. Vicki Smye, Faculty of Health Sciences, Ontario Institute of Technology

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“You can’t have healthy communities or healthy families without healthy men.”

- Anthony, DUDE

DUDES club

“We’re not political, we’re not religious… we are DUDES, together. In these current times, it’s not easy to be a man. What’s helping me is having the closeness of other people.

- Steve “Pops” Monds, Smithers DUDES Club Elder

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“Being in the city I have lost all connection to nature. The calmness is waking something up in me.”

- Derek, DUDE

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CANADIAN MEN'S HEALTH FOUNDATION

What makes DUDES unique

- Sustained Presence in the DTES since 2010, across BC since 2014
- Effective Public/Private partnership model established with FNHA, PHSA, and in discussions with Fraser Health, Northern Health, VCH, and other provincial health authorities
- Strong Social Capital, especially amongst indigenous men, especially ages 40-60
- Men are willing to be "community health workers"
- Supportive relationships with the most isolated and vulnerable men
- Lived experience
- Emerging cohort of local Indigenous Facilitators, Role Models & Drivers of the work
- Safety and trust
- Relationships
- Culture

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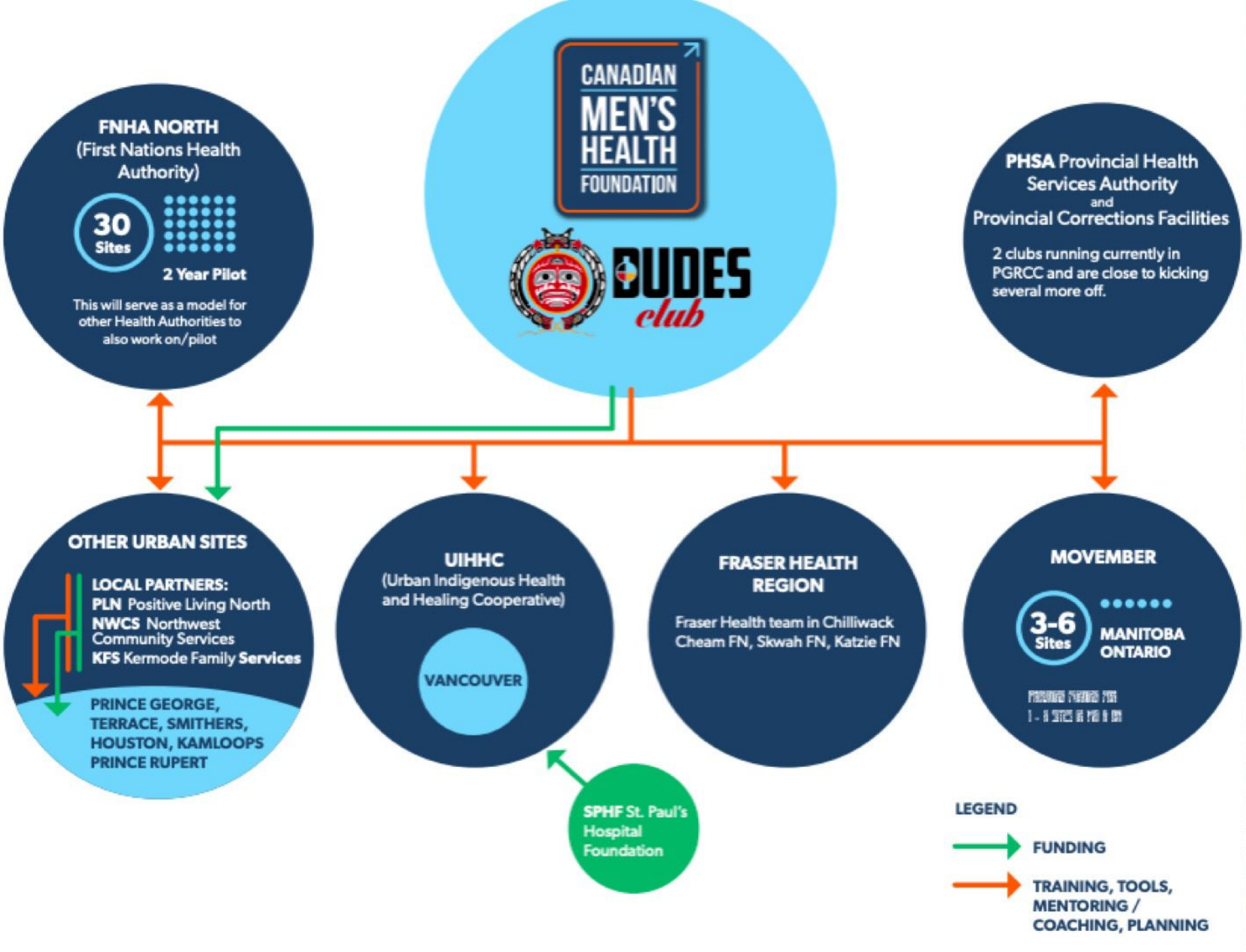
"Leave your Armour at the Door"

"No Judgement"

CANADIAN MEN'S HEALTH

DUDES


CANADIAN MEN'S HEALTH FOUNDATION
DUDES club
FNHA NORTH
(First Nations Health Authority)
30 Sites
2 Year Pilot
This will serve as a model for other Health Authorities to also work on/pilot
PHSA Provincial Health Services Authority
and
Provincial Corrections Facilities
2 clubs running currently in PGRCC and are close to kicking several more off.
OTHER URBAN SITES
LOCAL PARTNERS:
PLN Positive Living North
NWCS Northwest Community Services
KFS Kermode Family Services
PRINCE GEORGE, TERRACE, SMITHERS, HOUSTON, KAMLOOPS PRINCE RUPERT
UIHHC
(Urban Indigenous Health and Healing Cooperative)
VANCOUVER
FRASER HEALTH REGION
Fraser Health team in Chilliwack Cheam FN, Skwah FN, Katzie FN
MOVEMBER
3-6 Sites
MANITOBA
ONTARIO
SPHF St. Paul's Hospital Foundation
LEGEND
FUNDING
TRAINING, TOOLS, MENTORING / COACHING, PLANNING

DUDES Club current state relationships with BC Health Authorities

New "Integrated" | Growing | Mature

First Nations Health Authority
Health through wellness

Provincial Health Services Authority
Province-wide solutions. Better health.

Vancouver CoastalHealth
Promoting wellness. Ensuring care.

northern health
the northern way of caring

fraserhealth
Better health. Best in health care.

DUDES club

DUDES Club current state relationships detail

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FNHA: 2016 exploratory, relationship building
2017 Launch co-facilitated Northern Guys Gathering, with men from 25 communities.
2018-2020 PIlot in full swing with 30 communities running their own DC-guided Men's Groups

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PHSA: 2018 exploratory, relationship building
2019 Launched pilot program in PGRCC, have run 15 sessions for 3 units ; Current contract until 12/31/20
Options to expand to: Fraser, Nanaimo, Maple Ridge, Kamloops, Allouette, Oliver.

VCH: 2010-2019 DC's Vancouver Club has been indirectly supported by VCH
2019: VCH & DC started co-organizing events including the 2019 Men's Health Fair

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NH: 2013-2019 Collaborating indirectly to involve NH in DUDES Club in North
2019 Northern Health co-facilitated the Northern Guys Gathering

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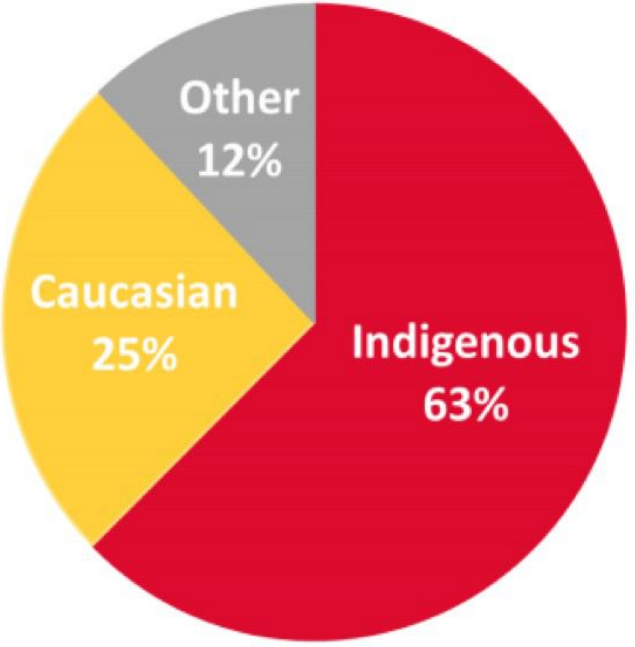
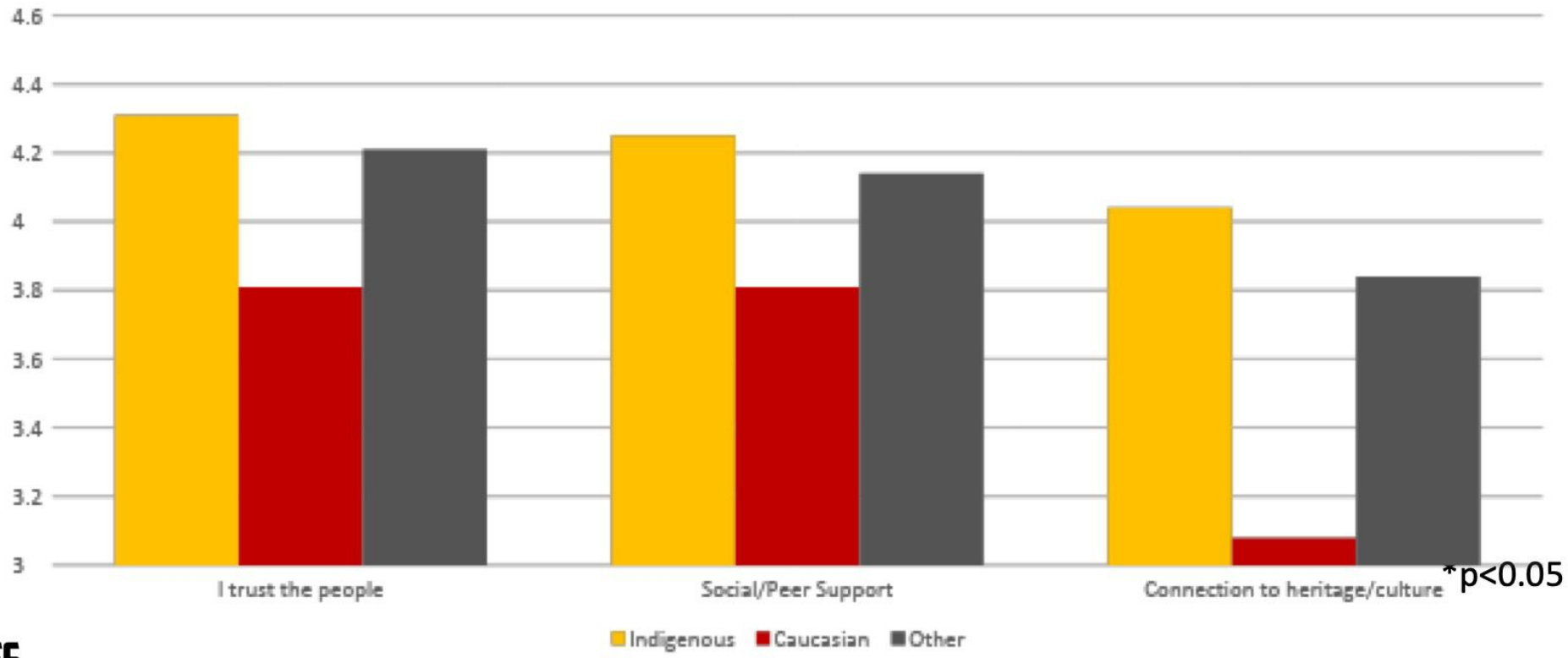
2018 held first DC presentations to communities in Fraser Region
2019 held two community convening information sessions.
Direct coordination with communities is at various stages.

Program Evaluation Survey Results (n=150)

Canadian Family Physician, June 2016, 62(6): e311-e318

- **Age:**
  - Mean age = 46.8 yrs
  - 77.3% of men are over 40 yrs
- **Unstable housing:** in the past month = 64%
- **Unemployment:** in the past 6 months = 56%
- **Volunteering:** 40% of our men volunteer > 10 hrs/wk
- **Family Status:**
  - Married: 11.4%
  - Children: 58.7%
  - Children live with you: 4.5%

Ethnicity Breakdown



Indigenous men derive particular benefits