

Center for Boys and Men  
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College of Health and Human Development

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## **Mission and Goals:**

Despite the documented need of boys and men for mental health services, males across all ages are under-represented in receiving the appropriate care. Boys and men across the life span are affected by mental health concerns that often fall in the category of double jeopardy: those who in the most need of support and services are least likely to seek and receive help.

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.
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.
5. Provide opportunities for CSUF students to participate in scholarly and outreach activities.

The Center for Boys and Men's goals fit well with several CSUF Goals and Strategies, 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, the Center will provide experiences on campus and in the community, including workshops, continuing education programs, and community trainings. The focus of learning will be on gender health disparities, with a strong emphasis on issues of culture, ethnicity and social justice. In terms of creating knowledge, the Center will support 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 and national/international initiatives aimed at enhancing the well-being of boys and men.

## **Activities:**

The Center's activities were significantly impacted by the COVID-19 pandemic as there were few opportunities to organize trainings and attend conferences. There were opportunities to provide some webinars and to share information on podcasts. Coming out of the pandemic, the Center's focus has been on developing partnerships with organizations committed to better the health of boys and male adolescents. These activities have met the goal of sharing information about healthy masculinities and provided guidance to allied helping professionals and educational institutions. Specific activities are listed below under Highlights and Accomplishments.

## **Organizational Structure and Governance:**

The Center is undergoing an organizational and leadership change. Matt Englar-Carlson is the director of the center and continues to focus on program development and outreach. Founding Center member David Shepard retired from CSUF in 2023 and is no longer involved in the Center. Ioakim Boutakidis (CAS) is coming on-board in 2024 in a co-leadership role and will be working to coordinate our research focus. We plan to re-evaluate the Advisory Board and recruit CSUF faculty across campus whose scholarship and/or outreach focuses on the health of boys and men. Many have expressed interest in being involved with the Center.

## Resources and Sustainability

The Center did not receive any revenue over the past 6 years and that is not part of the Center's goals.

### Highlights and Accomplishments:

The Center received attention in 2017-18 due to Matt Englar-Carlson's involvement with the American Psychological Association's publication of the Guidelines for Psychological Practice with Boys and Men. There was considerable media attention- *the New York Times*, *the Washington Post*, *Vox*- associated with his work on this project. The Guidelines sparked interest in the psychological of men and masculinities, with a specific focus on positive masculinities and healthy boyhood. Work over the past 2 years has focused on healthy boyhood. This has involved connections and collaborations with the APA Task Force on Boys in Schools (Englar-Carlson & Boutakidis), the Positive Masculinity Foundation (Englar-Carlson), the International Boys School Coalition (Englar-Carlson), the Crowther Centre and the Partnership for Male Youth. The Center has also begun to share information via podcasts.

### INVITED PRESENTATIONS

**Englar-Carlson, M.** (2023, August). *Connection: What's working and what can we do?* Keynote address at the Positive Masculinity Conference, Melbourne, Australia.

**Englar-Carlson, M.** (2023, April). *Parenting boys into healthy adult men: What can a parent do?* Community presentation at the Browning School, Manhattan, NY.

**Englar-Carlson, M.** (2023, March). *Parenting boys into healthy adult men: What can a parent do?* Community presentation at Brighton Grammar School, Melbourne, Australia.

**Englar-Carlson, M.** (2023, January). *Parenting male adolescents into healthy adult men: What can a mother do?* Invited address to the National League of Young Men, Irvine, CA.

Way, N., Branch, A., **Englar-Carlson, M.**, & Scott, L.H. (2019, October). *Reimagining boys in the 21<sup>st</sup> Century*. Plenary session at the 2019 Social and Emotional Learning Exchange, Chicago, IL.

**Englar-Carlson, M.** (2019, June). *Toxic masculinity and clinical practice with men*. Webinar presented for New York University Department of Social Work, New York, NY.

**Englar-Carlson, M.** (2018, June). *Positive psychology/ positive masculinities: Improving therapy by harnessing men's strengths*. Keynote Presentation at the Male Psychology Conference, University College London, United Kingdom.

### PUBLICATIONS

Wilson, M., Gwyther, K., Swann, R., Casey, K., Featherston, R., Oliffe, J., Englar-Carlson, M., & Rice, S. (2022). Operationalising positive masculinity: A theoretical synthesis and framework to engage boys and young men. *Health Promotion International*, 37. [doi.org/10.1093/heapro/daab031](https://doi.org/10.1093/heapro/daab031)

## SCHOLARLY PRESENTATIONS

- Sommers-Flanagan, J., Englar-Carlson, M., & Salois, D. (2023, April 7-8). *Men, suicide, and happiness*. Presentation at the annual meeting of the American Counseling Association, Toronto, ON.
- Lazzareschi, N., & Englar-Carlson, M. (2022, October 13-15). *Strategies to improve male engagement in addictions counseling: A qualitative exploration*. Western Association for Counselor Education and Supervision conference, Portland, OR.
- Englar-Carlson, M. Morton, B.C., Reigeluth, C. S., & Theodore, L. (August, 2021). In C. S. Reigeluth & D. Ellenberg (Chairs), *Boys' school struggles compromised well-being: A call for courageous action and change*. Papers presented at the American Psychological Association Annual Convention, virtual.
- Englar-Carlson, M. (2020, November 12–14). *Teaching counselors how to provide responsive services to male clients*. Western Association for Counselor Education and Supervision conference, Tucson, AZ. (Conference canceled)
- Lazzareschi, N. & Englar-Carlson, M. (2019, October). *Teaching male sensitive approaches to addictions counseling*. Presentation at the Association for Counselor Education and Supervision national conference, Seattle, WA.
- Rabinowitz, F., Englar-Carlson, M., Liang, C., & Powell, W. (2019, January). *Presenting the guidelines for psychological practice with boys and men*. Presentation at the National Multicultural Summit, Denver, CO.

## PODCASTS

- Branch, A. (Host). (November 28, 2023). Psychology and the gender evolution. (No. 169) [Audio podcast episode]. In *Taking off the mask*. <https://podcasts.apple.com/us/podcast/169-psychology-and-the-gender-evolution-with-dr/id1518606124?i=1000636848695>
- Goodman, T. (Host). (October 24, 2023). Exploring positive masculinity: Navigating the challenges and finding middle ground. (No. 80). [Audio podcast episode]. In *The therapy for 4-dads podcast*. <https://podcasts.apple.com/us/podcast/exploring-positive-masculinity-navigating-the/id1569718711?i=1000632659390>
- Batty, T., & Collins, B. (Hosts). (September 18, 2023). Nurturing boys' mental and physical well-being part 2. (Season 5, No 2. Audio podcast episode]. <https://podcasts.apple.com/us/podcast/s5-ep-01-part-two-nurturing-boys-mental-and-physical/id1478715546?i=1000628238281>
- Batty, T., & Collins, B. (Hosts). (September 18, 2023). Nurturing boys' mental and physical well-being part 1. (Season 5, No 1). Audio podcast episode]. <https://podcasts.apple.com/us/podcast/s5-ep-01-part-two-nurturing-boys-mental-and-physical/id1478715546?i=1000628238281>
- Stock, T. (Host). (January 3, 2022) Matt Englar-Carlson, PhD. Father, scholar, athlete. (No. 48). [Audio podcast episode]. In *The new masculine*. <https://podcasts.apple.com/us/podcast/matt-englar-carlson-ph-d-father-scholar->

[athlete/id1485250159?i=1000546779716](https://podcasts.apple.com/us/podcast/matt-englar-carlson/id1477583564?i=1000546779716)

Swann, R. (Host). (June 2, 2021). Matt Englar-Carlson. (No. 9). [Audio podcast episode]. In *The understanding boys podcast*. <https://podcasts.apple.com/us/podcast/matt-englar-carlson/id1477583564?i=1000524010684>

### **Planning and Strategic Outlook:**

In the next 6 years, the Center intends to stabilize its leadership and Advisory Committee, update the webpage, and continue to focus on advancing knowledge dissemination about healthy boyhood. The collaborative professional partners, namely the Positive Masculinity Foundation, the International Boys School Coalition, and the Crowther Centre, all provide unique opportunities to consult with stakeholder and practitioners worldwide. It is expected that new Center members will bring their own professional partners to broaden the reach of the Center's message.