Mental health and the

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CATCH-research project

What are the **working mechanisms** and **facilitating conditions** in community sport initiatives that can contribute to improving social inclusion for socially vulnerable youngsters?
CATCH-research project

SOCIAL INCLUSION

HEALTH

PERSONAL DEVELOPMENT

SOCIAL COHESION
CATCH-research project

SOCIAL INCLUSION

HEALTH

PERSONAL DEVELOPMENT

SOCIAL COHESION
Introduction

People who face social exclusion, deal with a wide variety of problems

Sport-plus tries to reach these populations and alleviate effects of social exclusion
Introduction

Sport-plus claims to have many beneficial effects

However, more empirical evidence is needed

Research should focus not only on the effect itself, but also on how the effect came about
Realist evaluation

- Looks at

  CONTEXT ➔ MECHANISM ➔ OUTCOME

- Gives evidence-based insights to practice

- Knowledge builds through each step in the research
Case study

- **72 Social organisations**
- **15 Civil Services**
- **500 Players on a weekly basis**
- **900 Training sessions**
- **6 National events**
- **21 National teams**
MENTAL WELLBEING

FEELINGS OF BELONGING

SELF-ESTEEM

DISTRACTION
MENTAL WELLBEING

FEELINGS OF BELONGING

NO COMPETITION

EXPERIENCED COACHES

SHARED VISION

BOTTOM-UP APPROACH

TEAM ACTIVITIES OUTSIDE TRAINING
Methods

- Analysis & theory building
- Interviews
- Field work

2 Group interviews

5 coordinators, 2 coaches, 4 partners

Total = 109.5 hours
Fieldwork
Team 1

2 hours training: short warm-up & 1,5h matches

Coaches are social workers

Lots of frustration towards each other
Nobody passed me the ball – I felt very insecure
Basically, I just tried to stay out of the way

⇒ Next training I was on the bench, and never left it
Team 2

Training is a mix between exercises, games and matches

Coach is a socially skilled sport coach & social workers participate in training

Female only team, very relaxed

→ Not much difference in skills, so I did not feel inadequate
Team 3

Only exercises and games, never matches

Coach is sportively skilled, but closely guided by social workers

Players are very inclusive towards each other

→ One day I was late for training and sat on the bench, several players came up to ask me to join them, ask why I wasn’t playing, …
Fieldwork

<table>
<thead>
<tr>
<th>Team 1</th>
<th>Team 2</th>
<th>Team 3</th>
</tr>
</thead>
<tbody>
<tr>
<td>Competitive</td>
<td>Semi-competitive</td>
<td>Non-competitive</td>
</tr>
<tr>
<td>Social workers</td>
<td>Sportive coach Social workers</td>
<td>Sportive coach Social workers</td>
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<tr>
<td>Frustration</td>
<td>Inclusion</td>
<td>Inclusion</td>
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</tbody>
</table>
Interviews
We often win the fair play trophy, so that shows that our guys pick this up. That way, everybody feels good within the group. If there is no importance to winning or if this is not the primary goal, a player who is less capable will also receive confidence: ‘okay, it doesn’t matter if I miss the ball once or it doesn’t matter if I lose the ball, because whether we win or lose… We are just as content in the end.’ So that contributes to a group atmosphere where everybody gets the chance to improve themselves.

- Male, 37, Coordinator
If winning is not the primary goal, then every player gets the chance to develop themselves and this is beneficial for the team spirit.
Conclusion

MENTAL WELLBEING

FEELINGS OF BELONGING

NO COMPETITION

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BOTTOM-UP APPROACH

TEAM ACTIVITIES OUTSIDE TRAINING
Discussion

• Competition is not always a bad thing!
  • For some participants it might be a motivator
  • Competition is part of the game
Discussion

• Experienced coaches are an important factor
• BUT coaches in BHC teams are usually
  • Either trained sportively
  • Or either trained socially
  → It should be a mix of both
Shortcomings

• Health or mental health are not always an explicit goal

• No theoretical framework was used

• Still looking for a MRT to encompass these results
Questions?
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