



About the On Our Own (O3) Project

O3 offers support services and transitional housing to young parents between the ages of 16-30, and their children. These parents are vulnerable, largely racialized, and face significant socioeconomic barriers for accessing mental health services. O3's projet goal was to hire a Mental Health Educator to increase the capacity of the organization to offer mental health support to the population they serve, who experienced heightened mental health challenges due to the COVID-19 pandemic.

Where We Are

● **Montreal**
o3onourown.com

Contact

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Promising Practice

Emphasizing staff wellness and building a strong and resilient staff team that is highly collaborative is a promising practice for burnout prevention and for lowering staff turnover rate. Offering in-house mental health support is a promising practice for allowing residents who may be wary of institutions and more formalized mental health interventions to build trust and seek support comfortably and safely.



An increase in staff has allowed for greater stability for residents, improved effectiveness of the clinical team, and reduced barriers to accessing health and social services in the surrounding community.

★ Key Success Factors

- Staff recruitment and retention
- Prioritizing positive mental health in the workplace

