



Where We Are

● **Montreal**
reisa.ca

Contact

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About the Réseau de l'Est de l'Île pour les Services en Anglais (REISA) Project

East Island Network for English Language Services (REISA)'s project goals included inviting student-led committees in seven high schools (on REISA territory) to engage in new and innovative mental wellness activities in their schools, entirely devised and carried out by the student leaders. They piloted the Improv Against Bullying Program in 2021-2022, and plan to bring the program to the remainder of high schools in the territory including additional pilot sites in the east and north. REISA also plans to organize an event in the Spring of 2024 on the theme of mental health of the English-speaking community in the East and North of Montreal.



Having regular planning meetings with the schools of the student leaders resulted in the development of key partnerships with administrators allowing for easy follow up, collection of results, resource sharing, and more.



Promising Practice

A new, promising practice that REISA implemented was creating mental wellness work plans that were filled out and submitted by high school student leaders. The students were responsible for carrying out the planned activities and reporting on their results. The work plans were signed by at least two adults in the school, who supported the students along the way.

★ Key Success Factors

- Student empowerment
- Partnerships with schools