



Where We Are

● Montreal  
[reisa.ca](http://reisa.ca)

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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) invited student leaders from seven high schools to engage in innovative mental wellness activities in their schools. REISA piloted the Improv Theater against Bullying and for mental health since 2021 in high schools and summer camps. In partnership with the school board and the Mental Health commission of Canada, REISA has led a committee in planning for and organizing the Headstrong Summit presented yearly since 2019 to high schools. A student mental health fair is planned for March 2024; A mental forum addressing access to mental health services in English is planned for the end of February 2024.



*The development of key partnerships over the years with schools' administrators and students' leaders allow for an easy follow up, collection of results, resource sharing, and more.*



## Promising Practice

A promising practice that REISA implemented in recent years is to invite student leaders to create and lead initiatives to fight mental health stigma and encourage wellbeing. 4 participating schools developed projects. An example of these initiatives is the " Pins of Power"- a project that focused on the power of words and created an environment of empowerment and a deeper awareness of mental health.

### ★ Key Success Factors

- Student empowerment
- Partnerships with schools