



CHSSN

# Promising Practices in Community-based Mental Health Promotion

Supporting the Mental Health of English-speaking Quebecers



## The Effects of Covid 19

Evidence indicates that the **Covid 19 pandemic** has had increased negative effects on the mental health of English-speakers in the province of Quebec versus the majority French-speaking population: <sup>1</sup>

- Young adults, **Anglophones**, & health care workers are among the 3 most affected groups
- **Anglophones** are 2x more likely to have anxiety or depressive symptoms

There was an increased demand for mental health services and resources among English-speaking communities during the pandemic, especially among priority populations:

- Youth
- Seniors
- Low-income families
- Those living in rural and isolated regions
- Members of BIPOC communities

## The Concerning State of Mental Health

# 19%

of Anglophone fathers reported having high levels of psychological distress compared to 12% of Francophone fathers.<sup>2</sup>



Due to language barriers, a higher proportion of English-speaking seniors are socially isolated.<sup>3</sup>

# 90%

of young English-speaking adults (15-29) experienced feeling mentally unwell within the previous two weeks of completing the survey.<sup>4</sup>

## Socio-Demographic Factors of English-speakers in Quebec



Higher unemployment rates (10.9%)



Lower median incomes



Higher rates of poverty<sup>5</sup>

# 72%

Of English speakers said that <sup>6</sup> providing mental health services in English is 'very important'

### Increased Need for Community Interventions to Reach the Most Vulnerable

# How to Read the Promising Practices Collection

## About the Project



1

What each organization's project set out to achieve at the time funding packages were received (2022).

SPMH-funded organization operating region

2

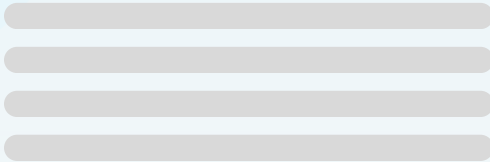
Where We Are

Contact

Who to contact at the organization for more information



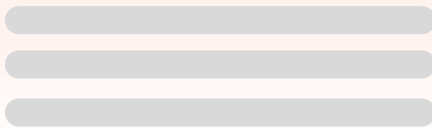
## Promising Practice



3

With work underway, organizations were asked to identify interventions, programs, services, or strategies that show potential (or "promise") for developing into a best practice. CHSSN was interested to know about anything that felt promising, even if it was not yet at the promising practice stage.

### ★ Key Success Factors

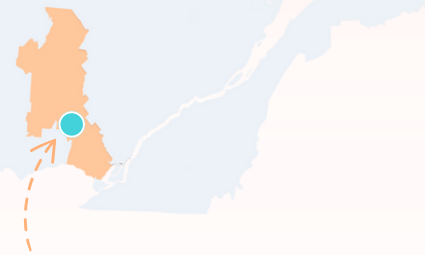


4

The intervention-specific elements needed to achieve success and positive outcomes.



# 4korners



### Where We Are

● Laurentides  
[4korners.org](http://4korners.org)

### Contact

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 Project Lead- Youth and Mental Health  
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## About the 4Korners Project

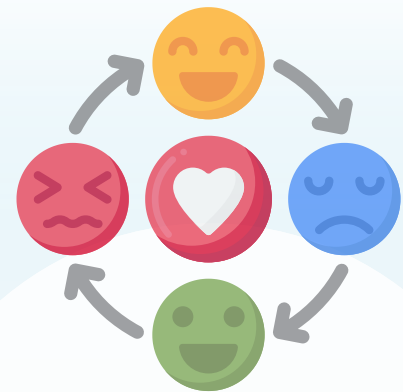
The 4Korners network started a process to implement training and activities to improve or maintain mental health for priority populations identified as adult men, children 6-12 years old, and seniors. Their intervention programs grew in need and scale and the 4Korners network team and key partners obtained ongoing training in key areas of mental health such as suicide prevention among young people.

## Promising Practice

Social Emotional Learning (SEL) preventative educational workshops, provided weekly, helped children from an early age learn how to identify and regulate their emotions through different means that improved their daily social interactions.

### ★ Key Success Factors

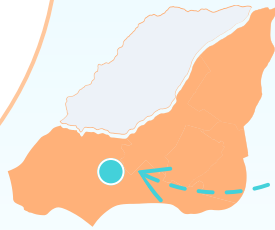
- Participant trust development
- Evidence-based SEL workshops



*Making the connection with the participants and gaining their trust is essential to getting them to open up and share their emotions.*



**ACDPN | RDPAC**  
African Canadian Development and Prevention Network | Réseau de Développement et de Prévention Afro-Canadien



**Where We Are**

**Montreal**  
[acdpn.org](http://acdpn.org)

**Contact**

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## About the African Canadian Development and Prevention Network (ACDPN) Project

ACDPN's objective was to support organizations in the adaptation of resources, tools, and information campaigns to improve mental health and well-being of the English-speaking Black community (ESBC). ACDPN received several requests for support from community and public partners alike, who expressed an increased desire to better meet the needs of diverse populations, more particularly, their Black English-speaking clientele.



*Equipping organizations to offer culturally safe, responsive, and effective support is a key strategy in working towards improving the mental health and well-being of the ESBC.*

### ★ Key Success Factors

- Well-designed tools
- Trust-building
- Research for program development/improvement



## Promising Practice

ACDPN's Equity, Diversity, and Inclusion (EDI) readiness assessment tool was a data collection method that allowed them to assess, and for their partner organizations to self-evaluate, what EDI strategies they implemented into their mental health services and their level and readiness for an EDI training. The assessment process also evaluated organizations' levels of readiness to be considered experts in the field so they can support other organizations in their EDI efforts and act as consultants for workshops and training.



## About the AGAPE Project

AGAPE's objective was to support organizations in the Laval region with the adaptation of resources, tools, and information campaigns to improve the mental health and well-being of youth aged 10 to 17, teachers, support staff, and administrators. Senior citizens were also targeted given that more than one-quarter of all English-speaking Quebecers are 55 or older, and many of them are especially isolated and vulnerable.

### Where We Are

● **Laval**  
[agapeassociationinc.com](http://agapeassociationinc.com)

### Contact

👤 Kevin McLeod  
 Executive Director  
 ✉ [kevin.mcleod@agapeassociationinc.com](mailto:kevin.mcleod@agapeassociationinc.com)



## Promising Practice

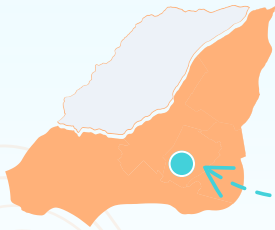
AGAPE provided Mental Health First Aid training through the Mental Health Commission of Canada to teachers and support staff working with children/youth and senior citizens. Their goals were centered on early intervention and health promotion, and with this evidence-based training, trainees can help identify at-risk youth before symptoms get worse.

### ★ Key Success Factors

- Solid partnerships
- Evidence-based training



***Solid partnerships with an engaged and active project committee was a key contributor to the success of the project.***



## amiquebec

Agir contre la maladie mentale  
Action on mental illness

### Where We Are

● Montreal  
[amiquebec.org](http://amiquebec.org)

### Contact

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Executive Director  
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## About the AMI-Québec Project

AMI-Québec's project objectives comprised securing and expanding mental health support programs post COVID-19 for families and the community, and dispelling the stigma still surrounding mental illness. These programs included support groups, workshops, individual and family counseling, and more.



*Participants were empowered by acquiring the skills needed to help themselves, through uninterrupted programming.*



## Promising Practice

Implementing self-help strategies in support groups served to empower participants and strengthen their resolve to be responsible for their own recovery. Workshops were led by professional facilitators. AMI-Québec's ability to transition to virtual platforms with the onset of the pandemic increased the trust of their service recipients in the organization and the programs offered.

### ★ Key Success Factors

- Online tools
- Ongoing program evaluation
- Participant empowerment



## About the Assistance and Referral Centre (ARC) Project

ARC connected community members with existing services as well as facilitated a monthly partnership table activity. By connecting different stakeholders together in an effort to identify gaps in service, ARC aimed to facilitate access to mental health services in English across the Montérégie region.

### Where We Are

● Montérégie Centre  
[arc-hss.ca](http://arc-hss.ca)

### Contact

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Community Outreach  
Coordinator  
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## Promising Practice

Hiring of a mental health liaison agent allowed for the implementation of therapeutic rock painting - a supportive art therapy with a mental health theme. Rocks were distributed in the community and included the Suicide Action phone number on the back. The activity reached a large audience and facilitated conversations about mental wellbeing, mental illness, suicide, community involvement, etc.

An intersectoral committee comprised of 25 organizations was formed and served as a place to increase awareness of services and plan common action.

*Participants expressed the positive impact rock painting had on their mental wellbeing by breaking social isolation, providing a new opportunity for mindfulness and giving them purpose.*

### ★ Key Success Factors

- Specialized staff recruitment
- Committee participation and appropriate representation





**Where We Are**

Province of Québec

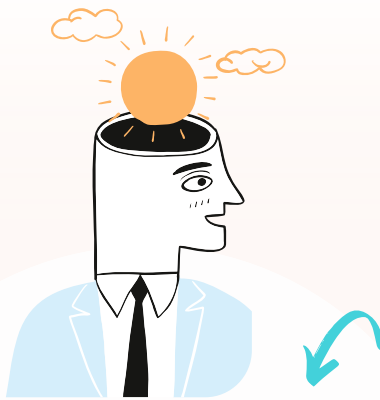
[aqps.info](http://aqps.info)

**Contact**

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## About the Association québécoise de prévention du suicide (AQPS) Project

CHSSN and AQPS joined forces to support the translation of communication materials and contribute to translating suicide-awareness materials that are launched during National Suicide Prevention Week and available on the AQPS micro-site.



*Translating key resources, tools, and materials allowed AQPS to expand their reach to include the English-speaking population living in Québec.*

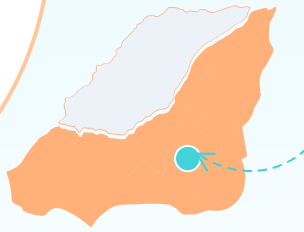


## Promising Practice

Translation of AQPS microsite [oseparlerdusuicide.com](http://oseparlerdusuicide.com), allowed them to share testimonials in English from people who have been directly affected by suicide. The Association was also able to offer digital kits for download, as well as suicide awareness material.

### ★ Key Success Factors

- Effective collaboration
- Identifying key resources for translation



**Where We Are**

● **Montreal**  
[bmhcmtl.ca](http://bmhcmtl.ca)

**Contact**

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## About the Black Mental Health Connections (BMHC) Montreal Project

BMHC Montreal's project goal was to expand their community education focus and ensure the sustainability of their organization. Through workshops, events, and online education, the project made understanding mental health accessible for an English-speaking Black audience. Further, by providing support to their existing community care programming, this project contributed to the sustainability of the care networks they developed in Montreal's Black communities.



***Culturally relevant community mental health support provided sustainable personal and system-level positive impact on Black individuals and is therefore a promising practice.***

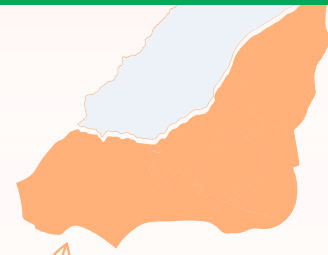


## Promising Practice

BMHC implemented small, closed, peer support groups for individuals who could not access traditional mental health services. The belief was that culturally relevant community mental health support fosters sustainable, positive impact on Black individuals and is therefore a promising practice. This kind of support also had the ability to make a system-level impact as each group grew together, learned individual coping skills and how to support each other, and found ways to continue doing so beyond the intervention having taken this knowledge into their personal networks.

### ★ Key Success Factors

- Funding for program delivery
- Diversified avenues of promotion



## About the Camp LIFT Project

Camp LIFT launched a transformative program which set out to help teenagers in high school aged 12-17, of the English Montreal School Board (EMSB), face, understand and overcome the post COVID and ecological anxiety effect on mental health in a constructive and empowering way. The program was delivered by leveraging pre-existing partnerships with the high schools involved.

### Where We Are

- Montreal  
[camlift.com](http://camlift.com)

### Contact

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## Promising Practice

With the intensifying effects of climate change, ecological anxiety is also on the rise and can have a negative impact on the mental health of youth. Camp LIFT's series of workshops on eco-anxiety can be considered a promising practice as they were based on the latest scientific research and best practices with regards to how to address eco-anxiety.

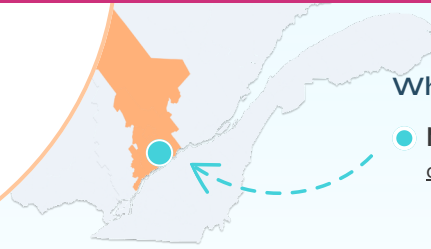
Their goals included developing empowerment and action, connecting to nature, and hope, all of which have positive effects on mental health and school perseverance.



***By leveraging existing relationships with high schools, Camp LIFT was able to implement effective interventions to address eco-anxieties experienced by youth.***

### ★ Key Success Factors

- Creating a strong team of subject matter experts
- A continuous improvement/adjustment approach to the development of evidence-based workshops



Where We Are

● **Mauricie**  
[casemcq.com](http://casemcq.com)

Contact

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## About the Centre for Access to Services in English (CASE) Project

CASE's project set out to better identify and document mental health services available in the Mauricie-Centre-du-Québec (MCQ) region. The goal was to use this knowledge to inform the design of a program that would be effective in supporting English-speaking people in the community experiencing mental health issues.



*Identifying areas of need and gaps in service were crucial first steps towards expanding services and mental health care for the ESC.*

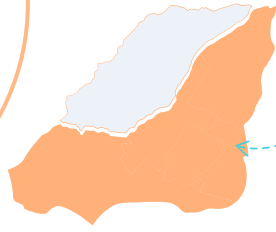


## Promising Practice

In an effort to address the linguistic and systemic barriers preventing equal access to mental health services for the English-speaking community (ESC), CASE disseminated 'Accessibility' surveys to determine what services existed in the MCQ region and which organizations were open to partnering to serve the ESC.

### ★ Key Success Factor

- Survey to identify service gaps and to support partnership development



Where We Are

Montreal  
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Contact

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## About the Centre of Dreams & Hopes (CDH) Project

Persons living with neurodiversity and their caregivers are vulnerable to experiencing mental health issues due to stigma, invisible mental health needs, precarity in access to services, and challenges associated with developmental life cycles. The CDH project aimed to implement mental health supports and training for mental health workers with best practices such as trauma-informed care and suicide prevention to support service users.



## Promising Practice

CDH developed mental health services, such as group counselling programs, that did not typically exist within the public system. Those that did exist were not necessarily accessible and adapted to their neurodivergent clients' needs (i.e., flexibility in managing behaviors that are challenging in group settings, adapted materials to meet diverse learning needs, integration of multiple forms of materials to convey information). A whole-family approach considering the needs of clients and caregivers was also used.

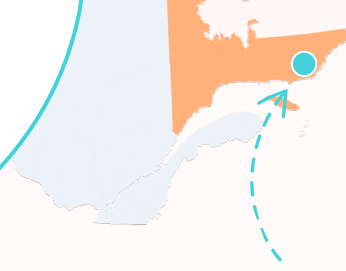


### ★ Key Success Factors

- Sufficient mental health professionals to allow for individualized attention in group settings
- Collaborative team environment



*Group programs tailored to neurodivergent adults enabled them to share their needs and gain a deeper understanding of their mental health experiences.*



### Where We Are

- Lower North Shore [coastersassociation.com](http://coastersassociation.com)

### Contact

- 👤 Latesha Fequet  
Project Lead
- ✉ [latesha.fequet@coastersassociation.com](mailto:latesha.fequet@coastersassociation.com)

## About the Coasters Association's Project

The Coasters Association took a preventive approach to mental health and wellness. They expanded on programs and services already being provided to children, youth, and seniors, and extended them to the adult population 29 and over as this was the age demographic on the Lower North Shore receiving little to no programming surrounding the topic of mental health.



## Promising Practice

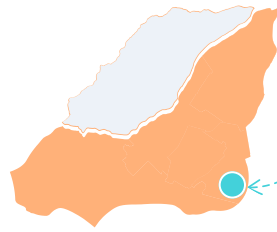
Coasters is building an infrastructure space, specifically for youth ages 15-35, called the Basse-Cote-Nord Youth Hub. This space is completely youth involved from the development of a committee, organizing events, voicing what activities they would like available, to maintaining the space. This empowerment, along with the connections that youth will be able to create as a result of this undertaking, will have a positive effect on their mental health.

### ★ Key Success Factors

- Strong partnerships
- Youth empowerment



*Giving youth a voice and leadership opportunity to create something of their own and feel that they are of value to their community will contribute to their mental health.*



**Where We Are**

**Montreal**  
[ccs-montreal.org](http://ccs-montreal.org)

**Contact**

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 Executive Director  
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## About the Collective Community Services (CCS) Project

To address the need for affordable services for families in a low income area, CCS developed and delivered a program at a local gym/community centre. This program aimed to address the reduction in access to early learning and play opportunities, appropriate care, social development, stimulation and wellbeing caused by the pandemic, and allowed for connections to be made among parents to share experiences with one another.



## Promising Practice

Through the 'Family Free-Play' program, an area of the gym was designated for children 6-12 to play, socialize, make friends, and stay active for their positive mental health development. Due to requests to open the program up to younger children as well, a variety of educational toys and games were offered for children 0-5 years old and their parents/ caregivers. These helped to grow fine and gross motor skills, and encouraged positive play and socialization.

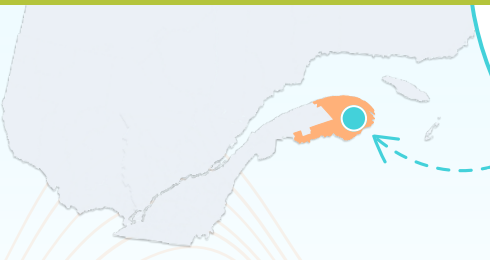


***A fun and safe environment was created for families to participate in and encourage re-growth in their mental health.***

### Key Success Factors

- Staff recruitment
- Adaptation of target audience





**Where We Are**

● **New Carlisle, Gaspésie**

[casa-gaspe.com](http://casa-gaspe.com)

**Contact**

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**About the Committee for Anglophone Social Action (CASA) Project**

CASA leveraged existing relationships with key service providers and stakeholders to identify existing services and resources for mental health promotion and support in the Gaspé region. They assembled and animated English-speaking community mental health working groups in three MRCs (Avignon, Bonaventure and Rocher Percé) to ensure proper coordination and information gathering related to this subject.



*Hiring a full-time social worker focused on youth mental health prevention and promotion, and partnership development were crucial steps leading to successful activities and events.*



**Promising Practice**

CASA was able to maintain, adapt and increase its mental health prevention and promotion activities throughout its programming offer. This included the hiring of a full-time social worker, the delivery of 15 youth workshops, and new online-focused methods for outreach.

Developing and nurturing partnerships with the CISSS, Santé Publique, community organizers, and front-line staff was key in having the expertise and support needed to deliver activities and events.

★ **Key Success Factors**

- Funding for staff recruitment
- Solid partnerships





Where We Are

● Montreal  
[pcsm-cpmh.org](http://pcsm-cpmh.org)

Contact

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## About the Community Perspective in Mental Health (CPMH) Project

CPMH proposed activities in groups to focus on building skills and providing tools to better manage the participants' mental health symptoms. This initiative complimented their Community Support Program and allowed participants to have additional weekly support where they could safely explore their vulnerabilities and build self-confidence. Physical activities were also used as part of the therapeutic process when working with young adults and the community.



*Providing young people with supports such as space to vent and create, active listening, empathy, accessibility, and availability allowed for a break in feelings of isolation.*



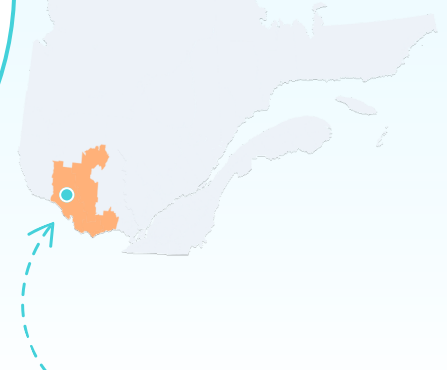
## Promising Practice

Given the long waiting lists of institutions, the development of support groups was essential to meet the immediate needs of young adults. The group approach broke down the loneliness and isolation of young people when receiving a mental health diagnosis; it allowed them to see that they were not alone. As well, CPMH's psychosocial counsellors were multidisciplinary and brought different perspectives to the needs and difficulties experienced by their clientele.



### Key Success Factors

- Diverse means of expression for young adults
- Providing opportunities for social connections



## About the Connexions Resource Centre Project

Connexions' project goals were to enhance their information and referral capacity to support and respond to English-speaking residents' access needs for mental health information, services, and programs. They set out to provide workshops targeting the LGBTQ community, develop and implement a monthly support group for men with violent behaviours, and create information tools to promote positive mental health.

### Where We Are

● **Outaouais**  
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*Working in partnership with organizations to create educational and inclusive workshops, support groups, and webinars benefited community members who had the opportunity to learn from professionals in their respective fields.*

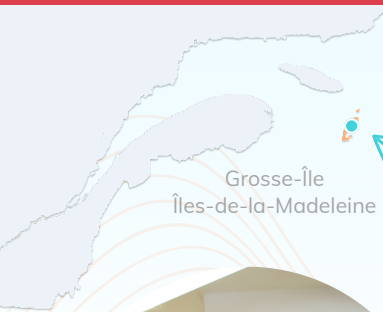


## Promising Practice

Promising practices identified by Connexions include LGBTQ2IA+ education for youth through their Real Talk series and LGBTQ2IA+ Towards a Better Understanding webinar. Special requests were received from several guidance counsellors at Western Quebec School Board (WQSB) schools for additional training for both their staff and their students.

### ★ Key Success Factor

- Partnership collaboration



Where We Are

• Îles-de-la-Madeleine  
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Contact

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## About the Council for Anglophone Magdalen Islanders (CAMI) Project

CAMI worked to develop a comprehensive prevention and awareness campaign that focused on destigmatizing mental illness while promoting services available in the region. CAMI's staff and partners were well-connected and equipped to identify the needs of various subgroups and the best way to reach them. Their project complemented other programs already in place, by adding a mental health component.



*The combination of artistic pursuits and community mental health support in a targeted demographic group created a learning atmosphere and made participants feel safe.*



## Promising Practice

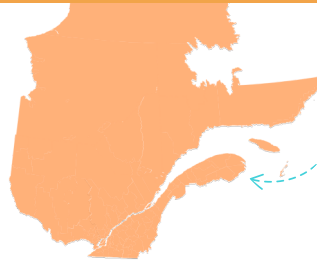
In a creative attempt to reduce the stigma of attending a mental health-related event in a small, close-knit, English-speaking community that is the Magdalen Islands, CAMI used the opportunity of planned and popular artistic workshops to invite partners and speakers to address topics of mental resilience. Through these community activities they were able to promote and support mental health by alleviating isolation, fostering social interaction, and relieving stress and anxiety. Different subgroups were consulted for input into the activities they preferred and topics to be addressed.

### ★ Key Success Factors

- An understanding of distinct, small community dynamics
- Research for program development/improvement



**elan**  
english language  
arts network



Where We Are

● Province of Quebec  
[quebec-elan.org](http://quebec-elan.org)

Contact

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## About the English Language Arts Network (ELAN) Project

ELAN's project included providing a series of workshops by a mental health professional to support artists around Quebec who have been gravely impacted by the pandemic. Expanding on their successful Mental Health for Youth initiative, which supports the training of teaching artists working in schools, they also set out to train teaching artists to work with seniors.



## Promising Practice

The structure of the professional development workshops provided for teaching artists was very effective in supporting teaching artists and reaching a very large number of participants. Teaching artists were uniformly positive and vocal about the need and desire for recurring learning communities in which they can discuss issues that arise. This type of space for discussion is very rare in this profession, and clearly one that is sought after.

### ★ Key Success Factors

- Training from mental health professionals with teaching artist backgrounds
- Well-designed workshops
- Partner collaboration



*Providing ongoing opportunities for teaching artists to feel supported, empowered, and connected, enables them to engage participants more appropriately and effectively in their roles.*



Where We Are

● Montreal [emcmtl.org](http://emcmtl.org)

Contact

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Community Health Advocate  
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### About the Eva Marsden Centre Project

The Eva Marsden Centre advocates on behalf of the vulnerable 50+ population living with precarious financial circumstances and multiple psychosocial challenges. They implemented community-based activities to promote mental health and to prevent mental illness.



Participant feedback has included:

**"Thank you for bringing music to us"**  
and  
**"I haven't felt this alive in a very long time."**



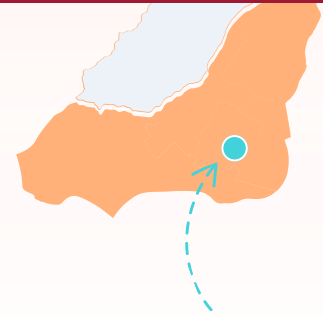
### Promising Practice

Music programming has had a most powerful effect on easing participants' anxiety levels, encouraging them to open up and share personal information about themselves. This, in turn, created safe spaces to implement reminiscence therapies, breaking isolation, and providing cognitive stimulation.



#### Key Success Factor

- Well-designed, cognitively stimulating, guided activities



## About the Head & Hands Project

The Head & Hands project aimed to support vulnerable English-speaking employees through activities that would maintain and improve their mental health. Namely, workshops and team building retreats that counteracted burnout, provided social support, and developed a sense of cohesion among staff members. The anticipated effect of providing these services was to see a marked improvement in the self-reported capacity of all staff members/community workers.

### Where We Are

● **Montreal**  
[headandhands.ca](http://headandhands.ca)

### Contact

👤 Sophia Heath  
 Director of Funding and Development  
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## Promising Practice

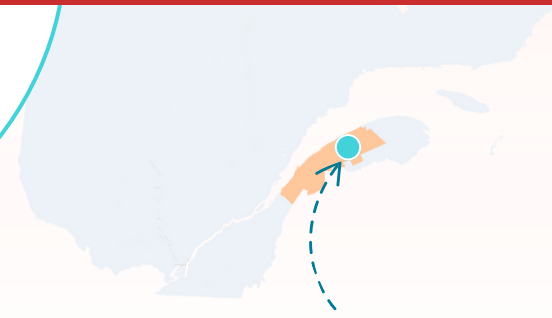
Team cohesion activities contributed tremendously to a sense of friendship, unison, and trust among staff, and were imperative to staff feeling supported in the workplace as indicated by the results of a staff wellbeing survey. The death of a long-time client and community member presented an opportunity to care for the wellbeing of staff members in a time of crisis, and an external grief counsellor was hired to provide support to staff during this difficult time.

### ★ Key Success Factors

- Initiatives directly informed by front-line staff
- Consultation of external mental health professionals and harnessing in-house expertise for program development



*Rolling out support methods gradually, evaluating them, and adjusting them using feedback from staff was critical to understanding their impact, and to ensuring staff needs were being addressed.*



## About the Heritage Lower Saint Lawrence Project

The Lower Saint Lawrence is a vast region with few urban centres where socio-economic challenges affect a large part of the population. Access to front-line services in mental health is limited even for the majority linguistic population. The activities and programs implemented focused on helping seniors, parents, and youth cope with grief and supported and promoted the mental health of parents and other caregivers.

### Where We Are

● Bas-Saint-Laurent  
[heritagelsl.ca](http://heritagelsl.ca)

### Contact

👤 Susan Woodfine  
Executive Director  
✉ [swoodfine@heritagelsl.ca](mailto:swoodfine@heritagelsl.ca)



## Promising Practice

Grief Recovery Workshop/training was offered where participants learned a process and techniques to help them work through their personal stories of grief and loss.

They learned how to:

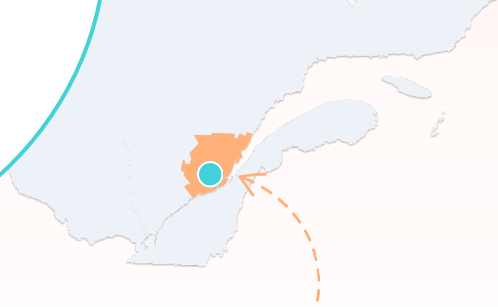
- Help others by becoming active listeners
- Understand the principles of confidentiality
- Be a compassionate witness to others' experiences of grief and loss without analysis, criticism or judgment.

### ★ Key Success Factors

- Trust and collaboration with participating community members
- Partner collaboration



*Offering a training which was personally helpful for participants to manage grief also equipped them to help others in the community.*



## About the Jeffery Hale Community Partners (JH Partners) Project

JH Partners' main project goal was to help build a resilient community where its members have a social support network. They wished to improve the mental health community support offered to the English-speaking community of the Capitale-Nationale by building on the solidarity of their tightly knit community and organizing, in collaboration with partners, workshops on challenges related to mental health.

### Where We Are

● Capitale-Nationale  
[jhparkers.net](http://jhparkers.net)

### Contact

👤 Verity Jordan  
 Program Coordinator  
 ✉️ [vjordan@jhparkers.net](mailto:vjordan@jhparkers.net)



## Promising Practice

The WE Mind Mental Health program was created and has allowed for the documentation and centralization of local mental health services and resources on the JH Partners' website, including crisis care helplines, suicide prevention, psychosocial services, and many more. This made it easier for people to be aware of available services and facilitated access to them. The program was managed by a new coordinator who was trained in Mental-Health First Aid and Red Cross Self Care, among other relevant courses and readings.

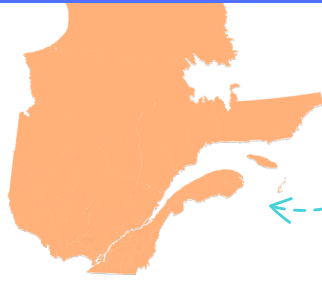


***Building a community where its members have a social support and mutual aid network - providing emotional support and practical resources - contributes to positive mental health.***

### ★ Key Success Factors

- Staff recruitment
- Evidence-based mental health staff training





Where We Are

● Provincial/Quebec  
[learnquebec.ca](http://learnquebec.ca)

Contact

👤 Debbie Horrocks  
 Director  
 ✉️ [dhorrocks@learnquebec.ca](mailto:dhorrocks@learnquebec.ca)

## About the Leading English Education and Resource Network (LEARN) Project

Schools are an ideal setting in which to promote mental health for children and youth but also to reach large groups of children during their formative years of cognitive, emotional and behavioural development. The goal of LEARN's project was to build the capacity of Community Learning Centre (CLC) schools to develop or strengthen school-based mental health initiatives in collaboration with a community partner.



## Promising Practice

In an effort to address the lack of socialization skills amongst students and staff, a common challenge for schools post-pandemic, CLC schools implemented a series of community-based projects. They organized activities focused on relationship-building between students and teachers, as well as peer-to-peer. Examples include: promoting positive mental wellness by working and learning together, participating in shared activities, developing student advocacy/support groups, training for staff, teacher-led wellness sessions for their peers, and more.



### ★ Key Success Factors

- Regular, open communication
- Well-designed activities
- On-going mental health-related collaborations among students and staff

**Consistent communication and collaboration allows for potential issues to be identified and addressed early, reducing the impact of unforeseen challenges. When school climate improves, student learning improves.**



## About the Literacy Quebec Project

Literacy Quebec's project objective was to promote and foster mental health literacy by building a greater awareness of mental health, reducing the stigma associated with mental health, fostering safe and supportive cultures as well as empowering and supporting OLMC populations in Quebec. This is being done through an in-person conference for literacy practitioners, managers and community workers within the literacy field; 6 online workshops open to the public; and the creation of a resource guide to promote available services for English-speakers in Quebec.

### Where We Are

● Province of Quebec  
[literacyquebec.org](http://literacyquebec.org)

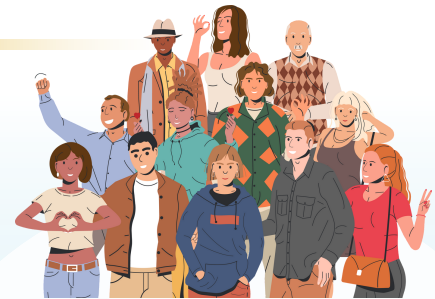
### Contact

👤 Laura Thompson  
 Project Coordinator  
 ✉ [laurathompson@literacyquebec.org](mailto:laurathompson@literacyquebec.org)

## Promising Practice

Several promising practices and take-aways have been highlighted, including:

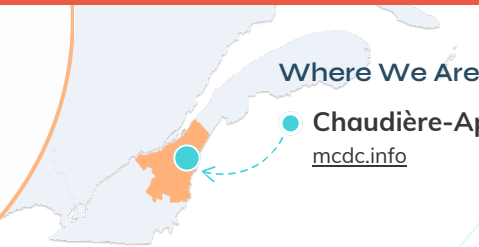
- Organizing an in-person conference focused on needs of service providers in their network (which will benefit their clients).
- Providing workshops on topics that people want increases the likelihood of being able to reach them.
- Setting aside time in the conference and workshops to allow for sharing in a safe space to learn more about needs and look for solutions together.
- Providing tools and resources for participants to use in the future, and learning opportunities on a range of mental health topics from a variety of people.
- Using clear and plain language in the resource guide, and providing versions that can be adjusted to fit the needs of individual users.



*Organizing wellness activities for workers and volunteers who are at risk of burnout and compassion fatigue is key to combatting the elevated stress levels and workloads that they face, and to fostering mental health literacy in the English-speaking community.*

### ★ Key Success Factors

- Offering needs-specific workshops
- Equipping participants with tools and resources to use in the future
- Implementing different levels and types of interactions to maximize learning
- Using clear and plain language to ensure accessibility of content



Where We Are

Chaudière-Appalaches  
[mcdc.info](http://mcdc.info)

Contact

Brian Gignac  
Executive Director  
 [director@mcdc.info](mailto:director@mcdc.info)

## About the Megantic English-speaking Community Development Corporation (MCDC) Project

The MCDC project targeted two population groups in the community that were impacted by the COVID-19 pandemic: seniors (55+), and students (elementary and high school). Seniors needed support to reduce social isolation and improve mental and physical well-being with physical activities. For students, there was a need to focus on empowering and helping them to take care of their mental well-being and encourage physical activity.



## Promising Practice

MCDC coordinated a student wellness committee in collaboration with a school and the CISSS de Chaudière-Appalaches. During the year, two school staff members were trained on a CISSS-supported program called “Hors Piste”, which focuses on psychosocial skills development and anxiety prevention. Students in secondary 1 and 2 participated in workshops from this program. During a web conference with the Montreal Centre for Anxiety and Depression, students courageously asked questions and talked about personal mental health issues in front of all the other students and staff.



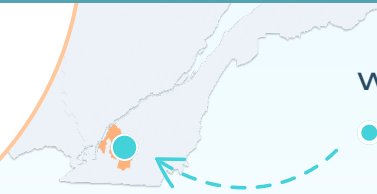
*Working in partnership with public health partners, the school community, and community groups to provide students with support programming was key to raising their awareness on mental health and wellness.*

### ★ Key Success Factor

- Partner collaboration
- Establishing trust-based relationships



Partenariat de l'est de la Montérégie pour la communauté d'expression anglaise  
 Montérégie East Partnership for the English-Speaking Community



Where We Are

● Montérégie-Est  
[mepec-pemca.org](http://mepec-pemca.org)

Contact

👤 Karoll-Ann Carrier  
 Executive Director  
 ✉ info@mepec-pemca.org

## About the Monteregie East Partnership for the English-Speaking Community (MEPEC) Project

Families of the Montérégie-Est region expressed many worries regarding the availability of English services in mental health. To address these concerns, MEPEC's Mental Health Coordinator worked as a liaison between community partners, mental health services and the English-speaking population and hosted events and activities aimed at promoting mental health and preventing mental illnesses.



*Creativity, originality, and fun are essential ingredients for reaching members and designing successful activities.*

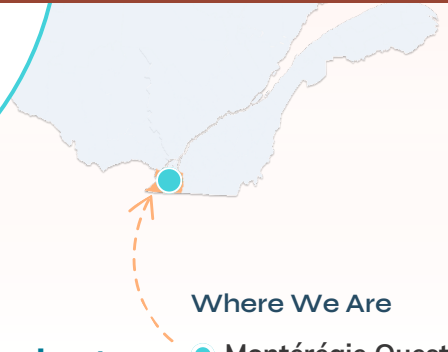
### ★ Key Success Factors

- Informal learning opportunities
- Well-designed activities
- Partner collaboration



## Promising Practice

MEPEC conducted a Mental Health trivia for seniors which was very well received. It opened discussions on wellness and the challenges that older adults have around mental wellness and the prevalence of mental illness. The importance of exercise and a balanced diet were learnings adopted by seniors to stay fit. A wellness event on the benefits of massage therapy was organized for members of all ages by inviting a massage therapist to speak to the group. This event was held as a 'lunch and learn' which gave participants the chance to exchange on the information they had learned throughout this informal workshop.



## About the Montérégie West Community Network (MWCN) Project

The Montérégie West Community Network (MWCN)'s vision was to be a leader in building innovative and sustainable programs that promote mental, emotional, and social health for the the region's English-speaking population. Their projects were geared towards youth, developing groups for English-speaking men and teenagers who have violent behavior, and a grief support group to give seniors a safe place to have discussions and share with others going through similar life changes.

### Where We Are

- Montérégie Ouest  
[mwcn.ca](http://mwcn.ca)

### Contact

- 👤 Pauline Wiedow  
Executive Director
- ✉ [pauline.wiedow@mwcn.ca](mailto:pauline.wiedow@mwcn.ca)



## Promising Practice

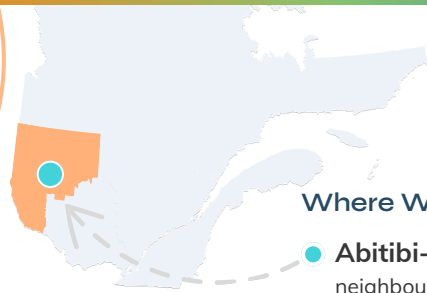
MWCN partnered with the LOVE organization to implement their youth-focused program, where support group style interventions on controversial subjects took place to help youth broaden their perspectives and strengthen interpersonal communication skills. They learned to use photography, creative writing, and art as a means of coping and self expression. The length of the program was vital as the relationships developed with adults in the community, helped the students feel secure and made them willing to be vulnerable.



**Youth were engaged with topics relevant and relatable to their lives, became open to having difficult conversations, and reported improvements such as an increase in self-esteem.**

### ★ Key Success Factors

- Creative activities for youth engagement
- Program length



Where We Are

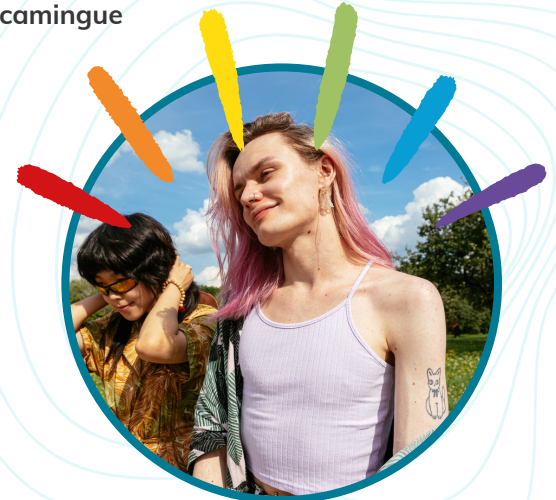
● Abitibi-Témiscamingue  
[neighboursat.ca](http://neighboursat.ca)

Contact

👤 Sharleen Sullivan  
Executive Director  
✉ [sharleen@neighboursat.ca](mailto:sharleen@neighboursat.ca)

## About the Neighbours Project

Neighbours' goal was to support the English-speaking community, to be their voice and raise awareness about their needs. Their project goals were to expand existing initiatives in their organization to reach teenagers on topics related to identity, stress, and anxiety management. They also targeted seniors to provide them with a variety of activities to promote mental health and well-being.



## Promising Practice

In response to a need identified on behalf of students, Neighbours asked the LGBTQ2 Coalition d'aide à la diversité sexuelle de l'Abitibi-Témiscamingue to participate in the Sex Education Day at the local English school. Educating the population and youth about sexual identity acceptance was a success with all age groups. From that day, teens continued to visit the Neighbours office to receive more one-on-one information and consultation\activities with the Coalition. Having the Coalition go into the Neighbours Activity and Resource Centre to talk to their members and youth was also well received.



*By acting as a liaison between youth and the Sexual Diversity Coalition of Abitibi-Témiscamingue, Neighbours helped to ensure key messaging, resources and support was received by those who needed it most.*

### ★ Key Success Factors

- Partner collaboration
- Responsive programming



## About the North Shore Community Association (NSCA) Project

NSCA implemented prevention activities and programming to promote mental health to support vulnerable English-speaking Quebecers by extending existing mental health initiatives to reach more of the population. Mental health professionals and service providers were solicited in the design and delivery of resources such as mental health capsules, workshops, and information sessions to ensure quality of services and products on topics specifically geared towards seniors/caregivers, children, and families.

### Where We Are

● Côte-Nord  
[quebecnorthshore.org](http://quebecnorthshore.org)

### Contact

👤 Jody Lessard  
Executive Director  
✉ [nsca@quebecnorthshore.org](mailto:nsca@quebecnorthshore.org)

## Promising Practice

Four mental health video capsules were created on topics geared towards families and seniors. These informational capsules, offered by community partners versed on the topic of mental health, captured tips and tricks including strategies to help them cope with mental health and well-being subject areas. Opportunities were provided for seniors to attend wellbeing workshops and explore new techniques that help to regulate stress through art therapy and exercise.



*The capsules helped de-stigmatize mental health, and raise awareness of resources, supports and services available in the region.*

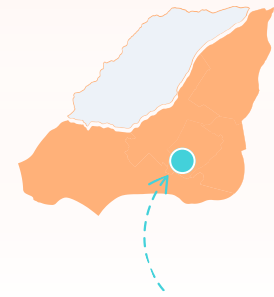
### ★ Key Success Factors

- Expert engagement in material development
- Partner collaboration



A key objective of this initiative is to build evidence about effective community interventions to promote mental health and prevent mental illness. Project funding occurred between 2022-2024. You can learn more about this project and other funded projects at [chssn.org](http://chssn.org)





## 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](http://o3onourown.com)

### Contact

👤 Olivia Herron  
 Health & Wellness Educator  
 ✉ [oliviaherron@o3onourown.com](mailto:oliviaherron@o3onourown.com)



## 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.

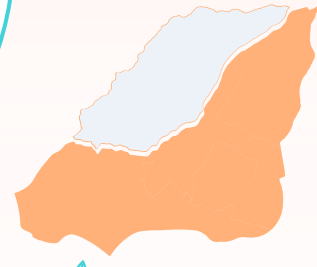
### ★ Key Success Factors

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



***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.***





## About the Project 10 project

Project 10 focuses on building communities of care for all English-speaking 2SLGBTQIA+ youth and their mental health in Montreal. For this project, they specifically focused on 2SLGBTQIA+ Black, racialized, and indigenous groups as they showed higher vulnerability. They planned to expand their drop-in services to have them run all afternoon into the evenings to increase the availability of their safer spaces, introduce support group cohorts, and concurrent activities such as having multiple programs and services operating simultaneously.

### Where We Are

● **Montreal**  
[p10.qc.ca](http://p10.qc.ca)

### Contact

👤 Naïka Boissonette  
 Drop-In Groups  
 Coordinator

✉️ [dropin@p10.qc.ca](mailto:dropin@p10.qc.ca)



## Promising Practice

To ensure a continuation of services during the pandemic, Project 10 started hosting online drop-ins in the afternoons. Once the shift back to meeting in person began, this timing was not ideal for many people. To ensure that everyone had access to the support they needed, they collected feedback to determine the optimal times for drop-ins for both in-person and online programming. This greatly increased Project 10's ability to be present for their participants in the ways that worked best for them.



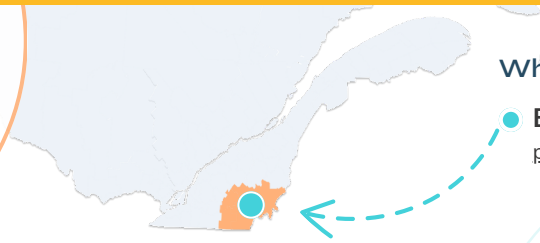
**Youth expressed their appreciation for having the opportunity to participate in in-person activities to break social isolation, as well as the option to join online and access Project 10 in a remote capacity.**



### Key Success Factors

- Participant engagement
- Research for program development

**PHELPS AIDE  
PHELPS HELPS**



**Where We Are**

Estrie  
[phelpshelps.ca](http://phelpshelps.ca)

**Contact**

Katie Lowry  
Executive Director  
 [klowry@phelpshelps.ca](mailto:klowry@phelpshelps.ca)

## About the Phelps Helps Project

Phelps Helps had observed increased isolation among the students in the community due to the COVID-19 pandemic. The regional high school that many of them attend reported record-low levels of engagement. To support youth who are facing monumental challenges and get them back on track academically, Phelps Helps recognized that they also needed to support youth with their mental health by establishing trust and instilling hope. They set out to do this by hosting weekly social activities in schools and outside the school environment, offering mental health workshops, implementing health promotion initiatives, and making referrals to mental health service providers for students.



## Promising Practice

A local social worker led a series of targeted workshops providing mental health support training for Phelps Helps staff. Topics selected for these workshops from the front line team included: how to identify mental health issues and/or catch red flags, trauma-informed practice, and when/how to make referrals to mental health services. A tool for tracking “at risk” behaviour observed during sessions was also created, resulting in better decision-making about in-house programming and strengthening the referrals process.



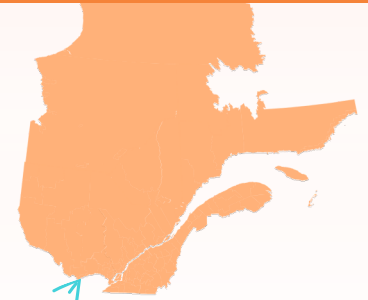
***Presenting staff with meaningful and diverse professional development opportunities is key to creating a strong team and impacting staff welfare to the benefit of the end user.***

### Key Success Factor

- Well-supported staff through mental health support training



Regroupement  
pour la Valorisation  
de la Paternité



## About the Regroupement pour la Valorisation de la Paternité (RVP) Project

This project revolves around the implementation of Relais-Pères projects in four community organizations working with Québec's English-speaking community.

The Relais-Pères is a support service for fathers in difficulty that has objectives to improve the mental health of fathers and their families. The project also aims to support a number of community organizations in the CHSSN network in adapting their practices to the realities of immigrant fathers (in Montreal and at least two other regions).

### Where We Are

- Provincial/Québec [rvpaternite.org](http://rvpaternite.org)

### Contact

- 👤 Raymond Villeneuve  
Executive Director
- ✉ [dg@rvpaternite.org](mailto:dg@rvpaternite.org)



## Promising Practice

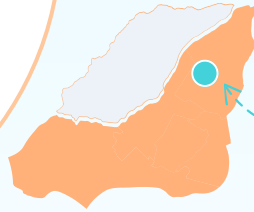
Support workers from five different organizations received Relais-Pères training. They had opportunities to share their best practices and the means they implemented to achieve the program's objectives. Post-training follow-up enabled learning about new practices to help support workers achieve the objectives of the program. Training was also received by support workers to sensitize them to the particular realities of immigrant fathers. This included coaching on how to implement effective strategies to better include these fathers in their service offering, among other resources and supports.

### ★ Key Success Factors

- Involvement and motivation of community organization managers
- Support adapted to the realities of each community organization
- Prior participation in a process to adapt practices to fathers' realities



*With the appropriate training for support workers, reaching out to English-speaking Québec fathers to offer them ongoing support in different spheres of their lives can help address the vulnerabilities and service gaps that they face.*



Where We Are

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

Contact

👤 Fatiha Gatre Guemiri  
Executive Director  
✉ [fguemiri@reisa.ca](mailto:fguemiri@reisa.ca)

## 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



**Contact**

Lisa Kelly, M.A.  
Director  
 [lisa.kelly@s-au-s.org](mailto:lisa.kelly@s-au-s.org)

**About the Soutien Autisme Soutien (S.Au.S.) Project**

S.Au.S. offers leisure and recreational programs as well as a summer day camp for teens from 13 to 21 years old. S.Au.S.' unique programs and activities are designed for individuals with a level 2 or level 3 autism spectrum diagnosis (ASD). In Quebec, individuals with special needs age out of the public system at 21 years old and S.Au.S.' goal was to offer a day centre for English speaking individuals, 21 years and over with severe/level 2-3 autism, as a pilot project with a one-day per week offering starting with a maximum of 8 participants per day.



*Providing programs which promote continued learning, stimulation, support, and adaptable services to this vulnerable population lowers the risk of mental wellness deteriorating for both the parent/caregiver and child.*

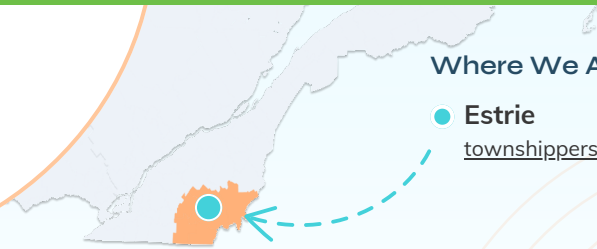


**Promising Practice**

A promising practice identified by S.Au.S. was the creation of a day centre which provides a safe environment for caregivers to bring their adult children and parents/caregivers with a day of respite for personal wellness and rest. Some benefits of these day centre offerings included lowering the stress of parents/caregivers because their adult-child was participating in activities, and was an included and valuable member of society. As well, having a new routine added to the families' schedules brought feelings of security for the parent and child.

**★ Key Success Factors**

- Well-designed activities
- Creation of a welcoming environment
- Adaptation to needs of participants
- Service gap identification



**Where We Are**

● **Estrie**  
[townshippers.org](http://townshippers.org)

**Contact**

👤 Vanessa Asselin  
 Network Development  
 Officer, ET-PHSS Network  
 ✉️ [va@townshippers.org](mailto:va@townshippers.org)

## About the Townshippers' Association (TA) Project

For this project, Townshippers' Association (TA) implemented activities and programs that addressed key mental health determinants of the OLMC's early childhood/young family, youth, senior, and adult populations. To achieve their goal for this initiative, Townshippers collaborated with partners across the territory to ensure that mental health services for the English-speaking community were available and promoted.



***Creating a program that would build a sense of belonging and increase connectivity between peers and staff, while learning new skills, was the main goal. "It was amusing to spend time with students and staff you wouldn't necessarily talk to outside of school"***



## Promising Practice

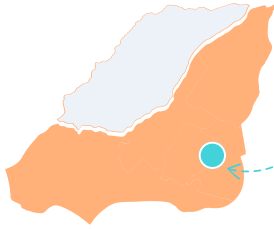
Townshippers' Association and the Richmond, Danville & Drummondville area CLC collaborated to create a Healthy School Climates Program, which aimed to support students by pairing them with a school staff member in a fun activity: an escape room challenge. This program supported students' mental health by: strengthening student/teacher relationships, strengthening peer relationships, increasing the students' sense of belonging, and developing collaboration skills.

### ★ Key Success Factors

- Pairing of students and staff
- Critical thinking context
- Creation of a fun learning experience
- Local partner collaboration
- Activities outside the school setting



Tyndale St-Georges  
Fondation • Foundation



#### Where We Are

• Montreal  
[tyndalestgeorges.com](http://tyndalestgeorges.com)

#### Contact

👤 Shauna Joyce  
Executive Director  
✉ [shaunajoyce@tyndalestgeorges.com](mailto:shaunajoyce@tyndalestgeorges.com)

## About the Tyndale St-Georges Community Centre Project

Tyndale St-Georges Community Centre planned to expand their High School Program and to bring youth into the centre who were not benefitting from their academic support programs. They targeted the most vulnerable students to access the community centre space and focused on increasing social-leisure activities by offering this service on Tuesday and Friday evenings.



## Promising Practice

A key practice was to build and nurture existing relationships with youth. The staff were often young role models from the community who were able to build an initial alliance which helped with the youth's openness to connect and receive interventions. The staff connected youth or their families with a Family Support Worker who could then ensure that the right mental health supports were in place.

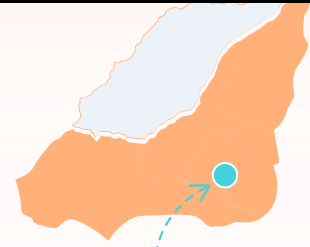
### ★ Key Success Factors

- Peer representation among front-line staff
- Relationship building



*These young role models helped bridge the gap between the community and more specialized, timely supports.*

vent  
tea



**Where We Are**

● **Montreal**  
[ventovertea.com](http://ventovertea.com)

**Contact**

👤 Talya Yehudit Azrieli  
Executive Director  
✉ [talya@ventovertea.com](mailto:talya@ventovertea.com)

**About the Vent Over Tea (VOT) Project**

Vent Over Tea planned to extend their existing free active listening service to surrounding Montreal regions with high anglophone populations. Their goals were to increase the number of English-speakers around Montreal who have access to their online and in-person service, and extend their offering of free workshops in partnership with mental health professionals to promote mental wellness self-help tools. Through many partnerships with existing networks and specialties, they aimed to support OLMC youth (18-25 years old), low-income families and individuals, and newcomers.



**Promising Practice**

Events were facilitated by diverse professionals in the community and in partnership with other community organizations to help teach practical and free mental wellness skills in a group setting and create a place for community building. Facebook advertising was used to reach vulnerable populations who respond better to discreet help-seeking.

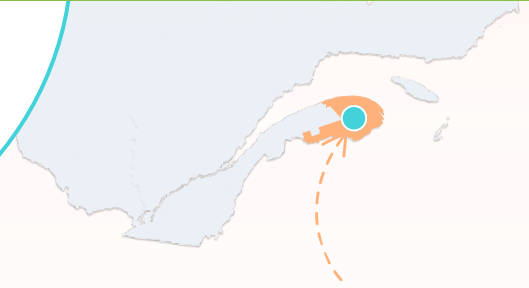
★ **Key Success Factors**

- Offering both online and in-person events
- Use of online platforms for advertising
- Partner collaboration
- Diverse representation among facilitators and partners



*The importance of collaborating with diverse community groups, facilitators, and partners cannot be overstated as this enabled VOT to reach new event participants, active listening service users, and marginalized groups.*





## About the Vision Gaspé-Percé Now (VGPN) Project

VGPN planned to work with organizations already present in the community to help increase their reach to the English-speaking community, to help adapt programming, information, and resources available. They offered new mental health and wellness-based workshops or support groups in the area by engaging with local mental health professionals to assist with developing new activities.

### Where We Are

● Gaspé  
[visiongasperce.ca](http://visiongasperce.ca)

### Contact

👤 Jessica Synnott  
 Executive Director  
 ✉️ [j.synnott@vgpn.ca](mailto:j.synnott@vgpn.ca)

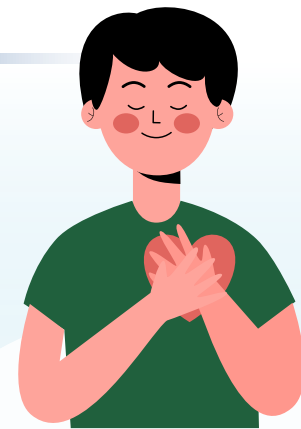


## Promising Practice

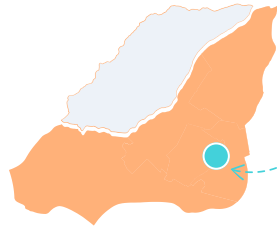
All of the events held focused on mental well-being, self-care, and social interaction with others. A fitness group was started and had great benefits given the ties physical health has with mental health. Needs of the community were assessed mainly through open dialogue with community members.

### ★ Key Success Factors

- Communication with community members
- Research for program development



*Mental health is a broad term, but everyone has mental health, just like they have physical health. Continuously learning about mental health contributed to the success of this project.*



Where We Are

Montreal  
[yesmontreal.ca](http://yesmontreal.ca)

Contact

✉ [info@yesmontreal.ca](mailto:info@yesmontreal.ca)

## About the Youth Employment Services (YES) Project

Prior to the pandemic, YES had identified that many youth coming into their centre were experiencing mental health issues because of joblessness. The pandemic exacerbated these feelings. This project provided an opportunity to address specific issues around mental health and self-care, enabling the community to rebound and participate in society, post pandemic. Clients were increasingly reporting barriers related to mental health and as such, YES trained their staff to better navigate these conversations and increase their awareness.



## Promising Practice

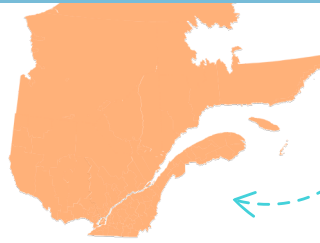
YES created a Staff Mental Health Resource Guide to better understand the issues that affect mental health in the workplace. It will be used by staff and as part of onboarding for new employees. YES's English-speaking community partners will have access to the guide and training series recordings to use within their own organizations.

### ★ Key Success Factor

- Well-designed tools



*Equipping staff, and the wider community of practice, with key knowledge and increased awareness about mental health was made possible through the development of a mental health resource guide.*



Where We Are

● Provincial/Quebec  
[y4yquebec.org](http://y4yquebec.org)

Contact

👤 Adrienne Winrow  
 Executive Director  
 ✉ [adrienne.winrow@y4yquebec.org](mailto:adrienne.winrow@y4yquebec.org)

## About the Youth for Youth (Y4Y) Québec Project

Y4Y aspired to mobilize the English-speaking community in Québec around issues that impacted the community's vitality. They aimed to create a strong sense of community belonging to allow youth to feel like they were part of Québec society. This project set out to create accessible opportunities led by youth ages 16 to 30 for community involvement/connection through activities that directly and indirectly promoted mental health and well-being.



## Promising Practice

Y4Y's youth-led community events showed potential as promising practices. These events offered a variety of active and artistic activities to combat the isolating effects of COVID-19. The Community Liaisons organizing the events were part of the English-speaking youth community in Québec themselves. Due to this knowledge and background, they were able to host events that got youth back out into their communities to socialize, get creative, get active and promote the importance of mental well-being.



***The project reinforced Y4Y's understanding that youth-led initiatives are best suited to serve the English-speaking youth community. As a result of being youth-led, the project activities and objectives benefitted with high attendance and interest.***

### ★ Key Success Factors

- Peer representation among community liaisons
- Youth-led events and activities
- Youth engagement

The Promising Practices in Community-based Mental Health Promotion is part of the The Supporting and Promoting the Mental Health of English-Speaking Communities in Quebec initiative (2022-2024).

It was created for community organizations and other stakeholders to:

- Highlight effective community interventions to promote mental health and prevent mental illness.
- Showcase the work that has been and continues to be achieved by the organizations funded through this initiative.
- Act as an informational tool and/or starting point for communication purposes and partnership development
- Facilitate the replication of successful initiatives in their own settings.

You can learn more about this project and other funded projects at [chssn.org](https://chssn.org)



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Public Health  
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publique du Canada

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