

projet

AIRE

Adapt, Innovate,
Reflect, Evolve

A provincial research project on youth **well-being**, grounded in a **Learning Health System approach**, dedicated to the **continuous improvement of Aire ouverte** and youth services,
by and for the young people who use and experience them.

Back-to-school 2026: AIRE keeps the momentum going !

Following the AIRE Learning Community Days on June 2 and 3, explore what came out of these conversations and what's happening next: our ongoing collaboration with the Waswanipi community, the Stagi'AIRE program, a youth-friendly research poster designed to make research more accessible, and even more stories and upcoming events.

We hope you enjoy this edition!

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Knowledge hub

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The team is growing: Welcome, Tania!

We're delighted to welcome **Tania Sabatino**, who joins the team as Project Coordinator.



A research professional with training in occupational therapy and rehabilitation sciences, she brings experience in participatory research, knowledge mobilization, and youth mental health, including through her work at the Université de Montréal and the University of Montreal Hospital Research Centre (CRCHUM).

Featured

The AIRE Learning Community Days on June 2 and 3

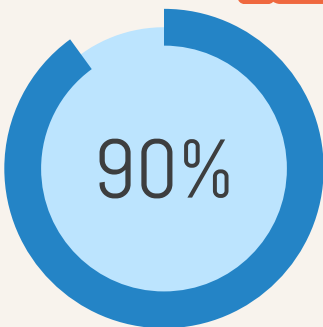
What you thought !

There was a great turnout for the AIRE Learning Community Days on June 2 and 3, 2026. **Here's what you thought!**

Relive the event



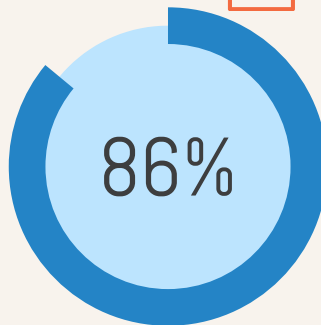
HIGH OVERALL SATISFACTION



of respondents were satisfied or very satisfied with the event overall.

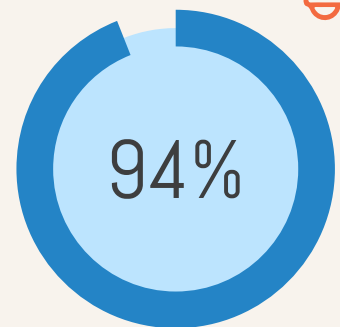
No respondents were dissatisfied!

MEANINGFUL EXCHANGES



felt that **exchanges among participants** were encouraged

KNOWLEDGE TO TAKE AWAY



of participants left **with new knowledge or ideas for action**

AREAS FOR IMPROVEMENT



More accessible language and greater youth inclusion

8% were not very satisfied
Only 50% felt that the content was relevant to them



Better align workshop topics with participants' interests and needs

Perceived relevance was lower, with some workshops seen as less suited to participants' realities.



Tell us how the event has influenced your practice!



Take the survey

Featured

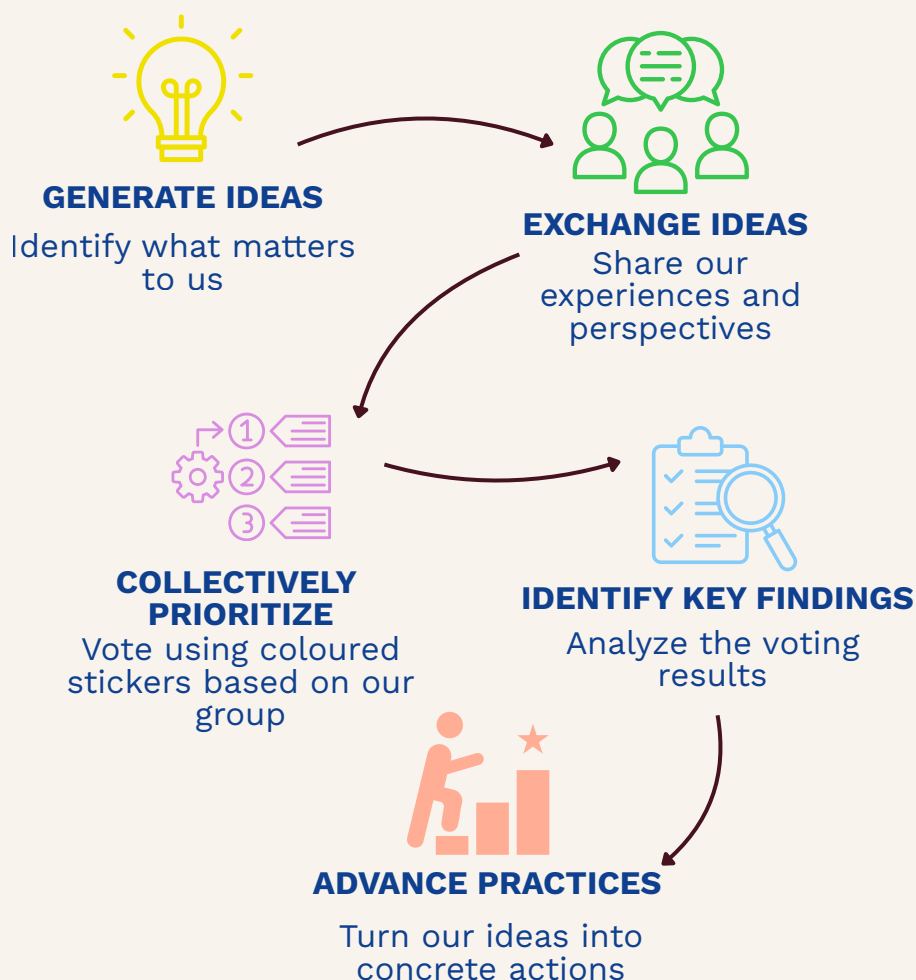
The AIRE Learning Community Days on June 2 and 3

Ideas that emerged from the collaborative workshops

During the collaborative workshops, participants shared their experiences, identified the ideas they felt were most important, and collectively prioritized them.

The approach

A method for generating ideas and collectively identifying the group's priorities.



Key themes that emerged



ACCESS AND FLEXIBILITY



YOUTH EMPOWERMENT



RECOGNITION AND SUSTAINABILITY CHALLENGES



TRUST AND QUALITY RELATIONSHIPS

Find all the results



Project updates

Project follow-up with the Waswanipi community



Members of the AIRE team and the **Network for Indigenous Youth Mental Health and Wellness** came together for a visit to the **Northern Quebec** region in early July.

They had the opportunity to meet with **Irene Neeposh, Chief of the Cree community of Waswanipi**, to discuss their projects focused on the **well-being of young people** in the community. The team also continued its work in collaboration with the **Waswanipi Youth Council**.



In addition, the team travelled to **Chibougamau** to visit the **Aire ouverte site** and meet with Stéphane, a social worker, and Hoelenn, a clinical nurse.

A big thank you to everyone for the warm welcome and for these valuable opportunities to connect and collaborate!

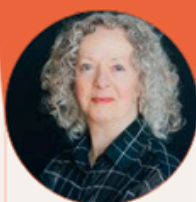
Project updates

Inspiring practices:
*Revisit the spring webinars
in a condensed format*

Missed a webinar or want to quickly revisit the key takeaways?

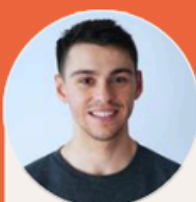
Rejoindre les jeunes autrement Le rôle des jeunes ambassadeurs

Avec :



Jacinthe Rivard

Professeure associée à l'Université de Montréal, membre de l'équipe Projet AIRE



Mathieu Dufour

Stagiaire projet AIRE, jeune pair entraïdant, Aire ouverte CIUSSS du Nord-de-l'Île-de-Montréal



Manon Boily

Organisatrice communautaire, Aire ouverte CIUSSS du Nord-de-l'Île-de-Montréal



Sophie-Laurence Lévesque

Membre du comité jeunes Aire ouverte Chaudière-Appalaches

In just a few minutes, these summaries highlight the **key takeaways** from the discussions, with **video and audio clips** to help you explore the topics in greater depth.



A **simple** and **quick** way to discover or revisit the content shared this spring!

Rejoindre les jeunes autrement : le rôle des agents de liaison

Avec :



Marika de Courval

Conseillère d'orientation, Carrefour jeunesse-emploi (CJE) de Laval



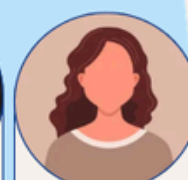
Laurence Jinkeu

Travailleuse de rue, Travail de rue de Laval (TRIL)



Emmanuelle Khoury

Co-chercheuse Projet AIRE, Professeure agrégée, École de travail social, Université de Montréal



Catherine Manengue

Membre du comité jeunes Aire ouverte Laval



Youth-led initiatives

The Stagi'AIRE program

The impact of music on youth mental health

Discover Rose's project, developed as part of the **2026 Stagi'AIRE program**. Her project explores the role of music in youth mental health and showcases the types of projects carried out through the program.

Discover
Rose's
project



**Création de Rose
Bernard**

Réalisée dans le cadre
du projet immersion de
recherche Stagi'AIRE,
cohorte 2026



**PLAYLIST PAR ET
POUR LES
JEUNES**

L'impact de la musique sur la santé mentale des jeunes

La musique joue un rôle essentiel dans la vie des jeunes. Elle permet d'exprimer leurs émotions, de créer des liens avec les autres et de développer un sentiment d'identité et de confiance en soi. Que ce soit pour se détendre, se motiver ou traverser des moments plus difficiles, la musique peut être une source importante de réconfort, de créativité et d'épanouissement.

The Stagi'AIRE program (continued)

Youth-led initiatives

Join the next Stagi'AIRE cohort!

Have an idea for a project that matters to you and want to develop it with other young people and members of the research team?

The Stagi'AIRE program provides a space to explore a question that interests you, develop a project, and discover different stages of the research and knowledge mobilization process.

The next cohort is now being planned, submit your application!

CALL FOR APPLICATIONS



RESEARCH INTERNS

IMMERSION PROGRAM IN AIRE OUVERTE RESEARCH

Do you want to get introduced to research and contribute to projects that make a difference in young people's lives?

THIS PROGRAM IS FOR YOU!

What you gain:

- Hands-on experience in research & knowledge mobilization
- Personalized mentorship
- Participation in real projects (publications, tools, data, etc.)
- Expanded network (academic, clinical, and community)
- Tailored training based on your interests
- Official certificate + financial stipend



No prior research experience is required!

We are looking for motivated, curious young people who are ready to learn.

PRACTICAL DETAILS



Your commitments



- Approximately 2 hours per week for 6–8 months (to be confirmed based on availability)
- Participation in meetings (in-person virtual, or hybrid)
- Respect of deadlines
- Collaborative mindset & curiosity

The journey



- **Start** : Introduction and micro-training
- **During** :
 - Work with a supervisor & thematic training
 - Exchange meetings
- **End** : Group discussion & handover ceremony

To apply



Send a **short introduction** (text, video, or audio) through the form here : bit.ly/Aire2026



Key dates



Applications open until:
25 september 2026

Program start:
October 2026

If you have any questions,
cathleen.macdonald@douglas.mcgill.ca

Youth-led initiatives

A poster to make research more accessible to young people

Discover a poster that presents the key findings of a scientific article on **integrating family physicians into Aire ouverte** in Montréal – Métro Berri, using **accessible language**.

Created by **Michelle Hu**, a member of the AIRE Youth Committee and the Côte-des-Neiges Aire ouverte Youth Committee, the poster helps make research **more accessible** and **highlight the knowledge and perspectives of young people**.

Ce qu'on sait de la santé des jeunes

La santé mentale des jeunes se détériore. Au Canada: **16%** des 12 à 17 ans jugent leur santé mentale possible ou mauvaise.

Les jeunes ont besoin de services mieux connectés, accessibles et adaptés à eux. **1 sur 4** jeune adulte (18-24 ans) sans accès à un professionnel de première ligne.

parcours de soins

1 Les jeunes peuvent venir avec ou sans rendez-vous.

2 Ils discutent d'abord avec un professionnel de la santé mentale, peuvent être orientés en interne... à d'autres professionnels de la santé mentale, aux organismes communautaires... pour consulter un médecin de famille sur place.

3 Ils peuvent commencer des soins, un traitement, et revoir...

4 ...et ils peuvent être référés vers des services médicaux ou psychiatriques spécialisés.

C'est quoi, cette étude?

1 L'intégration de médecins de famille au sein de ces équipes est une pratique nouvelle et innovante.

2 Depuis 2022, ces médecins font partie d'une équipe multidisciplinaire directement intégrée à Aire ouverte.

3 Cette étude explore les apprentissages d'Aire ouverte Montréal – métro Berri, auprès des jeunes de 12 à 25 ans.

Ce que l'étude signifie pour les jeunes

Les médecins aident les jeunes éloignés des services traditionnels à recevoir de l'aide.

Les médecins de famille adressent des besoins en santé mentale, physique et sociale chez les jeunes.

Les médecins peuvent supporter les jeunes trans et non-binaires dans leur accès aux soins affirmatifs de genre, qui autrement vivent des longs délais d'accès aux soins.

La présence des médecins permet d'adresser des situations complexes: troubles alimentaires, anxiété, idées suicidaires, consommation, épisodes de psychose.

Ce qu'on a appris:

La présence des médecins permet un accès plus rapide aux soins.

Aire ouverte métro Berri peut offrir plus de services de prévention et ce, plus tôt.

Les médecins permettent un traitement plus rapide et un meilleur suivi par toute l'équipe.

Aire ouverte Métro-Berri offre des soins physiques, mentaux et psychosociaux à un seul.

Prochaine étape

Étudier comment adapter ce modèle ou implémenter ce modèle dans des régions rurales.

Pour lire l'article

QR code



Share it with youth committees, teams, and your partners!

Read the full article



Youth innovations: Young people exploring ideas that make a difference

This summer, around ten young people from the **Youth Innovations Committee** worked on a project to highlight initiatives that are having a positive impact across Aire ouverte sites.



Over the coming months, they will **meet with youth committees from Aire ouverte services** to explore **what works well, learn from their experiences**, and **highlight their ideas**. Before getting started, they are taking part in **research training** and **developing tools** to support these conversations.

The **first findings** will be shared in **winter 2027**, with the goal of expanding the initiative to even more sites afterward.

Project stages



Call for participation

Join the AIRE Youth Council!



15 september 2026



From 5:30
to 7:00 pm



Online

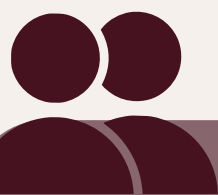
The AIRE Youth Assembly is a space where young people come together to share their ideas, contribute to the **AIRE Research Project**, and make their voices heard to help improve Aire ouverte services.



Why ?

During this meeting, you'll be able to:

- **Learn about the AIRE** Research Project
- **Understand** how it contributes to improving Aire ouverte services
- **Meet other young people** who are involved
- Explore **how you can get involved** based on your interests.



Who is it for?

Are you **involved in an Aire ouverte youth committee**, or would you like to get involved with other young people to help improve the services available to them?

Then the **AIRE Youth Council** is for you!



Interested in taking part?

Contact:

Sabrina.Rossignol-Garon@enap.ca

**Call for
participation**

**Try out a new
introductory research
module!**

Would you like to learn more **about**
qualitative research and how **data are**
collected from participants ?



What is it?

A new **introductory module** is currently being co-developed. It will help participants become familiar with the **principles of qualitative research, interview techniques, and data collection.**

No previous
research
experience is
required.



Your role ?

- **Complete** the proposed activities
- **Share** your feedback and suggestions to help improve it before its launch

Interested in taking part ?



Contact us :
jacinthe.rivard@umontreal.ca

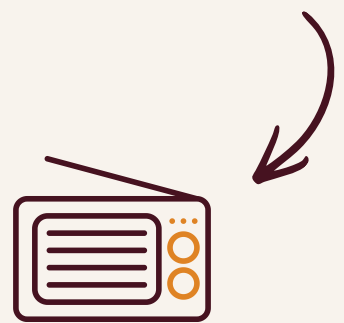
In case
you
missed It

Worth discovering : an interview on partnership in mental health

In this interview, **Charles-Albert Morin** discusses what it means to be a **patient partner**, the **complementarity of different forms of knowledge**, and the **opportunities and challenges associated with the use of artificial intelligence in mental health**.

An insightful discussion that invites us to reflect on how practices are evolving and on the role of different types of knowledge in mental health services.

Listen to the full
interview



How can we better reach young people in rural and remote areas ?

Listen to the
interview here



In an **interview with Radio-Canada's D'est en est, Srividya Iyer**, co-principal investigator of the AIRE project, discusses the **challenges of reaching young people in rural and remote areas and making services truly accessible**. Transportation, distance, confidentiality, and staff shortages : **each community has its own realities**. The Aire ouverte approach makes it possible to adapt practices to the **local context** and **meet young people where they are**.

Worth
watching
(or
watching
again)



Find two episodes from the
testimonial series:

***The Voices of the AIRE
Project***



AIRE of Knowledge

Coming up



16 september 2026

**Webinar by the Réseau
SOLIDARITÉ Itinérance du
Québec**

**Conference on Encampments in
Quebec**

Register



24 september 2026

**Lunch & Learn: Santé Québec
Lanaudière**

**From Guide to Practice:
Supporting and Evaluating the
Implementation of the
Solution-Focused Approach
(SFA) in Aire ouverte Teams**

Register



22 october 2026

**Research findings presentation,
Emmanuelle Khoury, AIRE
Project co-investigator**

**Research on "Mental health
and youth protection":
Launch of a comic book and
video**

Register



Novembre 19-20 2026

**Quebec Youth Research
Network Chair Symposium**

Youth and living spaces

Learn more





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