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**.

AIRE News – Fall edition

In this edition, explore the latest updates from the AIRE project, ongoing initiatives, and resources developed to support the continuous improvement of Aire ouverte services. Here's what's in store: projects that create space for youth voices, promising practices to share, and collaborations that help move research forward!

We hope you enjoy this edition!

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Featured

The team is growing: Welcome, Steve!

A warm welcome to **Steve Cornellier**, who joins the team as a project coordinator!



After retiring in July 2026, **Steve rejoined the AIRE research team in September**. With **extensive experience in Québec's health and social services network**, particularly in the **province-wide rollout of the Aire ouverte model**, he brings his expertise to the research team and will contribute to discussions on practices and the development of services for youth.

Featured

The AIRE team connects with community partners in Montréal North

On November 5, the AIRE project team took part in **the annual gathering of community partners** organized by the Aire ouverte service in Montréal North. The event provided an opportunity to present ongoing research, **share data on the local population, and exchange insights with community partners**.

These discussions are part of an **exploratory process** to prepare a research project aimed at **better understanding community partners' perspectives** on Aire ouverte services and the conditions that support meaningful collaboration. This is an opportunity to bring community partners' voices to the forefront and gain a deeper understanding of realities on the ground.



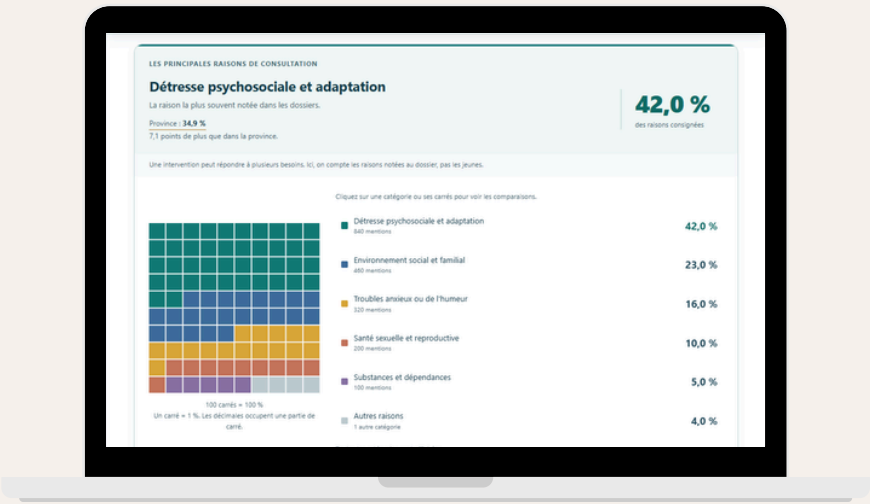
Thank you to the Aire ouverte team in Nord-de-l'Île-de-Montréal for this wonderful opportunity!

Aire ouverte service profiles coming soon!

Project updates

What stories can the data tell us about Aire ouverte sites? Who are the youth accessing Aire ouverte services? What services do they receive? And what do local realities across different communities tell us?

The AIRE team has developed profiles of Aire ouverte sites to offer teams a fresh perspective on their local context. More than just statistics, these profiles are tools for reflection, designed to **spark discussion, identify opportunities for improvement,** and **adapt practices to better meet young people's needs**. This is the essence of a learning health system: learning from what happens on the ground to inform and improve practice.



The profiles will soon be shared with Aire ouverte teams! The AIRE team is also working on a youth-friendly version to help spark discussion within local committees.

Stay tuned!

The inspiring practices registry coming soon!

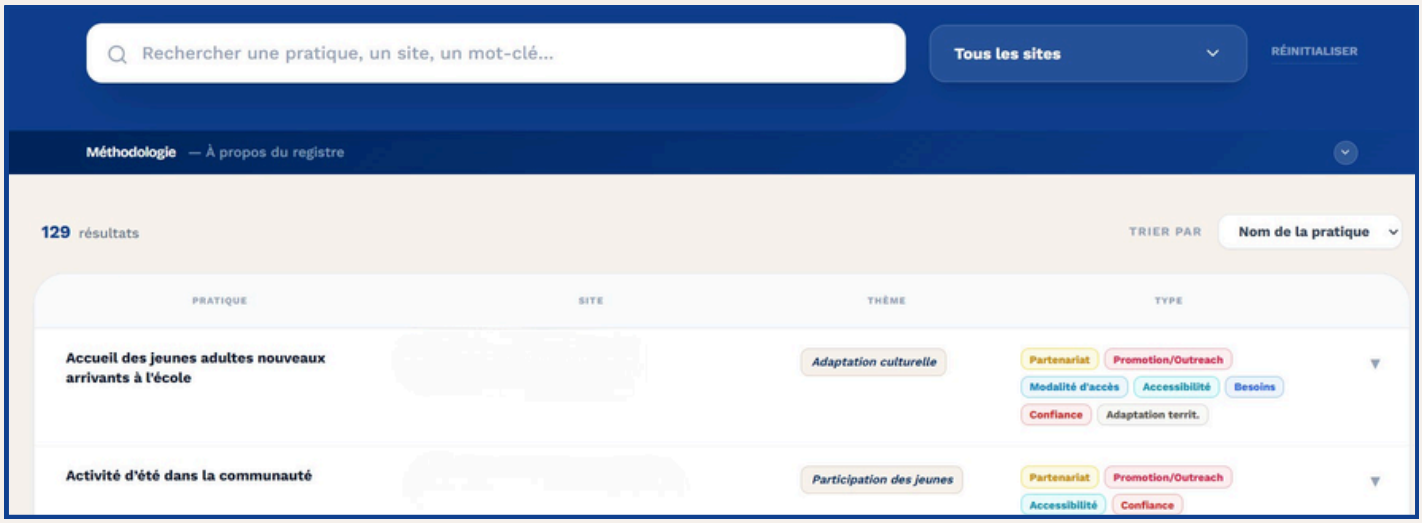
Project updates

How can we share practices that make a difference in Aire ouverte services and create opportunities for teams to learn from one another?

This was the question at the heart of the AIRE project team's presentation of its inspiring practices registry to the Aire ouverte community of practice.

The presentation brought together nearly **60 participants**, including practitioners, managers, and clinical activity specialists from Aire ouverte services.
This new tool aims to **showcase inspiring practices** developed on the ground and **foster the sharing of experiences and knowledge** across teams.

The registry will soon be available to everyone!



Stay tuned for updates and discover the tool and the inspiring practices it will showcase!

Gathering youth perspectives: which approaches work best?

Project updates

How can we gather young people's perspectives to improve Aire ouverte services?

A research initiative led by **Tovah Cowan, psychologist and postdoctoral fellow at McGill University and the Douglas Mental Health University Institute**, involved young people accessing Aire ouverte services and the professionals who work with them. The aim was to **identify the best ways to give young people a voice** and **ensure their perspectives are taken into account**.

The findings highlight **several practical recommendations**, including:

- offering **short questionnaires** tailored to young people's realities;
- providing opportunities for them to **share their views anonymously**;
- explaining **how their feedback helps shape and improve services**.



Recommendations from youth at Aire ouverte on the best way to gather their perspectives

Context

For Aire ouverte to truly meet the needs of young people, it is essential to gather their perspectives in a way that works for them. Below is a list of recommendations created by young people who have received services from Aire ouverte and attended a workshop on how they would like information to be collected at Aire ouverte locations. This list was subsequently revised based on feedback from Aire ouverte providers. It is possible that at your Aire ouverte, some of these recommendations are already in place or being implemented, highlighting practices to maintain or strengthen; others, which have not yet been implemented, could be important priorities for ensuring the effective collection of young people's perspectives.

Young people emphasized the importance of personalized services at Aire ouverte, which are tailored to the individual young person. They wish to stress that this flexibility must also be maintained in these procedures. Similarly, professionals highlighted the importance of taking a flexible approach in selecting and using a variety of methods to hear young people's voices.

Young People's Priorities

Gathering ideas from young people

- Anonymous suggestion boxes in clinics
- Tablet with questionnaire(s) in clinics
- Measure concrete factors that impact care (e.g., trust, comfort, accessibility)

Variety of questionnaires

- Questionnaires in multiple languages
- Questionnaires tailored to the patient's profile and type of visit (e.g., initial visit vs. follow-up, special needs)
- Prioritize short questionnaires

In collaboration with the service provider

- The service provider explains to the young person the purpose of the questionnaires (tracking progress, improving services) and shares the results with them.
- The service provider should track progress if the questionnaires are completed multiple times.

Learn more about the project and its recommendations



Stagi'AIRE program: Discovering the world of research

Youth-led initiatives

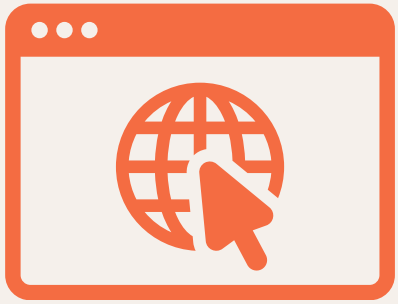
Launched in early 2026, the Stagi'AIRE program gives young people with little or no prior experience the opportunity to **discover the world of research and develop projects based on their interests**.

A **second cohort** recently got underway, welcoming **three new Stagi'AIRE participants**, each at a different stage in their life journey.

The first discussions focused on **exploring their interests**.

The next step will be to **build a tailored support pathway**, giving young people the opportunity to discover the different facets of research and contribute to projects that reflect their interests.

Discover the projects developed by young people in the first cohort



Youth-led initiatives

Young people exploring research

Research training plays an important role in the AIRE project, particularly through the **PIRQual (Qualitative Research Training Program)**, which gives young people the opportunity to **become familiar with research methods and develop their skills**.

Seven young people have already completed the training, including members of the **youth innovation committee**, who are preparing to **conduct interviews** as part of their own project. A second cohort has also begun the program, with its first module already completed.



By equipping young people with the tools to understand and conduct interviews, PIRQUAL **supports their learning journey in research and enables them to play an active role** in carrying out projects that matter to them.

Call for participation

Join AIRE's Grand Youth Committee!

The **AIRE Grand Youth Committee** 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.

December 8, 2026

5:30–7:00 p.m.

Online

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!

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.

Interested in taking part?
Contact:
Sabrina.Rossignol-Garon@enap.ca

Call for participation

A research project on culturally adapting services for youth

How can services like Aire ouverte better reflect the realities of young people from diverse cultural backgrounds?





What is it about?

- A project to develop an Aire ouverte model that is **better adapted to young people's cultural realities**.
- The project aims to **document how this approach is being implemented across four regions of Québec**.

How can you take part?

- Be between **12 and 25 years old**.
- **Take part in an individual interview** to share your perspectives on the cultural dimensions of youth services.
- **At a time that works for you**.



Read the call for participants

Call for participation

KNOW AN EXCEPTIONAL PROVIDER AT AIRE OUVERTE?

Share what they did well and help other service providers become outstanding, too!

Our study has two parts:

- Asking young people to nominate service providers who were outstanding
- Interviewing nominated service providers to understand what makes their work special or exceptional

Who can participate in this study?

- You **live in Canada**
- You are between **18 and 29 years**
- You would like to nominate an outstanding service provider you've had at Aire ouverte in the **last 2 years**
- We hope to hear from youth with **diverse** backgrounds and life experiences

SCAN HERE OR LINK IN BIO !!!

Your participation is **voluntary**. Data will be kept **safe and private**. We will not share any information that will make you identifiable, including with the provider you nominate.

If you have any questions, email us at exceptionalcare@mcgill.ca or click our logo below to learn more about our research programme!

Please share this poster with young people you know!

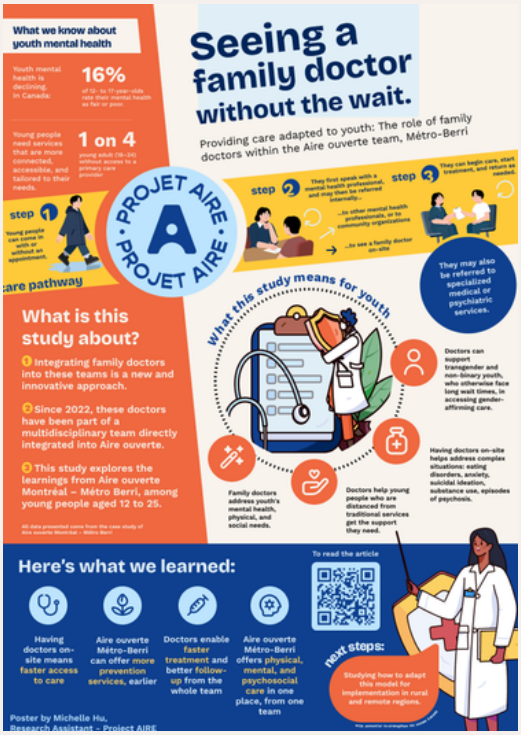


Three AIRE project contributions in the IDSEA competition

Call for participation

Discover the **three contributions from AIRE project members** shortlisted for the **Institute of Human Development, Child and Youth Health (IHDCYH) Knowledge Mobilization Contest**. Take a moment to **vote for your favourites**! Your vote will help showcase their initiatives and their efforts to share knowledge.

Vote for the poster on integrating family physicians into Aire ouverte services



Vote for the brochure on the impact of music on mental health



Vote for the video on the role of young people's voices in Aire ouverte services



In case you missed it

Worth a read: Aire ouverte in Drummondville

In 2025, Aire ouverte in Drummondville welcomed 50% more young people!

What explains this increase, and how is the team responding to the needs of young people in the community?



The Aire ouverte welcoming space in Drummondville was designed in collaboration with the youth committee, including Rosa Moisan and Makaylan Nantel (pictured).
Photo: Radio-Canada / Pascale Langlois

The **Radio-Canada article** highlights the **day-to-day realities of the service**, its **approach**, and its **partnerships with local organizations**. It offers a concrete look at the practices and local dynamics shaping service delivery on the ground.

Read the full article here



In case you missed it

Open letter
Youth homelessness : a foreseeable crisis

In an open letter published in **La Presse**, the **Coalition Jeunes+**, a group of organizations and stakeholders committed to supporting young people, addresses the **youth homelessness crisis** and reminds readers that this situation was foreseeable.

The letter invites us to reflect on the **risk factors that can lead young people into homelessness** and the importance of taking early action to better support them.

Read the full article here



In case you missed it

Research on the mental health of young people in child protection, through comics and animation

How can research be made accessible in new and engaging ways?

Led by **Emmanuelle Khoury**, professor at the Université de Montréal, this research project explores the **mental health of young people involved in the child welfare system**. To make research findings more accessible, the project takes the form of a **comic book** and a **short animated film**, offering alternative ways to share and raise awareness of these young people's lived experiences.

Discover the project

Watch the animated film and read the comic book here



AIRE of Knowledge

Knowledge hub

Parten' AIRE



November 19-20, 2026

Symposium from Chaire-réseau de recherche sur la jeunesse du Québec

Youth and Living Spaces

Register

To read

A Guide to Better Supporting Caregivers from Diverse Ethnocultural Backgrounds

The **SHERPA University Institute** has developed a **guide** to help **better understand the experiences and realities of caregivers from ethnocultural minority groups** and adapt support practices to better meet their needs.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