

PARTNERS FOR LIFE PROGRAM

Information about the tour 2015-2016

Developed by the Mental Illness Foundation in 1998, *Partners for Life* (PFL) is a province-wide school-based outreach program for students 14 years old and up, parents, teachers and school staff that aims to raise awareness on depression. The program's primary goal is to educate them to identify the signs and symptoms of depression and the steps to direct a person in psychological distress to the right resources.

OUR OBJECTIVES

- ❖ Demystifying mental illness to break down the stigmas.
- ❖ Promote healthy lifestyle choices.
- ❖ Inform about the distress signals associated with teen depression and the different steps to help someone.
- ❖ Promote the resources in the community.

The program is offered **free of charge**, in both French and English, to all Quebec and Ottawa region schools.

PFL IN NUMBERS

	2014-2015	SINCE 1998
Teens met	45 978	952 008
Adults met	2 337	43 682
Schools visited	334	835

OUR WORKSHOP

- is offered free of charge, interactive and dynamic
- length of animation determined by the class period (50 to 75 minutes)
- given by 2 animators trained and guide by the Foundation
- developed by experts

OUR TARGET AUDIENCE

- students 14 years old and up
- students of professional training schools or Adult Education Center
- school staff: teachers, social workers, school principals, etc.
- parents

GLOBAL APPROACH

To maximize the impact, it is advised to inform both parents, school staff and youth. An animation for adults within your establishment is available. This approach is highly recommended by the Foundation experts. Interested? Please contact our Youth Programs Advisor.

ACTIVITIES CALENDAR 2015-2016

Here are the dates when we will visit each region. We remain flexible. The Youth Programs Advisor will process requests case by case.

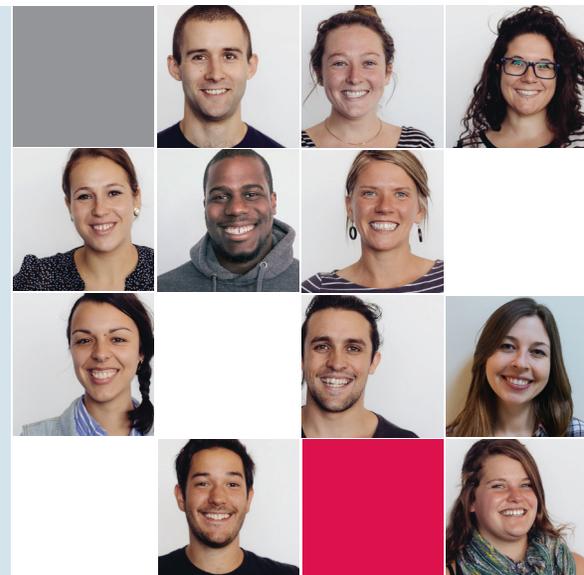
October 15, 2015 to May 27, 2016	Montréal, Laval, Lanaudière, Laurentides, Montérégie
October 19 to December 16, 2015	Québec and Chaudières-Appalaches
January 5 to May 27, 2016	Mauricie, Centre-du-Québec, Estrie, Outaouais
January 25 to February 5, 2016	Abitibi
March 8 to 23, 2016	Saguenay-Lac-Saint-Jean
April 4 to May 20, 2016	Gaspésie, Bas St-Laurent and Côte-Nord

THE ANIMATORS

Youth speaking to youth:
The strength of our program.

The PFL team regroups 10 animators (2 English-speaking), selected for their capacity to interact with teens and for their unique educational background, such as psychology, social work or theater arts. Every year, they undergo more than 150 hours of training in knowledge-building on mental illness, presentation skills, referral resources and frequently asked questions.

Picture to the right: 2014-2015 PFL animators



WHY INVITE PARTNERS FOR LIFE IN YOUR SCHOOL?

TO REDUCE TEEN SUFFERING AND TO SAVE LIVES!

- 50% of all mental disorders begin by age 14, 75% begin by age 24.
- The World Health Organization reveals that depression is the predominant cause of illness and disability for teenagers.
- 70% of these teenagers don't know what is wrong with them because their depression has not been diagnosed and without a diagnosis, it hasn't been treated.
- 5 to 10% of Quebec teens between 14 and 18 years old suffer from depression during their teenage years. This mental illness has a major impact on their lives and their loved ones.

TO CREATE A BOND BETWEEN TEENS AND THEIR COMMUNITIES

- The key point of the program is to equip individuals to act for themselves or for a loved one who may seem in distress by inform them to the available resources in their community.
- These people can thereafter mobilize their community by sharing the knowledge they gained about depression.

TO AVOID LONG-TERM CONSEQUENCES

- relationships and school progress*
 - can also lead to alcohol or drug abuse, and even suicidal thoughts.
- * In Quebec, depression is one of the leading causes for dropping out of school.

TESTIMONIALS

"This presentation demystifies, demedicalizes the issue and makes kids feel ok about discussing the topic. No shame!"

Jacqueline Wall, Head Teacher
Dawson Alternative School, Montreal

"The animators were excellent! The students and teachers were impressed with their knowledge of the subject and appreciated their warm and engaging style..."

Andrea Fraser, Guidance Counsellor
MacDonald High School, Ste-Anne-de-Bellevue

"The students discussed a few issues they were experiencing afterwards. They were reluctant to open up beforehand. I noticed a change in their behavior, specifically better communication and connection."

Mary Ancliffe, Behavior Specialist
Connections, Greenfield Park

ORGANIZE A WORKSHOP

LEARNING MATERIAL

- PFL reminder for teenagers
- teen depression brochure for adults
- poster for your classroom
- information for school personnel and parents

CONTACT PERSON

You must select a person from your school who will:

- act as a liaison between the school and the PFL Program Advisor
- organize the logistics on site
- fill out the registration form and the evaluation form

LOGISTICS

- free workshop* (It would be appreciated if your school could provide lunch for the animators.)
- groups of 15 to 70 people
- 1 to 3 workshops per day
- presented in classrooms, libraries, etc. (school's choice)

*Cost: thanks to the generosity of individuals and corporations, the Mental Illness Foundation can offer the program **free of charge**. The full cost is \$30 per person met.

MANY ADVANTAGES

- ❑ turnkey program
- ❑ free and accessible
- ❑ adapted to the reality of today's teens
- ❑ popularized content, interactive visual
- ❑ young and dynamic animators
- ❑ Program developed and validated by experts: Dr. Patricia Garel and Dr. François Maranda, both psychiatrists at the Sainte-Justine Hospital, and several social workers whose such as the famous Michèle Lambin.

CONTACT US

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MAKE A DONATION to ensure the continuity of the program:
www.mentalillnessfoundation.org

