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Sherbrooke

Public Health  
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publique du Canada



**HORS**

**PISTE**



**Breakout sessions “Challenges, Solutions, and Conditions for Success for Optimizing Knowledge Mobilization and Supporting Public Health Decision-Making”  
Within the framework of the theme day “Maximizing Knowledge Mobilization to Support Public Health Decision-Making”: November 29, 2022**

Julie Lane, PhD, Director of the RBC Centre and Professor at the Université de Sherbrooke

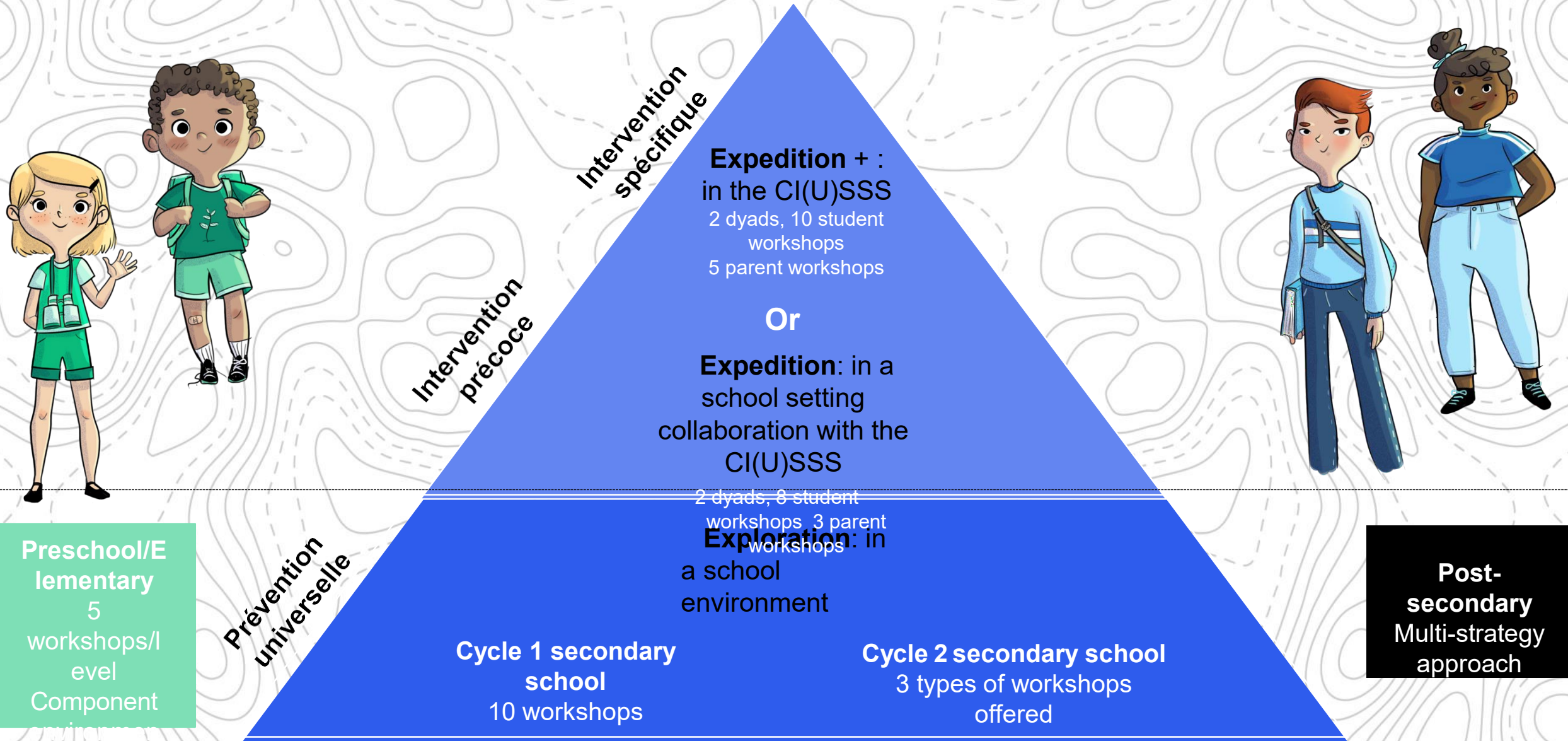
# Introduction

You are very involved in your community thanks to your professional role. In my role as a researcher, I am calling on you to address the increase in anxiety in the population and particularly among youth and young adults.

I wanted to share with you that we have developed the HORS-PISTE program, which is currently deployed in several schools and institutions. This program is at the heart of Action 4.3 of the new interministerial mental health action plan.

Here is some information about this program that aims to develop psychosocial skills (e.g., stress management, self-regulation of emotions) in young people and reduce their anxiety from the preschool to university levels.

# HORS-PISTE – components





# HORS-PISTE – the process implemented

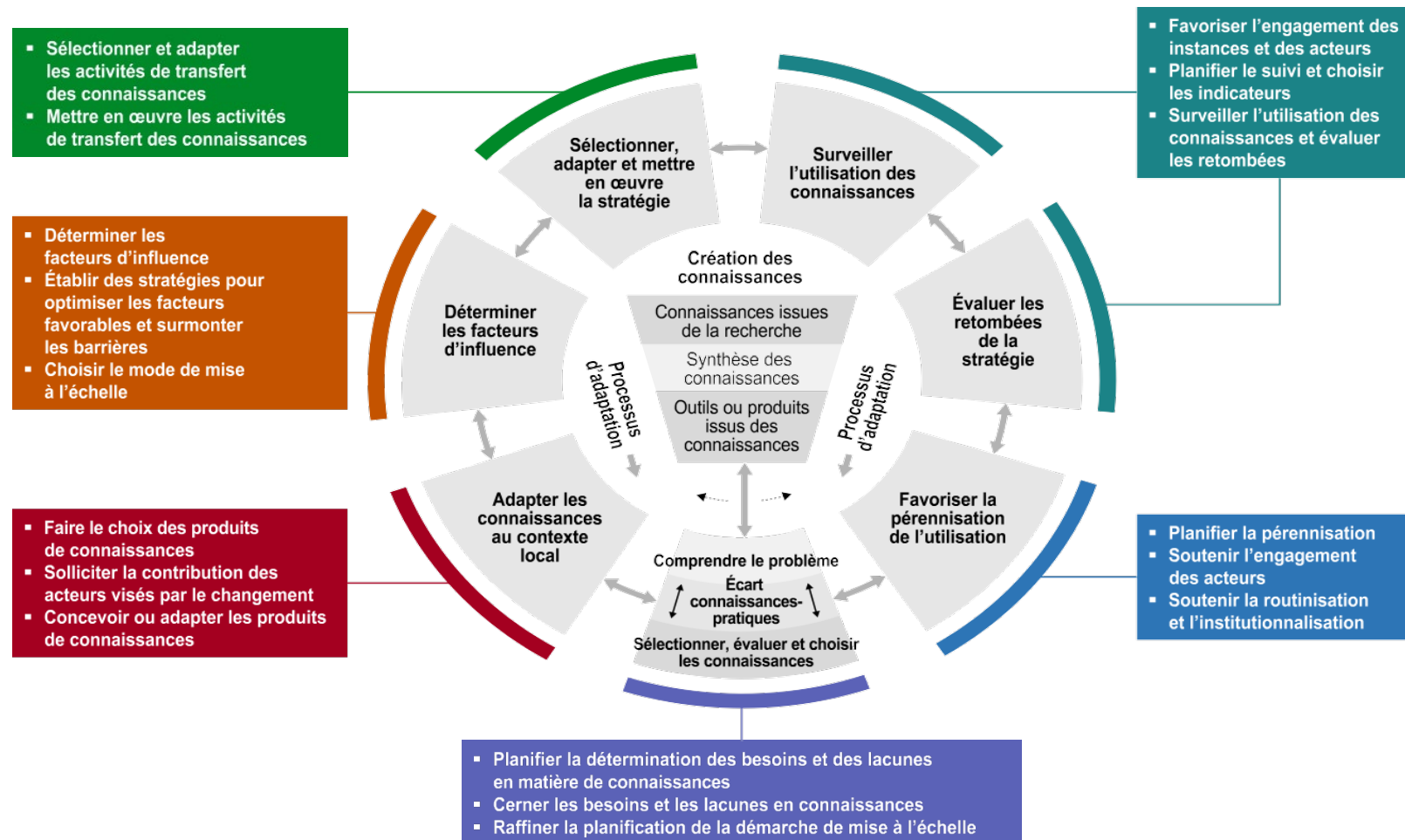


Image taken from Figure 1 Adaptation of the “Knowledge to Action” model.

Massuard, M., edited by Lane, J. (forthcoming). *Guide pour accompagner la mise à l'échelle de pratiques prometteuses dans plusieurs établissements*. Soutien à l'implantation de pratiques prometteuse et au transfert de connaissances dans le réseau de la santé et des services sociaux. Ministère de la Santé et des Services sociaux du Québec, 71 pages.

# Introduction

Although this program helps develop the psychosocial skills of young people and reduce their anxiety, I would like to share with you the importance of having other intersectoral actions to equip/raise awareness about mental health and anxiety issues in the community as a whole, **because mental health must be everyone's business!**

I invite you to think about these actions in breakout groups. Can you identify solutions and conditions for success to optimize knowledge mobilization and support public health decision-making in your community (e.g., through activities in the media, community organizations, municipal libraries, youth centres, etc.)?

# Guidelines for the breakout sessions

**What are the solutions and conditions for success for optimizing knowledge mobilization with a view to equipping/raising awareness about mental health and anxiety issues in the community as a whole?**

1. You will be randomly placed in teams of about nine people.
2. Please answer this question and sub-questions in 25 minutes based on what you have learned since yesterday (workshop from 11:25 to 11:50)
  - What knowledge mobilization activities do you suggest?
  - For which target audiences?
  - To respond to which issues/challenges?
3. Please designate a spokesperson for the return to the large group who will share a “favourite” activity not named by the other teams
4. You will then participate in the large-group discussion so as to appreciate the wide range of activities identified (return from 11:50 to 12:10)
  - Each spokesperson has one minute to present answers to the questions: which activities, for which target audience, and to respond to which issues/challenges?
  - Participants can interact in the chat room.