



PARENT-CHILD PREPARATORY MEETING

Specific meeting objectives

At the end of the meeting, the parent and child will:

- Be familiar with the facilitators who will lead the program;
- Know the conditions and objectives of the program;
- Be able to express their issues related to anxiety;
- Be able to set a personal objective.

Materials and preparation

You will find all the necessary documents to implement the HORS-PISTE - Expedition+ program at the following address: <https://sante-mentale-jeunesse.usherbrooke.ca/hors-piste/programme-secondaire/> (Étapes d'implantation du Programme HORS-PISTE - Expédition+ / Documents d'implantation).

- Include the correct information in the *HORS-PISTE - Expedition+ program* worksheet
- Print *HORS-PISTE - Expedition+* (1 per family) worksheet
- Print *The face of stress and anxiety* worksheet
- Print *Consent form for research*

Meeting agenda

A. Greeting, presentation of the meeting objectives (5 min.)

1. Hand out the *HORS-PISTE - Expedition+ program* worksheet and present the meeting objectives.

B. Presentation of the specific intervention program (10 min.)

1. Present the point of the program. This program aims, on the one hand, to help students develop the competencies needed to deal with anxiety-provoking situations and, on the other hand, to equip their parents with ways to help them develop these new competencies.

Research has shown the significant impact of parental participation in the program, in that this allows for consistent adjustments to the family dynamic and greater generalization of the students' learning (Barrett *et al.*, 1996).

2. Present the program objectives

Objectives for the student:

By participating the HORS-PISTE - Expedition+ program, the student will find out how to expand their comfort zone by learning to:

- Reformulate their thoughts into helpful ones;
- Manage their emotions to better cope with them;
- Adopt new behaviours (take action!);
- Adopt positive lifestyle habits;
- Use stress management strategies;
- Nurture and properly use their social network;
- Draw on their strengths to help other group members progress.

Objectives for the parents:

By participating the HORS-PISTE - Expedition+ program, the parents will have the opportunity to:

- Understand anxiety and recognize its effects on their child;
- Develop tools to help their child expand their comfort zone;
- Adopt new behaviours to reduce accommodation;
- Discuss their experiences and draw on their strengths to help other group members progress.

C. Presentation of the program (10 min.)

1. Present how the program works:

- 10 weekly 90-minute group meetings for students;
5 90-minute group meetings for parents;
- 1 parent-child review meeting
- Start and end dates of group meetings;
- Location and time of meetings for students and parents;
- Names and contact information of the facilitators for each group;
- Winning conditions:
 - Attendance and punctuality;
 - Personal involvement;
 - Involvement in the group, sharing experiences;
 - Communication with the team: needs, discomforts, absences, etc.

D. Discussion on difficulties encountered and individual expectations (20

min.)

1. Now ask the student to tell you about their issues with anxiety (their most common anxiety-provoking situations and the impacts these situations have on them).
2. Then ask the parents to tell you about their experiences with their child's anxiety.
3. You can make links to the results of the pre-test questionnaire, where applicable.
4. Ask the student what they expect from their parents, from you as the facilitator, and from the program. Then ask the parents tell you what they expect from their child, you, and the program.

E. Setting an objective (5 min.)

1. Finally, ask the student and their parents to each set an objective they would like to achieve during the program. Write these objectives down and remind them during the first workshop.

F. Conclusion (5 min.)

1. Conclude by asking each of them how they feel after the meeting. Give the parents the worksheet entitled *The face of stress and anxiety* and ask them to read it before the first group meeting.
2. Have them sign the consent forms, if they haven't already.
3. Ask the student to fill out the pre-test questionnaire at the following address: <https://programmehorspiste.com/expedition+> (you can also ask them to fill it out at home, BEFORE the first group meeting).