



Preschool-Primary Program

# Prevention Program for Anxiety and Other Adjustment Disorders

The OFF-TRAIL Preschool-Primary Program is an initiative of the Centre RBC d'expertise universitaire en santé mentale (Université de Sherbrooke) and was co-constructed by a broad group of players from the education, health and social services sectors, community organizations, universities, as well as some parents.

By developing psychosocial skills and creating a healthy, caring environment, this program aims to **prevent anxiety disorders** and **other adjustment disorders**. Based on a holistic approach, this entirely free program is aimed not only at students, but also their parents and all the members of the school team.

## Universal prevention

### OFF-TRAIL - Exploration program

#### Student component

This component is intended for **all students** from 4-year-old kindergarten to grade 6. It includes:

5

Workshops per grade level (40 min)



Facilitated in-class by teachers or specialists

#### Parent component

This component aims to involve parents in **reinvesting what children learn** in the classroom and in **implementing strategies** to promote their child's well-being at home. It includes:

1

Workshop on children's stress and anxiety



Reinvestment sheets

#### School team component

This component supports the school team in **implementing consistent actions** to promote student well-being. It includes:

3

Workshops



Reinvestment workbooks

### What is the objective?



To prevent anxiety disorders and other adjustment disorders by developing the following psychosocial skills:

Know and value oneself

Manage one's emotions and stress effectively

Ask for help when it's needed

Assert oneself against social influences

Use prosocial behaviours

Use lifestyle habits that contribute to well-being

For more information



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