



Program for the prevention of **anxiety** and other **adjustment disorders**

The OFF-TRAIL secondary school program is an initiative of the Centre RBC d'expertise universitaire en santé mentale at Université de Sherbrooke and was co-developed by multiple stakeholders from the education sector, the health and social services network, community organizations, and academia, as well as certain parents.

By developing psychosocial skills and fostering a healthy, supportive environment, this program aims to **prevent anxiety** and **other adjustment disorders**. The program adopts a holistic approach and is designed for students, their parents and various members of the school staff.

Universal prevention

Exploration



Student component

Cycle 1

This component is intended for **all secondary 1 and 2 students** in keeping with a universal prevention approach.

10

Workshops held over two school years (60 min)



Led by facilitators or teachers during class time

Parent component

This component helps parents **reinvest what was learned** in the classroom and implement strategies that promote their child's well-being at home. It includes:

1

Virtual workshop on stress and anxiety



Tools for reinvesting learning

School team component

The aim of this component is to support the school team in **carrying out coordinated initiatives** that promote student well-being. It includes:

2

Workshops



Tools for reinvesting learning

What's the objective?



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

- Managing **emotions, stress** and **anxiety**
- Asking for **help**
- Developing **self-knowledge, self-understanding** and **self-worth**
- Adopting **prosocial behaviors**
- Being **assertive**
- Dealing with **social influences**
- Demonstrating **empathy**
- **Communicating** appropriately
- Resolving **conflicts**
- Demonstrating **critical thinking**

Financial contribution:



Public Health Agency of Canada
Agence de la santé publique du Canada



Centre RBC d'expertise universitaire en santé mentale



Early intervention

Expedition



Cycle 1

This school-based program is designed for **students who exhibit risk factors** and certain **symptoms of anxiety**, as well as their parents.

8

Workshops for students (60 min)

3

Workshops for parents (90 min)

2

Meetings in pairs (60 min)



Led by a member of the school staff in collaboration with a CI(U)SSS professional.

What are the objectives?

For students: To mitigate **risk factors**, strengthen **protective factors** and develop the **skills** to cope with anxiety-related challenges, with the goal of **reducing anxiety symptoms** and **preventing** the onset of an anxiety disorder.

For parents: To be well equipped to **implement strategies** that **promote the development** of these new skills.

Specific intervention

Expedition+



This program offered at CI(U)SSS centres is designed for adolescents experiencing **significant anxiety symptoms** that interfere with their daily functioning (with or without a diagnosis), as well as their parents.

10

Workshops for young people (90 min)

5

Workshops for parents (90 min)

2

Meetings in pairs (60 min)



Led by facilitators from the CI(U)SSS.

What are the objectives?

For students: To mitigate **risk factors**, strengthen **protective factors** and develop the **skills** to restore adequate functioning, with the goal of reducing anxiety symptoms and preventing the onset of an anxiety disorder or improving functioning.

For parents: To be equipped with the **tools to implement methods** that **promote the development** of these new skills.

A turnkey program that includes

- Facilitator documents with clear and simple instructions
- Slideshows to facilitate the workshops
- Classroom posters
- Printable worksheets for students
- Strategies for parents and school staff to reinvest learning at home and at school
- Tools for reinvesting what was learned

Interested in implementing the OFF-TRAIL program?

A program support team has been established by the CISSS de la Montérégie-Centre to help schools implement the program.

The team can be reached at:

programme.horspiste.ciSSSmc16@ssss.gouv.qc.ca

Find out more about the OFF-TRAIL program:



Financial contribution:



Public Health
Agency of Canada

Agence de la santé
publique du Canada



Université de
Sherbrooke



Centre RBC
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