

July 2023 - no.3

## Youth partners take their place



Members of Aire ouverte Teen and Adult Committees recently took part in activities to give youth a voice and a place.

Youth talking to youth (and sometimes \*older\* youth) works!

## At the CISSS of the Outaouais

**Océanne** was invited to a meeting of the CISSS Board of Directors to talk about her experience as a youth partner and why it's important to include youth in projects that concern them! The members were delighted, and would like to see youth participation on the Board continue.

**Charlotte**, in turn, presented Aire ouverte and her role as a youth partner at a meeting of the CISSS Organizational Coordination Committee.

Charlotte and Océanne showed a lot of courage to speak in front of so many people!

## School perseverance

An Aire ouverte youth partner and the program coordinator at Dimension Sportive et Culturelle have joined forces for Trampo, a project focusing on post-secondary transitions among youth in the Outaouais region.

**Aimeline and Zachary** led discussion groups and created a postcard to give to participants to get them thinking their future aspirations.

The card was such a hit that it is now appearing in several forms among the tools for the *Journées de la persévérance scolaire 2023*.

An inspiring initiative!



Well done Aimeline and Zachary, we're proud of you!!

## Black History Month



**Bety and Grace** had a great time at the Black History Month activities organized by the Conseil de la communauté noire de Gatineau.

In addition to discovering an event rich in culture (they're already looking forward to next year's event to share with their friends!), they spoke to the crowd to take a step towards destigmatizing mental health, encouraging help-seeking when things aren't going well, and explaining what Aire ouverte is all about.

They then took the initiative of walking through the crowd to meet the young spectators!

**Thank you Bety, Grace and the CCNG for this wonderful opportunity!**

## Working hard!

Recently, the two Youth Committees joined forces to undertake the task of **decorating our new spaces**. They are working hard to make this future space welcoming, professional and warm. We can't wait to show you!

There are also three youth partners who took part in the creation of the service offer. They did some introspection in order to identify what has benefited them or what has been an obstacle in their journey through the services. They shared **their stories in front of our partners** and worked together to the service offer that will be published shortly.



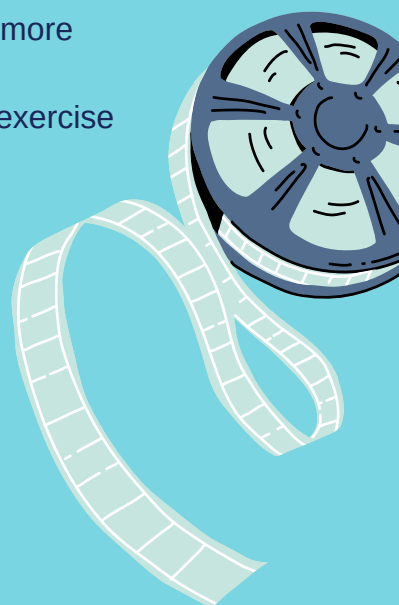
## In the spotlight



In April, TVA Ottawa-Gatineau visited us to learn more about Aire ouverte. **Youth, partners and team members** took part in the (very stressful!) exercise of introducing Aire ouverte to the to the public. They loved the experience! The atmosphere was electric.

**A huge thank you to everyone who participated!**

**To watch the interview, [click here!](#)**



## Together as a network around youth

Over the past few months, Aire ouverte has become another link in the social net for youth. The team is out in the community, meeting youth, their loved ones and partners.

To date, more than **400 distinct people** have sought support from our team, especially for **needs related to emotions regulation, mental health and sexual health**.



## Linguistic enhancement of services



In winter, a call for projects was launched to community organizations working with teens, young adults or their loved ones, wishing to increase the linguistic accessibility of their services.

Eight projects were submitted and **selected**, either to **set up activities in a language other than French**, or to **translate tools** that would enable them to support a greater number of youth in their community.



## Advertising campaign with pixel

More recently, as part of our drive to make services more accessible and visible to youth, we teamed up with Pixel, a local communications agency, to create a **social media advertising campaign, highlighting the region's youth community organizations. More than 25 community organizations will be taking part in the campaign.** The Pixel team, with the support of young people and community partners, has developed a creative campaign to match the needs of youth and those around them. We can't wait to show you the results **in October!**



## Meeting youth and our partners

Since the beginning, it has been important for us to reach out to community organizations and youth. That's why we frequently take the opportunity to present Aire ouverte at resource fairs and events. It's always a pleasure to see you there, and to have the opportunity to exchange ideas with partners and youth.

Here we are at the **BBQ organized by Jeunesse Idem as part of the International Day Against Homophobia and Transphobia.**

**Mathieu, Emilie and Karine** were with **Sarah Anne**, a health promotion advisor at the Public Health Department, and **Aimeline**, a Aire ouverte youth partner!

**Thank you and congratulations to Jeunesse Idem for organizing this amazing evening!**



## New team members



We would like to announce the start of the temporary leave of our colleague Josiane, who left in June for a few months. She will be back with us in December 2023.

We'd also like to welcome our new colleagues **Alexandra Rochette, counselor**, replacing Camille (who just started her parental leave), as well as **Élodie Thibault, Sexologist** and **Dallas Selena Berjuste, Administrative Assistant!**

The team has grown to now include a social worker, an educator, a special education technician, a sexologist and a special nurse practitioner.

*Welcome!!*

# The project phase is coming to an end

## Committee work

Over the past year, with the invaluable collaboration of our committee members, we have completed the **youth needs' assessment**. It is currently being validated and will be officially released in fall. **The service offer has also been drawn up** and will be completed shortly.

CISSS internal service trajectories and corridors are currently being finalized.

**Important partnerships continue to develop (CSS des Portages-de-l'Outaouais and Des Draveurs, CJEO, Adojeune, Gîte-Ami, Gatineau Social Pediatric Center, La Relance, La Soupe populaire de Hull and many others)** to improve access to services for teens and young adults!



## A second Aire ouverte in the Outaouais?



In February 2023, the CISSS de l'Outaouais applied to the Ministère de santé et services sociaux (MSSS) to develop a 2nd Aire ouverte concept, more specifically in an outlying sector. **Following a number of discussions and analyses with various sector partners, the Collines sector has been selected.** The sequence of the next steps will be discussed with the implicated partners.

**We would like to thank everyone who contributed to this major project.**

**A big thank you to all partners for your interest, participation and mobilization!**

## What's coming next?

Over the summer, the team and youth partners will be busy setting up our new spaces at **92 boul. St-Raymond, Hull sector**.

We're preparing for the inauguration, which will be an opportunity to highlight all the work that has been accomplished with the youth and our partners!

We will also begin work on revising the project's governance to propose a **"continuous services" inclusive structure**.

We'll then begin a tour to present Aire ouverte's services in the community.



## Contact us



To refer someone to Aire ouverte, simply contact us by :

**phone 819 966-6220**

**E-mail [07.aire\\_ouverte@ssss.gouv.qc.ca](mailto:07.aire_ouverte@ssss.gouv.qc.ca)**

**Or on our web page [www.cisss-outaouais.gouv.qc.ca/aire-ouverte](http://www.cisss-outaouais.gouv.qc.ca/aire-ouverte)**

The person or the one who's referring can contact us directly for more information, to make an appointment or to speak to the on-call counselor.

Finally, we would like to thank everyone who works with us in any way. Your support and commitment enable us to offer support to youth in the Outaouais region.

***Have a good summer!***