

Positive intervention is part of a developmental approach that relies on a ***strong adult-youth relationship***, which is essential to the development of the youth's potential.

The goal of the intervention is to ***promote positive mental health and develop the youth's socioemotional skills*** by creating conditions that allow the youth to grow and that foster emotional maturity¹.

The adult should always keep in mind that they are a role model for the youth.

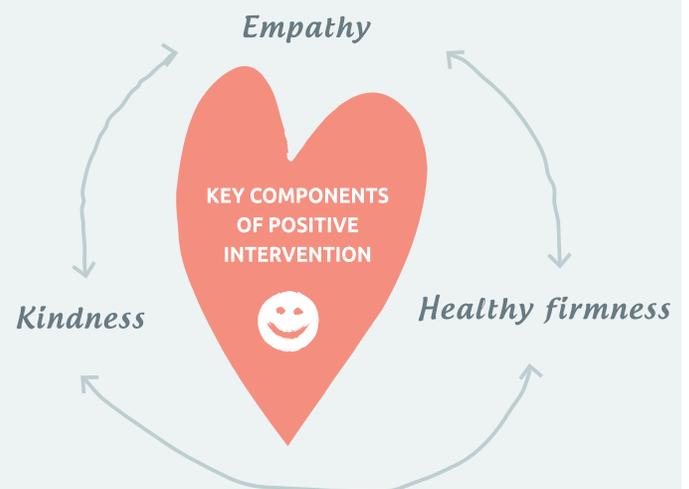


The foundations of **POSITIVE INTERVENTION**

- Youths want to be happy. This requires the presence of engaging, mature, empathetic, caring, responsible, and strong adults.
- Youths do the best they can with what they have and what they are at the time.
- Youths instinctively seek to attach themselves to adults who demonstrate a willingness to care for them.
- Youths try to communicate through their behaviour.
- Youths have an immense need for emotional security from an adult.
- Youths need encouragement and positive role models that set an example of what is expected.

Multiple benefits of **POSITIVE INTERVENTION**

- Promotes the development of emotional and relational intelligence as well as learning skills.
- Promotes the development of certain skills essential to health, well-being, and educational success: self-esteem, cooperation, motivation, sense of responsibility, openness, problem-solving skills, caring, empathy, and social interaction skills.
- Is consistent with the ÉKIP reference framework (developed by the Ministère de la Santé et des Services sociaux and the Ministère de l'Éducation et de l'Enseignement supérieur in order to implement effective actions to promote student perseverance and educational success).



ROLE OF PUBLIC HEALTH

The psychosocial workers of the Direction de santé publique (DSPublique) guidance and support to offer schools in planning and implementing positive interventions. Specifically, they can:



- Mobilize stakeholders around positive mental health and positive intervention.
- Offer positive intervention awareness workshops in order to provide a welcoming, safe, and caring environment.
- Accompany and support staff to better meet the needs of youths.
- Develop concrete actions and means to promote attachment, empathy, kindness, and healthy firmness.
- Plan and carry out activities and adapt the tools used (e.g., instructions).



- Hold positive-intervention awareness workshops.
- Provide preventive group interventions to parents or the community.

Positive intervention is implemented for and with the community according to the needs and different contexts.

Context

OF POSITIVE INTERVENTION

The DSPublique is concerned by the results of the Québec Health Survey of High School Students conducted in 2016–2017 indicating a deterioration in the psychological health of high-school youth across Québec compared to the 2010–2011 survey cycle. Indeed, a greater proportion of young people had a high level of psychological distress (29.3% versus 20.8%). Among girls, the proportion increased from 28.2% to 39.8% between 2010–2011 and 2016–2017. The proportion of young people who reported having an anxiety disorder confirmed by a doctor or specialist doubled from 8.6% to 17.2% between 2010–2011 and 2016–2017².

In addition, a survey conducted in 2021 revealed that, as a result of the COVID-19 pandemic, youths aged 12 to 25 had more symptoms associated with anxiety and depression than the general population³.

Given this context, DSPublique de l'Estrie has decided, in order to promote positive mental health among young people, to extend its positive-intervention service offering to secondary schools as well as to vocational training and adult-education centres.

Information :

Contact the psychosocial public health worker:

Visit santeestrie.qc.ca/interventionpositive
(In French only).



Centre intégré
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² Gouvernement du Québec (2018), Institut de la statistique du Québec, Infocentre de santé publique du Québec. Enquête québécoise sur la santé des jeunes du secondaire 2010-2011 et 2016-2017. santeestrie.qc.ca/clients/SanteEstrie/Publications/Sante-publique/Enquetes/Jeunes-secondaire/Enquete-quebecoise-sante-jeunes-secondaire_Estrie.pdf

³ Généreux et al. (2021). Un jeune sur deux présente des symptômes d'anxiété ou de dépression, Communiqué de presse du 28 janvier 2021. [En ligne] <https://www.usherbrooke.ca/actualites/nouvelles/nouvellesdetails/article/44448/>