



2008-2013 Healthy Schools and Communities regional partnership agreement

Summary

**For the health, well-being and educational
success of young Montrealers**

Findings¹

The 2004-2005 report on the health of Montrealers entitled Focus on Youth: Support Through Understanding indicates that it would be advantageous, for the health, well-being and educational success of young people, to implement the following:

- concerted action by all partners working with young people;
- a continuum of preventive measures from school entry to the end of adolescence;
- a focus on youth and their living environments.

A promising avenue

To respond to these findings, the education, health and social services networks are turning to Healthy Schools and Communities (HSC), a program that is

Comprehensive

- Based on individual as well as environmental health promotion strategies
- Expressed through interventions carried out with youth, as well as school, family and community-based interventions

Concerted

- Invites partners from the community to mobilise, through schools or local collaboration, to develop a common vision concerning the needs of young people and implement promising interventions

Using integrated actions

- Targeting factors involved in a number of issues

Healthy Schools and Communities

Healthy Schools and Communities is designed to improve the health, well-being and educational success of young people by

- encouraging self-esteem and acquisition of competencies, healthy lifestyle habits, and healthy and safe behaviours;
- promoting environments that are stimulating, safe and healthy at school and in the community;
- increasing collaborations among schools, families and the community.

1 Agence de la santé et des services sociaux de Montréal (2005). Focus on Youth: Support Through Understanding, 104 pages.



A regional agreement to support the implementation of Healthy Schools and Communities

Since 2003, a provincial agreement for the complementarity of services has marked the collaboration between the education and the health and social services networks. The regional agreement to support the implementation of HSC was signed to put into practice the promotion of health and well-being as well as prevention strategies.

Signatories

- The 5 school boards
- The 12 CSSS
- Direction régionale du ministère de l'Éducation, du Loisir et du Sport
- L'Agence de la santé et des services sociaux de Montréal

Vision

- Young people developed to their full potential
- Partners working together to contribute to school success, health and well-being

Targeted youth

- The 183 000 youth registered in public elementary and secondary schools
- Preschool children aged 4 and 5 years
- Young adults aged 16 to 24 years in adult education centres chosen for pilot projects

Regional objectives

By 2013

- 75% of elementary and secondary schools will be involved in HSC collaborative efforts (young people-schools-families-communities) to carry out the program;
- Three-quarters of these collaborations—in which schools participate—will have developed and implemented health promotion-prevention action plans;
- As a result, over 50% of targeted youth will be reached.



Commitment

To express their determination to reinforce promotion and prevention among youth, the two networks undertake to put in place conditions that are favourable to the implementation of HSC.

Regional inter-network coordination

- The permanent committee of HSC partners contributes to setting the orientations and objectives and focusing provincial and regional initiatives.
- The HSC sub-committee, which derives from the Table régionale de santé publique, provides assistance for planning and organising operational support.

Personalised support

- Locally: Central agents and managers provide support to HSC collaborations to plan health promotion and prevention actions.
- Regionally: the Agence supports managers and central agents, and offers tools, a community of practice, advice and contents.

Training

- Introduction to the HSC program and tools for HSC collaborations
- Review of practices concerning contents specific to partners working with young people
- Support and advice for central agents and anyone else designated by his or her institution to lead training activities
- Reflection on issues related to implementation of the Agreement for complementarity for school board and CSSS administrators

Community of practice and supervision

- Exchange of information, points of view and advice to solve problems encountered by central agents

Monitoring

- Follow-up on activities related to implementation of the program

Research and evaluation

- Development of a joint research plan.

Monitoring the health and well-being of young people

- Implementation of a plan to monitor the health and well-being of young people

Communications

- Development of a joint communication plan



Signatories to the agreement

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A joint initiative

Ministère de l'Éducation, du Loisir et du Sport
l'Agence de la santé et des services sociaux de Montréal
Montréal school boards
Montréal Health and Social Services Centres

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