

The challenge

Every year, 4 million Canadians are living with either a mood or an anxiety disorder ([MHCC, 2013](#)), with an annual \$50 billion economic burden ([MHCC, 2017](#)). Fewer than half of those affected receive treatment ([CMHA, 2016](#)), either because of lack of services, or because of hopelessness and stigma.



Our vision: J'avance! as a scalable solution

Providing access to self-management support will improve people's ability to manage their anxiety, depression, or bipolar symptoms.

The five "J'avance!" workshops are founded on **evidence-based data and best practices**, with results from [funded research](#). Other partnering organizations giving the workshops have had similar success, which strongly indicates that these results can be replicated on a much larger scale.

So far, more than 250 workshops were offered by Revivre and our network of partnering organizations, either in the public health network, in community organizations or private settings, in 25 cities in Canada and Europe.

J'avance! and Revivre are **strongly supported** by key experts, researchers and organizations, including: Mental Health Commission of Canada, Mood Disorders Society of Canada, Centre national d'excellence en santé mentale au Québec, Douglas Institute, Université de Montréal, UQAM, Université de Sherbrooke, Impact 8 (MaRS), the J.W. McConnell Family Foundation, Bell Let's Talk.

Clinical arguments, letters of support and references are available upon request.

Key metrics

- **1,300** participants last year
- **80%** growth last year
- **4,000** participants to date
- **65** locations in Canada and Switzerland
- **65** partnering organizations offering the workshops
- **>600** professionals trained by Revivre
- Conception and validation: **14,000** hours with **42** experts
- **5** facilitators' guides
- **56** participants' weekly workbooks
- **\$1.1 million** already invested

Our five self-management workshops (10 to 12 weeks, 10 to 15 participants):



Revivre

Revivre is a non-profit organization whose mission is to help those living with anxiety, depressive or bipolar disorders, and their loved ones. Revivre works in collaboration with the public and community-based mental health networks. Through their helpline, support groups, self-management workshops, discussion forum and website, Revivre reaches more than **10,000 people per year**, and has made a total of **315,000 interventions over 27 years**. Revivre is known for their ability to establish strong partnerships and to manage large projects. As a duly registered charity organization, Revivre is also using innovative tools from social entrepreneurship to multiply their impact.



How we help organizations to implement *J'avance!* workshops

- **Training** for professionals, mental health workers and peer supporters on Self-Management Support and workshop facilitation
- Workshop **material** (facilitators' guides and participants' weekly workbooks)
- **Support** provided to managers and facilitators to ensure workshop implementation and success
- And more (e.g. on-going training, measurement tools, promotion of workshops, train-the-trainer)

For more information: javance@revivre.org

<http://www.revivre.org/en/>

<http://javance.revivre.org/>

Testimonials from some of our 65 partnering organizations

- “Self-management support workshops such as those developed by Revivre are an **invaluable resource** for the population served by our organization. *J’avance!* workshops are **empowering** for the patients, not only because of their content, but also because of the **power of peer support**. In January 2017, Revivre trained 16 of our professionals. Various types of professionals (psychologists, social workers, nurses, etc.) can now **easily facilitate the workshops** because of the training offered by Revivre and their **turnkey quality material** (facilitators’ guides and participants’ booklets). We are currently scheduling the *J’avance!* workshops in some of our points of service.” – **Najia Hachimi-Idrissi**, Director of Mental Health and Addiction Programs, Montreal West-Island public health network, where 40 additional professionals will be trained in Fall 2017
- “*J’avance!* workshops are an effective way and complementary response to the needs of the population. They are easy to set up with the training program for facilitators and material for participants supplied by Revivre. » – **Frédéric Gagnon**, Director of Mental Health and Addictions Programs (Bas-Saint-Laurent public health network, where the workshops are offered in 8 cities)

Testimonials from some of our 4,000 participants

- “I was finally able to **share** with others and realize I wasn’t the only one in a similar situation.”
- “The workshops allowed me to **better accept** depression, to see it more as an illness. The concept of self-management brings **hope** that many **things can change**, that we still have some level of **self-control**.”
- “What stuck in my mind throughout the workshops is the self-management concept, the **determining role** every person has in recovering from their illness. And this, **without any guilt**.”
- “I am **100% satisfied** with the workshop; you enabled me to **open up and rediscover my joie de vivre**.”
- “I feel like I’m in less of a void. I understand better, I’m proactive and I put **strategies** into action. Thank you! **It changed my life**.”



“*J’avance!* helped me not only in overcoming the darkest period of my life, but also in **building a kind of shield** which protects me against a potential relapse. I am now more in control of myself, because I recognize my symptoms soon enough to use the proper **tool** from the box that I was offered during the *J’avance!* workshops.” – Thierry Coupey

Watch our 25 videos on our YouTube Channel, including Emmy Grand-Maison’s testimonial (in French) <https://www.youtube.com/watch?v=ixgZtxV0Er0>



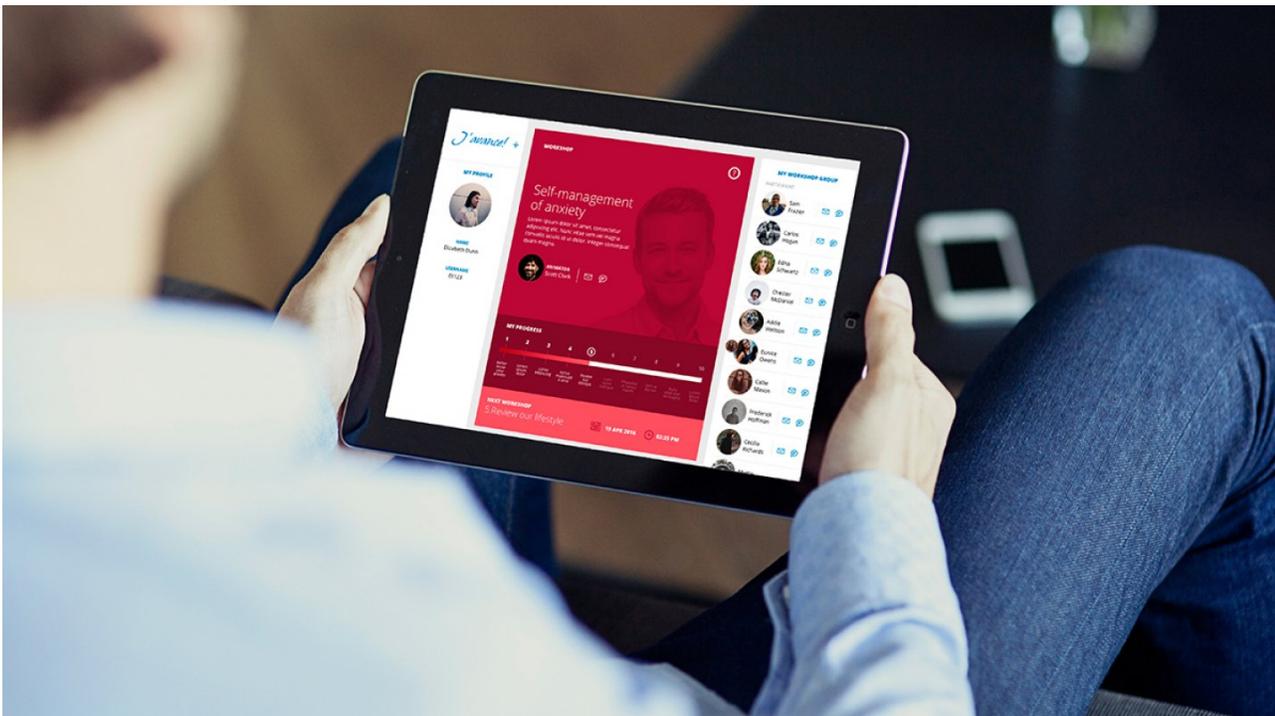
The future of J'avance!

With **\$1.1 million already invested** and amazing results, Revivre built a strategic plan aiming to deploy the workshops to a much larger scale. Revivre is currently seeking to establish financial or collaborative partnerships with organizations that share its vision of completing the continuum of services in Canada by adding support to self-management. The Anxiety Self-Management Workshop will be available in the Fall of 2017, the four other workshops in the course of 2018.

Objective and key performance indicators: By tripling the number of locations where the workshops are offered by a widening network of partnering organizations (from 35 to 100 locations), Revivre is planning to reach **5,000 participants every year** (in year 3) throughout Canada.

Total investments required: \$1.4 million, which is \$0.7 million over the next two years and \$0.7 million over the following two years, for the **deployment, validation and measurement, translation, renewal of the content, and creating and validating virtual workshops and workshops specific to elders, youth and caregivers**. The resulting scaling will allow dozens of organizations to help, in a recurring fashion, thousands of individuals to **regain hope and control over their health, on the road to recovery**.

Here is more information about **the future virtual workshops**: <https://solve.mit.edu/challenges/brain-health/solutions/947>



<http://www.revivre.org/en/>

<http://javance.revivre.org/>