Seize the Momentum
2018-2019 Annual Report
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Message from the Chairman

Every year, Revivre makes an even greater and greater impact. Finally, self-management support has taken its place as an indispensable pillar of mental health.

Nevertheless, much work remains to ensure that every person struggling with anxiety, depression or bipolar disorder can receive the support they need to reclaim their health.

The ultimate dream is for everyone to have access to tools and knowledge that will help them improve their physical and mental health and feel better equipped to get through the hard times.

Revivre is continuously strengthening and refining its actions. Over the following months, major efforts will be made to make inroads in workplace mental health as the time is now for employers and employees to work together to find new ways to improve the status quo. Moreover, we will continue to form new partnerships with a growing number of organizations with whom we will work side by side to address a cause that calls for concerted action.

Mental health is more present than ever in the media and in the political sphere. We have to seize this opportunity and take the lead to make our community healthier, starting with our workplaces, where the challenge is perhaps the greatest. The “fend for yourself” era is over; all organizations must now work together to make the professional world a healthier place.

I would like to highlight the remarkable commitment of all our volunteers, employees, donors, collaborators and ambassadors; thank you for all that you do!

For myself, it has—and continues to be—a tremendous honour to work with such an impactful organization.

Message from the Executive Director

There has been a lot of buzz around mental health in the media over the past year. Concurrently, it has also been a very busy year for Revivre. Our team has rolled-out a new strategic plan that places a stronger focus on developing and strengthening collaborations to tackle challenges that require everyone to put their shoulder to the wheel. In this vein, we established four major action areas to focus our attention and resources so that youth, the Anglophone community, elderly persons, friends and family members, and workplaces can all have access to the renowned, high quality care we offer.

The new Québec Program for Mental Disorders: from Self-Care to Psychotherapy (PQPTM) was also launched this year. I am delighted to see additional resources added to this range of services and I am proud that our workshops are part of this care pathway.

The coming year holds its fair share of changes for our organization. For the first time, Revivre intends to offer services to workplaces in order to provide quality tools to the greatest number of workers possible including strategies for self-managing their mental health.

In its 28th year, Revivre’s community impact is more visible than ever before, made possible by our expansive reach and excellent reputation. Via a collaboration with the communications and marketing giant Cossette—with whom we will dream up a new name and brand image—we are poised to achieve even greater resonance in the coming months. Needless to say, I am incredibly proud of all the work that has already been done and I can’t wait to do my part in what comes next!
Our Mission

Revivre is a non-profit organization whose mission is to help people living with anxiety, depression or bipolar disorder, and their loved ones. Revivre works in collaboration with public and community-based mental health networks.

Our Approach

Revivre adopts a cutting-edge approach to self-management support to help people struggling with anxiety, depression or bipolar disorder. This approach empowers and encourages individuals to improve their health and well-being, helping them move forward—one step at a time.

Revivre provides collective, rallying leadership to all involved stakeholders while working to strengthen the mental health ecosystem of services and the social support of mental health disorders.
History

1991
Official launch of the services of the Association québécoise des cyclothymiques (helpline)

1992
Guy Latraverse becomes Chairman / New name: Association québécoise des dépressifs et maniaco-dépressifs (ADMD)

1993
Inauguration of support groups and conferences

1993-96
Province-wide information tours

1999
Revivre develops a youth component

1999
Inauguration of support groups and conferences

2001
Name change: Revivre / Added anxiety disorders to the mission statement

2007
New spokesperson: Stefie Shock

2014
Official launch of the J'avance! Program / New spokesperson: Véronique Bannon

2016
25th anniversary / 300,000th intervention / New website for Revivre and J'avance! / YouTube Channel / New spokesperson: Pierre Craig

2017
Exceeded threshold of 1,000 enrolled participants per year in J'avance!

2018
First Anxiety Self-Management Workshop offered in English / First edition of the walk J'avance en marchant

2019
Exceeded threshold of 5,000 cumulative participants in the J'avance! workshops
Meetings and workshops

4,329 people attended support groups for a combined total of 187 meetings.

431 participants took part in 30 workshops held by Revivre (including those organized with Carrefour le Moutier) and 56 people benefited from the financial assistance program*.

A total of 21 participants attended the English Anxiety Workshop.

Average number of participants per group: 15

*The financial assistance program grants low-income participants access to workshops, made possible through donations from foundations, corporations and individuals.
Internet and Social Media Presence

Website **revivre.org**
- Visits: **140,449**
- Unique visitors: **98,070**

Website **javance.revivre.org**
- Visits: **38,125**
- Unique visitors: **27,477**

**Surmonter son anxiété au boulot** [Overcoming anxiety at work]
Article (in French only) by Catherine Courchesne in *Journal Métro*, March 13, 2019

**Un psy pour tous, ça presse** [Universal access to psychotherapy can’t come soon enough]
Special report (in French only) by Catherine Dubé on access to psychotherapy, *L’Actualité*, December 2018

**La détresse psychologique chez l’entrepreneur, un tabou lourd à porter** [Psychological distress among entrepreneurs: A burdensome taboo]
Interview (in French only) on radio program Le 15-18, *Radio-Canada*, December 5, 2018

**Apaiser l’anxiété** [Overcoming anxiety]
Report (in French only) by Anne-Louise Despatie on the project at École Saint-Bernardin, Le Téléjournal Grand Montréal 18 h, *Radio-Canada*, November 15, 2018

**Revivre ! Un organisme qui aide tout le Québec** [Revivre! An organization that helps all of Quebec]
Interview (in French only) on radio program Des matins en or, *Radio-Canada* Abitibi-Témiscamingue, June 13, 2018
A network of 66 partner organizations offering self-management workshops in 73 locations in Québec and Switzerland

- 13 regions in Québec
- 53 cities, including 1 in Switzerland
- 128 workshops offered by Revivre and its partner organizations

- 1,415 participants in 2018-2019
- 11% growth
- 5,362 participants since program inception
Revivre has an impact on... Professionals and Organizations

152 mental health workers trained this year

706 mental health workers trained cumulatively

13 training days, in four cities: Montréal, Sainte-Thérèse, Lévis and Alma

Recognition by the Ordre des travailleurs sociaux et des thérapeutes conjugaux et familiaux du Québec

Revivre’s training program that prepares workers to provide self-management support and to facilitate the J’avance! workshops was officially recognized by the Ordre des travailleurs sociaux et des thérapeutes conjugaux et familiaux du Québec (the professional order for social workers, and marriage and family therapists in Québec) on April 19th, 2018.

The J’avance! program: Going strong in Saguenay-Lac-St-Jean since 2014

For the first time ever, 17 mental health workers were trained by regional trainers from the Association des Ressources Alternatives et Communautaires en Santé Mentale du Saguenay-Lac-Saint-Jean (ARACSM-02) member organizations, making it the first region with full autonomy to deploy J’avance!

“Top-notch training, in terms of both content and presentation. It makes me want to keep up the approach, put the tools into practice and, above all, keep in touch with your team.”

Marie-Hélène Pelletier, Occupational Therapist, Ergotravail
Revivre has an impact on... the Anglophone Community

The Anxiety Self-Management Workshop is now offered in English in three different regions: Estrie, Laval and Montréal

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<th>Chaudière-Appalaches</th>
<th>Laurentides</th>
<th>Outaouais</th>
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<tr>
<td>Le Trait d'Union</td>
<td>CISSS des Laurentides (new points of service in the public health network in Saint Eustache, Deux-Montagnes and Sainte-Thérèse)</td>
<td>Centre Intervalle</td>
</tr>
<tr>
<td>Clinique médicale La Pensée</td>
<td></td>
<td>L'EntourElle</td>
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On October 14, 2018, Revivre received support from the Montreal Walks for Mental Health Foundation to organize a free self-management support training day for mental health workers. The goal is to make J'avance! workshops accessible to the English-speaking community.

Pictured: Suzanne Herscovitch, President of the Montreal Walks for Mental Health Foundation, and Jean-Rémy Provost, Executive Director of Revivre
Revivre has an impact on... Youth

In addition to the traditional means of working with youth (in person, by email, social media, or over the phone), Revivre is developing three separate streams that aim to better connect with this particular population and their unique needs.

1. **“Primary school” stream:**
A support, training and guidance program to help primary school teachers better support students affected by anxiety. The program was developed in conjunction with social workers and youth intervention specialists Michèle Lambin and Nathalie St-Pierre.

2. **“Meetings for parents and children with anxiety” stream:**
A group intervention service for parent-child dyads dealing with anxiety. This service, currently being developed by social worker Michèle Lambin, aims to improve parents’ and their children’s ability to manage anxiety and bolster their self-management skills.

3. **“Youth and family multimodal intervention” stream:**
Specific services offered by the intervention team to families and youth via consultations in person, over the phone, by email or through social networks. This ad hoc support aims to empower youth to manage their mental health and to provide families with tools to better adapt to the situation.

Christine Sauvé, a mental health worker at Revivre, was part of the team that worked with Montréal’s École Saint-Bernardin for the second consecutive year. The project, “Apprendre à gérer le stress et l’anxiété: Miser sur l’attachement en vue de favoriser les apprentissages en milieu scolaire” [Learning to manage stress and anxiety: Attachment as a way to boost learning in school settings], was the subject of a funding application, appeared in a Radio-Canada report and is garnering more and more support.

Stream 1: 500 young people reached 31 teachers involved
“From the very first meeting at the school, we were all on board with the project. We could see that the teachers who were involved were very enthusiastic and firmly committed to the approach as they could readily observe its positive impact on their students.”

Alexandre De Courcy, Principal at École Saint-Bernardin, Commission scolaire de Montréal
Excerpt from the letter of support he co-signed on December 7, 2018

“Revivre has an impact on... Workers”

Working Through It video project with Great-West Life

Revivre worked with four people who wanted to contribute to the French version of the Working Through It collection of videos (Se rétablir en travaillant), a resource provided by insurance company Great-West Life’s Centre for Mental Health in the Workplace. The goal is to offer support to other workers who are directly or indirectly affected by mental health issues.

→ workplacestrategiesformentalhealth.com

Mental health and agents of change: The right tools to promote well-being

On May 3rd, 2018, Bruno Collard and Mélanie Mercuri presented the “Développer des pratiques d’autogestion” [Developing self-management practices] workshop as part of the second edition of “La santé mentale des acteurs de changement” [Mental health and agents of change], organized by HEC Montréal’s IDEOS hub and Esplanade. The objective was to offer a space for sharing ideas, experiences and practices so that each participant could develop strategies to improve their well-being at work.
More and more people are seeking our team’s help to better understand how they can support their loved ones by expanding their knowledge of various self-management strategies for anxiety, depression and bipolar disorder. We introduce friends and families to our approach and enable them to lay the foundations from which they can support the self-management behaviours of their loved ones. In turn, this will help lighten the weight they themselves feel, all while boosting the active role and empowerment of the affected person.

By learning about mental health, highlighting our loved ones’ strengths, helping them spot the warning signs and clues that their condition is worsening, holding them accountable for their ability and responsibility to devise adaptation strategies—and by supporting their actions—a friend or family member can contribute to a loved one’s wellness and recovery in invaluable ways. However, the person playing this important yet sometimes difficult role also needs support. Recognizing this need, Revivre has long provided support to all of the friends and family members who contact us.

424 requests for support and information from friends and family members
Awareness of and Information on Self-Management

On request, Revivre offers conferences, workshops and information kiosks on a variety of topics and for a variety of audiences, including the general public, mental health workers and mental health managers. Here are a few examples.

**Autogestion et sentiment d’auto-efficacité: Soutenir le pouvoir d’agir pour faire face à l’anxiété** [Self-management and self-efficacy: Supporting empowerment to cope with anxiety]

Lecture given by Angéline Roy-Hébert as part of the Centre de prévention du suicide de Lanaudière’s annual symposium on anxiety and suicide.

**Qu’est-ce que l’anxiété et comment mieux la gérer** [What is anxiety and how can you manage it?]

Lecture given by Vicky Chicoine at the Forum des jeunes en sciences at Collège Montmorency.

**Information booths:**

Revivre has set up information booths at numerous events and institutions, including: at the Rassemblement pour la santé et le mieux-être en milieu de travail, the Association des médecins psychiatriques du Québec, the Association québécoise des infirmières et infirmiers en santé mentale, the CMHA National Conference 2018, the Symposium des pharmaciens bannière Uniprix / Proxim, at various companies, etc.

**Quand l’anxiété prend le dessus, on fait quoi?** [What do we do when anxiety takes over?]

Lecture given by Bruno Collard, Clinical Director, at ALPABEM.

**L’équilibre, mission impossible pour les entrepreneurs?** [Being an entrepreneur and striking a balance: Mission impossible?]

Round table discussion during the first edition of Expo Entrepreneurs, which brought together over 6,000 entrepreneurs at Place Bonaventure.
Many mental health organizations and experts have voiced their support this past year for mental health self-management and the J’avance! program.

We would like to thank the following organizations for their letters of support:

- CISSS des Laurentides
- McConnell Foundation
- LEAP | Pecaut Centre for Social Impact
- Ministère de la Santé et des Services sociaux
- Réseau Qualaxia
- Université de Montréal’s Faculty of Medicine

Revivre is also a member of:

- Canadian Mental Health Association (CMHA) – Québec Division and Montréal Branch
- Carrefour le Moutier
- Centre d’excellence en électroconvulsivothérapie du Québec
- Coalition for Access to Psychotherapy
- RACOR en santé mentale
- Recovery College
- Table des partenaires du réseau local de services en santé mentale Jeanne-Mance at the CIUSSS du Centre-Sud-de-l’Île-de-Montréal
- Vitalité – Laboratoire de recherche sur la santé

“The self-management support approach put forward in the J’avance! workshops compliment our vision of focusing our interventions on the primacy of the person and on recovery, while also fostering mutual support among people.”

Émy Cloutier, Coordinator of Mental Health, Addiction and General Psychosocial Services for Adults, CISSS des Laurentides
Excerpt from her letter of support, August 2018
Fostering a Culture of Evaluation and Research

Evaluation of the Self-Management Workshops

**Pragmatic randomized controlled clinical trial on the Anxiety Self-Management Workshop**

Led by Pasquale Roberge, Ph.D., researcher at the Centre de recherche du CHUS and Professor at Université de Sherbrooke’s Faculty of Medicine and Health Sciences, in conjunction with Dr. Janie Houle.

An extended protocol for a pragmatic randomized control trial was submitted to the Canadian Institutes of Health Research (CIHR) in partnership with several researchers. While awaiting funding, Revivre continues to forward its efforts to document the impact of its workshops on participants.

**Online assessment of the Anxiety Self-Management Workshop**

Led by Janie Houle, Ph.D., Community Psychologist, Professor at Université du Québec à Montréal’s (UQAM) Department of Psychology, Researcher at the Centre de recherche de l’Institut universitaire en santé mentale de Montréal (CR-IUSMM) and Director of Vitalité–Laboratoire de recherche sur la santé, with the approval of UQAM’s ethics committee.

The assessment of the impact of the anxiety and depression self-management workshops is ongoing, with the number of participants having increased this year. The preliminary findings, based on a sample of 84 respondents at Time 1 (before the workshop), and 37 respondents at Time 2 (after the workshop), are extremely encouraging. Specifically, significant improvements were observed across the following four measures:

- **Recovery**: 26% improvement (Recovery Assessment Scale – Brief)
- **Self-management**: 28% improvement (Mental Health Self-Management Questionnaire)
- **Anxiety symptoms**: 48% decrease (GAD-7)
- **Depressive symptoms**: 37% decrease (PHQ-9)
The assessment continues at Time 3 (four months after the workshop) to determine how the trend evolves. As the data is collected, the statistical power will increase and, once the preliminary findings have been confirmed, scientific articles can be written and submitted for publication. Revivre would like to thank Corentin Montiel and Stéphanie Radziszewski from Vitalité for their analysis work.

Assessment of the Self-Management Workshop for the Workforce

This project is led by Sophie Meunier, Ph.D., professor at Université du Québec à Montréal's Department of Psychology, in collaboration with Janie Houle, Ph.D., Professor at UQAM's Department of Psychology, and Marc Corbière, Ph.D., Professor at UQAM's Department of Education and Pedagogy, and Research Chair in Mental Health and Work.

The project was submitted to the Social Sciences and Humanities Research Council (SSHRC) to assess the effects of the Self-Management Workshop for the Workforce. Sophie Meunier specializes in industrial and organizational psychology, making her a strong partner to further document the effects of this type of group intervention on workers.

If the requested funding is granted, Revivre will seek to collaborate with a variety of employers during the Summer and Fall of 2019 to study the impact of this workshop on various outcomes such as the capacity for self-management, recovery and work performance.

Thank you to our research partners

UQÀM
Vitalité
Douglas
McGill
Université de Sherbrooke
Université Laval
Laurier
Research study: “Explorer : à la recherche de pratiques innovantes”

The final report for this study is now available. The study aimed to determine the impact of combining individual care with participation in the J’avance! Anxiety and Depression Self-Management Workshops. Here are some of the key findings:

1. The results of the study clearly indicate that the self-management workshops have distinct added value and produce effects that are difficult, if not impossible, to obtain in an individual intervention. They should be better showcased. These effects include:
   - Breaking the person’s isolation
   - Offering peer support
   - Normalizing and destigmatizing their condition
   - Learning from others on an equal, reciprocal basis
   - Improving self-knowledge and knowledge of the illness
   - Developing greater self-confidence
   - Improving/adopting the use of self-management behaviours

2. Information that is organized and gathered in workbooks is also one of the workshop’s major assets. Many participants mentioned that they would keep and re-read the workbooks.

3. Supplementary individual care should still be made accessible however, especially after the person has participated in the group intervention, in order to provide personalized help and to address specific needs that cannot be addressed in a group context.

4. The researchers believe that everyone should have access to both modes and be able to decide whether or not to use them, based on their interests and/or preferences.

Dr. Janie Houle was the researcher in charge of the study, which was carried out by Laboratoire Vitalité, in collaboration with the CIUSSS de l’Est-de-l’Île-de-Montréal

vitalite.uqam.ca/explorer-presentation
A partnership model to diversify access to self-management support and recovery

Over the last year, Revivre continued to be involved with the Recovery College project, led by Catherine Briand, Senior Researcher at the Centre d'études sur la réadaptation, le rétablissement et l'insertion sociale (CÉRRIS), part of the Centre de recherche de l’Institut universitaire en santé mentale de Montréal (CR-IUSMM), and Professor in the Department of Occupational Therapy at Université du Québec à Trois-Rivières.

Significant progress was made in recruiting the first cohort of co-trainers who will build the first course offering. Revivre also built the content of the initial co-trainer training. The training was launched in May 2019 while the first courses are poised to be held in Fall 2019.

Revivre and Université de Québec à Montréal’s Vitalité have a long history of collaboration. The alliance continued in 2018–2019 with the regular use of this self-management support tool, developed by Janie Houle’s team. The tool can be used to harness and foster a person’s power to act, to make people aware of the importance of looking at oneself in a positive light and to reactivate self-care strategies.

Catherine Briand

Getting better... my way

Revivre and Université de Québec à Montréal’s Vitalité have a long history of collaboration. The alliance continued in 2018–2019 with the regular use of this self-management support tool, developed by Janie Houle’s team. The tool can be used to harness and foster a person’s power to act, to make people aware of the importance of looking at oneself in a positive light and to reactivate self-care strategies.

vitalite.ugam.ca/ressources-autogestion
Funding

Donnez le goût de revivre event: Nearly $125,000 raised

On May 1st, 2018, Revivre held its 11th annual fundraising dinner at Dalhousie Station. The event welcomed over 300 guests and raised close to $125,000.

Guests were treated to a dazzling circus show entitled La boîte à surprise. Performed by Cirque Éloize, the show combined poetry and humour to instill in attendees a sense of hope.

François Legault, who worked as Crown prosecutor for 35 years, delivered a vibrant speech about his experience living with bipolar disorder.

Revivre would like to thank the 2018 Patrons of Honour

Thank you to everyone who attended the event, our sponsors and our official presenter:
**Événement Groupe Perron**

For the second year in a row, Revivre had the honour of being part of the 11 organizations and foundations supported by the 13th edition of the renowned Événement Groupe Perron. No fewer than 650 attendees joined forces and raised $225,000. Thank you to everyone who was a part of the event, to the sponsors and to the organizer.
# 2018–2019: Our Financial Statements

## Results for the year ended March 31, 2019
(and for the year ended March 31, 2018, for comparative purposes)

### Revenues

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<thead>
<tr>
<th>Description</th>
<th>2019</th>
<th>2018</th>
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<tr>
<td>The MSSS’s Programme de soutien aux organismes communautaires</td>
<td>202,562</td>
<td>188,265</td>
</tr>
<tr>
<td>Fundraising evening – Donnez le goût de revivre (before deducting costs)</td>
<td>229,402</td>
<td>255,840</td>
</tr>
<tr>
<td>Fundraising event – J'avance en marchant</td>
<td>79,297</td>
<td>-</td>
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<tr>
<td>Événement Groupe Perron</td>
<td>25,000</td>
<td>35,831</td>
</tr>
<tr>
<td>Partners – Corporations</td>
<td>134,787</td>
<td>103,807</td>
</tr>
<tr>
<td>J'avance! Program</td>
<td>369,193</td>
<td>352,231</td>
</tr>
<tr>
<td>Self-financing/Other</td>
<td>13,214</td>
<td>13,165</td>
</tr>
<tr>
<td>Individual and in memoriam donations</td>
<td>46,985</td>
<td>34,993</td>
</tr>
<tr>
<td>MSSS discretionary fund</td>
<td>49,943</td>
<td>40,000</td>
</tr>
<tr>
<td><strong>TOTAL</strong></td>
<td><strong>1,150,383</strong></td>
<td><strong>1,024,132</strong></td>
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### Expenses

<table>
<thead>
<tr>
<th>Description</th>
<th>2019</th>
<th>2018</th>
</tr>
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<tbody>
<tr>
<td>Services and activities</td>
<td>309,084</td>
<td>302,129</td>
</tr>
<tr>
<td>J'avance! Program</td>
<td>370,140</td>
<td>345,734</td>
</tr>
<tr>
<td>Operating costs</td>
<td>231,856</td>
<td>224,939</td>
</tr>
<tr>
<td>Fundraising campaigns and activities</td>
<td>175,778</td>
<td>148,995</td>
</tr>
<tr>
<td><strong>TOTAL</strong></td>
<td><strong>1,086,858</strong></td>
<td><strong>1,021,797</strong></td>
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### Excess (shortfall) of revenues over expenses

<table>
<thead>
<tr>
<th>Description</th>
<th>2019</th>
<th>2018</th>
</tr>
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<tbody>
<tr>
<td>Excess (shortfall) of revenues over expenses</td>
<td>63,525</td>
<td>2,335</td>
</tr>
<tr>
<td>Net assets, beginning of period</td>
<td>66,234</td>
<td>63,899</td>
</tr>
<tr>
<td>Net assets, end of period</td>
<td>129,759</td>
<td>66,234</td>
</tr>
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</table>
Revivre has the privilege of being surrounded by exceptional partners, who make it possible to carry out its mission and self-management support projects.

A big thank you to all of the individual donors and to everyone who participated in our fundraising activities!
Since 2016, J’avance+ meetings have been providing people with social support after they have completed the J’avance! Anxiety and Bipolar Disorder Self-Management Workshops. This initiative was developed by former participants who wanted to share their ongoing self-management efforts. Attendance is free of charge, and the meetings are facilitated by people with lived experience. Revivre’s intervention team offers training for volunteer co-facilitators and provides oversight and support for the organization of the meetings. J’avance+ constitutes an example of a mental health best practice for this category of service; its remarkable success is something its creators and participants can be proud of.

As of March 31st, 2019, Revivre had 578 members throughout Quebec who have adhered to the organization’s philosophy and used its services. Being a member of Revivre means helping restore hope to people suffering from anxiety, depression or bipolar disorder.

The Annual General Meeting for Revivre’s members was held on Monday, June 18th, 2018, at 7 p.m., at 5140 Saint-Hubert Street, Montréal. A total of 25 members attended the meeting.
Our volunteers

**Intervention volunteer work at Revivre in 2018–2019:**

1,161 interventions over the phone, by email or in person, for a total of 499 intervention hours

187 support group sessions, for a total of 281 facilitation hours and 4,329 participants

238 hours of volunteer training

17 volunteers manning the 1-866-REVIVRE helpline

Thank you to the 51 volunteers who lent a hand to Revivre throughout the year. Your commitment to our mission is inspiring and exemplary.

**Louise Bourdon Award**

This year’s Louise Bourdon Award was given to Élisabeth Catelle, a volunteer with Revivre since January 7th, 2016. Over the past three years, Élisabeth has won everyone’s heart with her incredibly gentle and welcoming demeanor, humanity, compassion for other people’s problems and her outstanding support.

Congratulations Élisabeth! Above all, thank you for your outstanding involvement and contribution, both to the people who come to Revivre and to the entire team.

Pictured, left to right: Martin Enault, Chairman of the Board of Directors; Vicky Chicoine, Mental Health Worker and Volunteer Co-Manager; Élisabeth Catelle, volunteer; Angéline Roy-Hébert, Mental Health Worker and Volunteer Co-Manager; Jean-Rémy Provost, Executive Director
## Our Board of Directors

Revivre’s Board of Directors consists of people whom are directly affected by a mental health issue, are family members of affected persons or just simply wanted to volunteer their time to help advance our cause. Throughout 2018–2019, the Board met on four different occasions.

### Officers

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<thead>
<tr>
<th>Officer</th>
<th>Title/Role</th>
</tr>
</thead>
<tbody>
<tr>
<td>Martin Enault</td>
<td>Chairman, Chief Operating Officer, Felix &amp; Paul Studios</td>
</tr>
<tr>
<td>Brian G. Bexton, M.D.</td>
<td>Vice-Chairman and Secretary-Treasurer, Psychiatrist</td>
</tr>
</tbody>
</table>

### Directors

<table>
<thead>
<tr>
<th>Director</th>
<th>Title/Role</th>
</tr>
</thead>
<tbody>
<tr>
<td>Guy Latraverse</td>
<td>Honorary Chairman, Producer, Fair-Play</td>
</tr>
<tr>
<td>Marcel Aubin</td>
<td>President, Agence SDA3</td>
</tr>
<tr>
<td>Serge Beaulieu, M.D.</td>
<td>Psychiatrist and Medical Chief, Bipolar Disorders Clinic, Douglas Mental Health University Institute, Montréal West Island Integrated University Health and Social Services Centre Executive Chair, Canadian Network for Mood and Anxiety Treatments (CANMAT)</td>
</tr>
<tr>
<td>Sabia Chicoine</td>
<td>Chief Legal Officer, MX, CDCC</td>
</tr>
<tr>
<td>Stéphanie Ipavec-Levasseur</td>
<td>Associate Product Manager, Manulife</td>
</tr>
<tr>
<td>Jo-Anne Ménard Mackowiak</td>
<td>Chairman of the Committee J’avance en marchant fundraising event, Revivre</td>
</tr>
<tr>
<td>Anthony Palermo</td>
<td>Co-Founder and VP, Leisure &amp; Entertainment, Connect &amp; Go</td>
</tr>
<tr>
<td>Mathieu Rompré</td>
<td>Director, Business Development &amp; Firm Public Relations, Montréal Blakes</td>
</tr>
<tr>
<td>Isabelle Turcotte</td>
<td>Chief Marketing Officer, Québec Deloitte</td>
</tr>
</tbody>
</table>

Martin Enault thanks all outgoing board members: François Brissette, lawyer; Pierre Albert Dubois, lawyer, Deveau Avocats; Rénald Paré, President, Communications Sogestalt Inc.; and Jean-François Pilote, CPA, CGA, for their outstanding contribution to Revivre.
Our Team

**Management**

Jean-Rémy Provost  
Executive Director

Bruno Collard  
Clinical Director

Stéphanie Fontaine  
Program Director, J’avance!

**Coordination and Support**

Chantal Roby  
Coordinator, J’avance! Program

Danielle Leblanc  
Receptionist

Élizabeth Jong  
Administrative Assistant

Karrel Cournoyer  
Project/Event Manager

Marie-Claude Perrault  
Senior Consultant

**Mental Health Workers**

Angéline Roy-Hébert  
Chantal Roby  
Danielle Leblanc

Christine Sauvé  
Élizabeth Jong  
Karrel Cournoyer

Julia Brito-Denis  
Marie-Claude Perrault

Simon Langlois, t. s.  
Stéphanie Fontaine

Vicky Chicoine  
Bruno Collard  
Faniya Manaieva

**Self-Management Workshop Facilitators**

Myreille Bédard  
Angéline Roy-Hébert  
Chantal Roby

Julie Berson  
Danielle Leblanc  
Karrel Cournoyer

Élisabeth Catelle  
Élizabeth Jong  
Marie-Claude Perrault

Laura Chéron-Leboeuf  
Karin Cournoyer  
Stéphanie Fontaine

Alexandra Desrochers  
Marie-Claude Perrault  
Bruno Collard

Sarrah Fafou  
Sébastien Fontaine  
Faniya Manaieva

Catherine Gareau-Blanchard  
Myriam Bédard  
Bruno Collard

Danielle Germain  
Julie Berson  
Marie-Claude Perrault

Yves Jourdain  
Élizabeth Jong  
Faniya Manaieva

Natasha Langlois  
Karrel Cournoyer  
Bruno Collard

Saadia Maaroufi  
Myriam Bédard  
Bruno Collard

Patricia Marinelli  
Julie Berson  
Faniya Manaieva

Jonathan McArtur  
Sébastien Fontaine  
Bruno Collard

Mélanie Mercuri  
Marie-Claude Perrault  
Bruno Collard

Justine Razafindramboa  
Sébastien Fontaine  
Bruno Collard

Émilie Tremblay  
Julie Berson  
Faniya Manaieva

**Our Spokespersons**

Pierre Craig  
Journalist  
Since 2016

Véronique Bannon  
Actress and businesswoman  
Since 2014

Stefie Shock  
Singer-songwriter  
Since 2007
“Revivre is really an amazing organization! It helps us gain a self-driven, temporary foothold to help us get out of our rough patches. I’m so glad to have found this resource. It brings me the serenity and strength to get through my depression.”

- Julie, support group participant

We are so pleased to be able to help Alex, Julie, Nathalie, Cathy and thousands of other people who are learning, day by day, how to better deal with anxiety, depression and bipolar disorder, and successfully take care of their mental health.

A major change for Revivre in 2019–2020!
We have teamed up with Cossette to dream up a new name and brand image. We are very proud of this partnership, which will propel us into a new chapter in our organization’s history.