

# Supporting the mental health of community workers in Montreal in times of pandemic and beyond: an intervention research

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Funded by : Réseau Québécois COVID-Pandémie  
(RQCP); Fondation Écho et Fondation du Grand  
Montréal (FGM)



# Context

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A call for projects by the Réseau Québécois COVID-Pandémie in collaboration with the Fondation ÉCHO and the Foundation of Greater Montreal

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Mental health of community workers during the pandemic

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\$25,000 funding over 12 months

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Our proposal: winning project

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# Project team

## Researchers

- **Lara Gautier**, École de Santé Publique de l'Université de Montréal ; Centre de Recherche en Santé Publique
- **Naïma Bentayeb**, ENAP; École de travail social de l'Université McGill; IU- SHERPA
- **Mélanie M. Gagnon**, CERDA, CIUSSS Centre-Ouest-de-l'Île-de-Montréal
- **Annie Jaimes**, Université York, Centre de Recherche pour les Réfugiés et Département de Psychologie

## Partners

- **Jean-Sébastien Patrice**, Directeur général Multicaf et coordonnateur Plan d'action COVID-19 de CDN
- **Alessandra Devulsky**, Directrice générale, CDC de Côte-des-Neiges
- **William Delisle**, Directeur général, Club-Ami
- **Hugues LaForce**, Directeur, Centre d'intervention de crise TRACOM

# Relevance

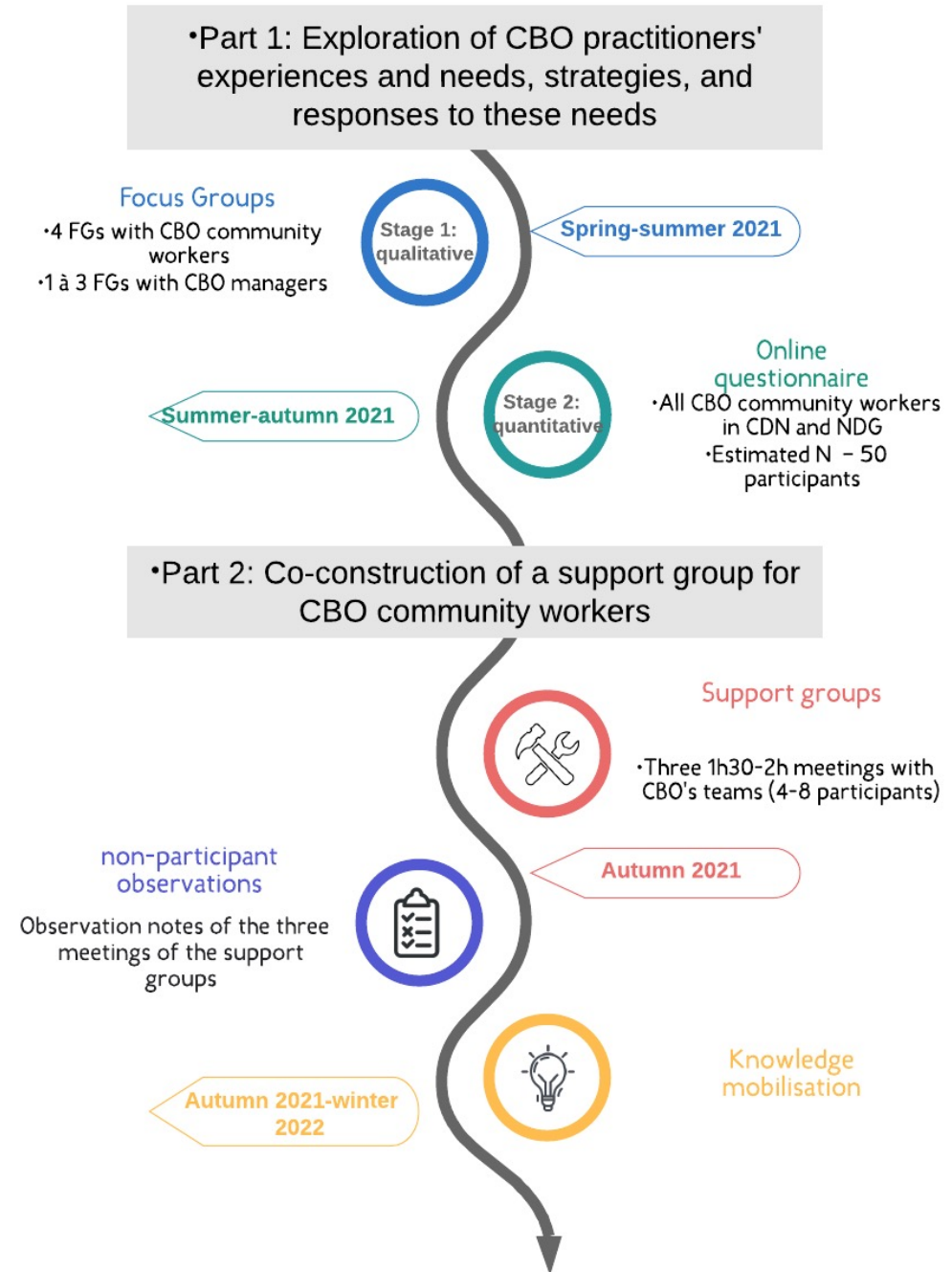
- Crisis context
  - CBOs **have reacted quickly to the pandemic: adapting their practices, including offering more remote services**
- Importance of CBOs, pressure of the context and increasing needs of the population
  - Community workers accumulate several vulnerability factors: anxiety, **increased workload, significant changes in the services' nature and the resources offered**
- Impact on the commitment and mobilisation of workers
  - **Mobilisation, commitment and retention of workers is a consequence of good mental health; essential for the continuation and continuity of community services**
- Little research on the impact of the pandemic on the mental health and well-being of community workers
  - **Many relate to health care workers**

# Research objectives

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- Analyze the experience of community workers in Côte-des-Neiges and Notre-Dame-de-Grâce neighbourhoods with the pandemic
  - Impact of the pandemic on their well-being
  - Resources available to them or resilience strategies they have developed
- Analyze the initiatives of organizations that have set up ad hoc psychological support interventions offered to community workers on a voluntary basis
  - Recommendations to improve and complement them

# Methodology: Mixed sequential exploratory design



# Knowledge mobilisation: usefulness

Recommendations for the  
design of future interventions



Final Virtual Symposium



Community of practice for the  
well-being of teams and  
community workers



Practical sheets listing  
promising initiatives

Thank  
you



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