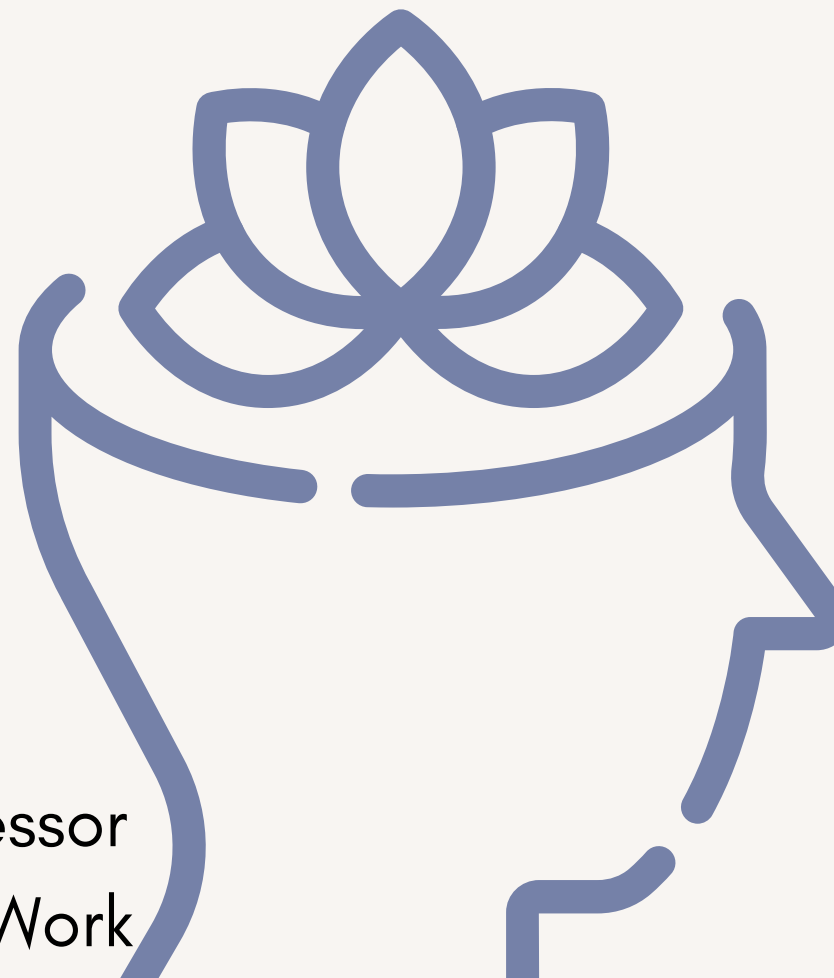


Recovery in Mental Health

from a youth rights-based Perspective



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Conseil de recherches en
sciences humaines du Canada

Social Sciences and Humanities
Research Council of Canada

Canada 

Team

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Collaborators & knowledge users

espace
jeunes prise II
ressource alternative
en santé mentale

Agenda

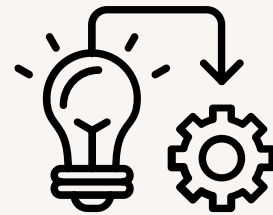
1. Context
2. Objectives
3. Theoretical framework
4. Methodological approach
5. Methodology
6. Participants
7. Key findings
8. Challenges and limits

Objectives

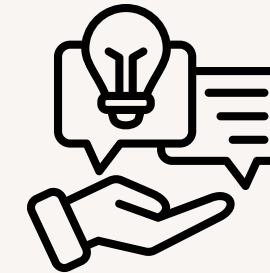
Why are we doing this ?



Explore the experiences of young people who use mental health services in Quebec.



Develop a new conceptualization of mental health recovery from a rights-based perspective.



Develop recommendations for social policies and professional practices grounded in experiential knowledge and research, with the aim of guiding and supporting the organization and delivery of mental health services for young people.

Therotical

How are we understanding this ?

Two Complementary Approaches

Rights-Based Perspective

- Young people have the right to receive appropriate care
- They should actively define what recovery means to them
- Recognizing and respecting rights shapes their mental health journey

Experiential Knowledge Perspective

- Values the voices and lived experiences of youth
- Their stories become essential sources of knowledge
- Guides the development of more respectful and adapted interventions

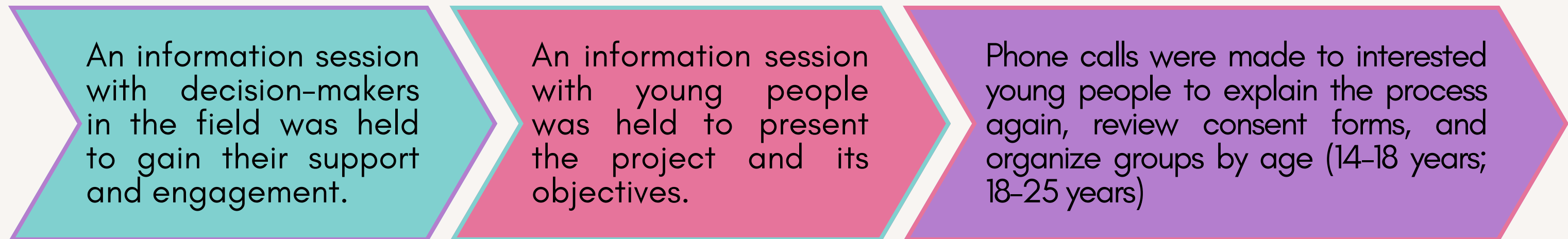
Methodological approach

What's our strategy to learn more

Qualitative Approach Using Photovoice

- A participatory and empowering method
- Photography as a tool for personal expression
- Highlighted youth experiences in mental health, recovery, and professional interactions
- Encouraged reflection on rights and lived realities

Adapted Step-by-Step Model (Tougas et al., 2022) to promote youth empowerment and collaboration:



Methodology

What did we do ?

Each group, facilitated by a team member, met three times—either in person or virtually—for sessions of approximately two hours, held at the CIUSSS Centre-Sud facilities.

Two series of photovoice workshops held between September 2024 and March 2025.



Session 1

Introduction + Preparation

- Overview of the photovoice method
- Photography training with disposable cameras
- Ethics discussion & activity timeline
- Collective selection of themes: recovery, rights, mental health, relationships



Session 2

Sharing + Reflection

- Photo sharing and group discussion using the SHOWeD technique
- Critical reflection on images and narratives
- Identification of emerging themes
- Co-construction of a rights-based recovery framework
- Session recorded and transcribed for analysis



Session 3

Exhibition Planning + Closure

- Planning the exhibition format
- Preparing to share findings with decision-makers
- Final reflection on the experience

Data Analysis Combined:

Transcripts; Photographs
Researcher observation notes
→ Enabled both individual expression and collaborative insight in an engaged research process

Participants

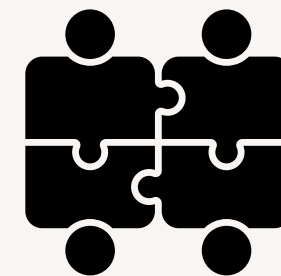
Who did we meet?



Young people aged 14 to 35 who have received or are currently receiving mental health services



Voluntary recruitment through a youth-focused community organization in Montréal



Cultural and socioeconomic diversity among participants

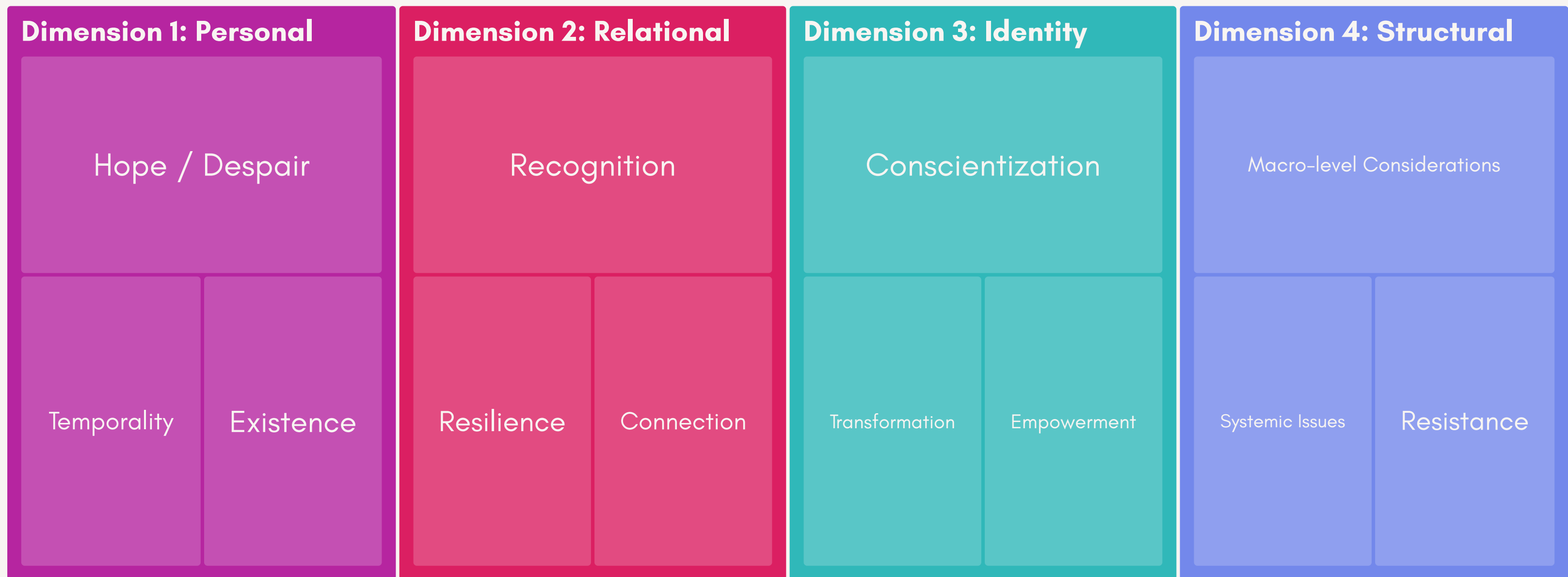
Criteria

- ✓ Be aged between 14 and 35, inclusive
- ✓ Have an interest in art-based workshops
- ✓ Have received or be receiving mental health services or follow-up
- ✓ Ability to converse and discuss in French (B2 level)
- ✗ Legal incapacity under protective mandate

A total of 7 participants, divided into small groups

Key findings

What are we learning?



Key findings

Young people's reflections



Envisioning the future with dreams and hope



Being connected to others and to nature



Having the right to make decisions for oneself, especially regarding the care received



Defining one's own well-being instead of conforming to fixed standards



Living in healthy and safe conditions



Receiving support in daily life, not only during times of crisis

Challenges and limits



Diversity



Recrutement



Time

Thanks !

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