PreVenture

A Mental Health and Early Intervention Program for Youth

About the Program

PreVenture is an evidence-based prevention program that uses personality targeted interventions to promote mental health and skill development and delay youth substance use.

Research shows that personality factors can increase vulnerability to substance use and mental health challenges.

PreVenture incorporates motivational interviewing and cognitive behavioral therapy (CBT) to help youth better understand and manage the aspects of their personalities associated with risky behaviors and substance use. The four personality styles that the program discusses are:

- Impulsivity
- Sensation Seeking
- Anxiety Sensitivity
- Negative Thinking

PreVenture helps youth to:

- → Learn better coping mechanisms
- → Weigh the consequences of their actions
- → Make healthy decidions
- → Set long-term goals

PreVenture Intervention

PreVenture was developed by Dr. Patricia Conrod, a Clinical Psychologist and Professor of Psychiatry at The University of Montreal. Over 25 years of research has contributed to the development of the program.

PreVenture is developed for youth ages 12-18 and can be implemented in school/non-school and online settings. The intervention requirements easily fit into a school partner's limited time constraints.

1. **Consent:** Consent forms are sent to the parents.
2. **Screening:** Target youth population completes the Substance Use Risk Profile Scale (SURPS) brief survey which identifies program eligible youth and their unique personality profiles.
3. **Eligibility:** Eligible youth are informed confidentially in person or in writing and invited to participate in workshops.
4. **Implementation:** Two, 90-minute workshops are held at least one week apart. The workshops help youth to understand the connection between their personality profile and their behaviors.

Evidence-Based. Multiple Research Studies. Results.

- Reduces Alcohol Use and Odds of Binge Drinking by 50%
- Reduce Drug Use by 50%
- Delayed Initiation and Frequency of Cannabis Use
- Significantly Reduced Conduct Problems
- Reduced Risks for Mental Health Problems Such as Anxiety, Depression

overdoselifeline.org/preventure preventure@overdoselifeline.org 844-554-3354

PreVenture Facilitator Training

If you are a teacher, mental health practitioner, counselor, social worker, and/or prevention specialist, you can become a certified PreVenture facilitator and bring this proven, evidence-based intervention to your community.

Trainees will complete the PreVenture Facilitator registration form and an online prerequisite course (approximately 60 minutes).

Facilitator training is 2 days for groups of 4-15 and is conducted online or in-person*. Day one: 7-hour session (with lunch). Day two: 5-hour session.

Upon completion of the full low fidelity facilitator training, you will be certified to deliver the PreVenture Program. For continued access to delivering the PreVenture Program, certification must be renewed annually on April 1st of each year.

Following your training, you will gain access to the preventureprogram.com website with a personalized facilitator dashboard with the tools and support you'll need to deliver the program successfully. Overdose Lifeline can provide additional resources, such as information documents for school stakeholders, upon request.

Pricing

→ PreVenture 2 Day Training	$660/person
→ Facilitator Manual	$125/person
SUBTOTAL	$785/person

Optional

High Fidelity Certification—additional $500/person
Trainee must complete one full personality workshop under supervision.

**On-site / in-person trainings available with travel expenses additional.*

Budget for Other Implementation Costs

Printed Youth Workbook (4 personality types)

- → >400 $12/workbook
- → 200-399 $18/workbook
- → <200 $22/workbook

Online Facilitator Bundle $580/bundle

Each bundle provides 12 digital student workbooks per 4 personality traits for a total of 48. The PreVenture youth workbooks and the online facilitator bundles may be purchased from PreVenture-CHU Sainte-Justine.

$120 annual licensing fee/facilitator. Feed paid April 1st to PreVenture-CHU Saint-Justine.

Overdose Lifeline is an official provider of PreVenture training and implementation in the US.

Interested in learning more about PreVenture? Contact us today

Kourtnaye Sturgeon
Eastern Region
kourtnaye@overdoselifeline.org
844-554-3354, ext 2
m: 317-409-7256

Lisa Marie Fiorille
Western Region
Lisa@overdoselifeline.org
844-554-3354, ext 4
m: 330-805-8082