

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 delay youth substance use. Developed at the University of Montreal and used around the world, PreVenture is designed to help at-risk youth learn useful coping skills, set long term goals, and channel their personality towards achieving them.

PreVenture incorporates motivational interviewing and cognitive behavioral therapy to help youth better understand and manage the aspects of their personalities associated with risky behaviors and substance use. **PreVenture helps youths to:**

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

PreVenture Intervention

PreVenture is developed for youth ages 12-17 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%



Delayed Initiation and Frequency of Cannabis Use



Significantly Reduced Conduct Problems



Reduce Drug Use by 50%



Reduced Risks for Mental Health Problems Such as Anxiety, Depression



PreVenture Facilitator Training

Teachers, mental health practitioners, counselors, and anyone who undergoes proper training with a licensed PreVenture implementation specialist can deliver the program in their community.

Facilitator trainings is 2.5 days for groups of 4–10 and is conducted online or in-person*.

Once the training is completed, you will receive a certification valid for one year. Certification licensing must be renewed annually for continued facilitation.

As part of your training, you will gain access to the [preventure.us](https://www.preventure.us) website with a personalized Facilitator dashboard with the tools and support you'll need to deliver the program successfully, such as:



Resources: consent forms, peer-reviewed articles, best practices, etc.



SURPS (Substance Use Risk Profile Scale): Overdose Lifeline online tool to create, distribute, collect, and automatically score the SURPS



Database containing each facilitator's SURPS scores conducted over time

Pricing

- **PreVenture 2.5 Day Training** \$600/person
- **Facilitator Manual** \$100/person
- **Facilitator Set – 4 Workbooks** \$80/person
- **Annual License** \$120/year

SUBTOTAL \$900/person

Optional

High Fidelity Certification—additional \$500/person
Trainee must complete two personalities under supervision.

*On-site trainings available. Travel expenses to include accommodations for two trainers, transportation, food, tax, etc., at the federal per diem rate.

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.

Digital workbooks are approx. \$12 each and the automated screener is provided for free. Digital workbooks sit in the cloud, are not downloadable. The digital workbooks are password protected for each individual and the program includes a built-in user-friendly annotation tool that allows youth to complete all exercises in the workbooks.