



PreVenture

Program Description

Preventure is an evidence-based prevention program that uses personality targeted interventions.

- It promotes mental health, skill development, and delays youth substance use
- There are four personality types that this program targets:
(1) anxiety sensitivity (2) negative thinking (3) impulsivity and (4) sensation seeking

This program is designed to help at risk youth ages 12-17...

- Cope with their personality
- Set long- term goals
- Weigh the consequences of their actions
- Challenge hot thoughts related to their personality profile
- Make healthy decisions
- Break down their experience with risky situations into physical sensations, thoughts, and actions

The program manuals for each type of personality profile include

- Psycho- educational component
- Motivational enhancement therapy (MET)
- Cognitive behavioral therapy (CBT)
- Real life 'scenarios' shared by local youth with similar personality profiles

Program Process

NOTIFY

relevant parties
about program
implementation
(e.g. parents,
teachers)

SELECT

high-risk
students by
SURPS online-
assessment
tool

IMPLEMENT

program within
a 2-week time
frame

Program Logistics

Location:

- One room in school or clinic that provides privacy for youth to have open discussions

Students per Session:

- Groups of 6-12 students; can also be individual

Target Grade:

- 7th grade

Length of program:

- Two 90-minute individual- or group- based workshops implemented 1-2 weeks apart.

Days & Times:

- Should avoid conflicting days/times of exams and holidays and preferably Monday thru Thursdays.

Capacity:

- This program is funded to reach approximately 50 youth with small flexibility to train a few more upon request.

Participant Manuals:

- Will be provided during sessions and collected by facilitator after each session.

What Does the Research Say?

Research Behind the Program

- Personality factors such as (1) anxiety proneness, (2) depression-proneness, impulsivity/reward dependence, and sensation seeking have been shown to be associated with elevated and problematic substance use patterns.

<https://www.sciencedirect.com/science/article/abs/pii/S0306460309001713>

Evidence of Program Effectiveness

- **30%-50% reduction in symptoms and probability of transitioning to Substance Use Disorder (SUD)**

<https://www.proquest.com/docview/1783998736/fulltextPDF/5558049576D1464CPQ/1?accountid=15101>

- **'Negative Thinking' journal reduces rate of depressive symptoms; 'Anxiety Sensitivity' journal reduces rate of panic attacks and skipping class; 'Impulsivity' journal reduces rate of shop lifting.**

<https://www.tandfonline.com/doi/abs/10.1080/09638230600998912>

- **Prevention benefits youth regardless of their socioeconomic status and has additional benefits for those reporting peer victimization.**

<https://onlinelibrary.wiley.com/doi/abs/10.1111/acer.14016>

- **Prevention reduces the odds of trying cannabis over 2 years.**

<https://pubmed.ncbi.nlm.nih.gov/20048226/>

- **Prevention effects on mental health are still visible two years later.**

<https://pubmed.ncbi.nlm.nih.gov/23344135/>