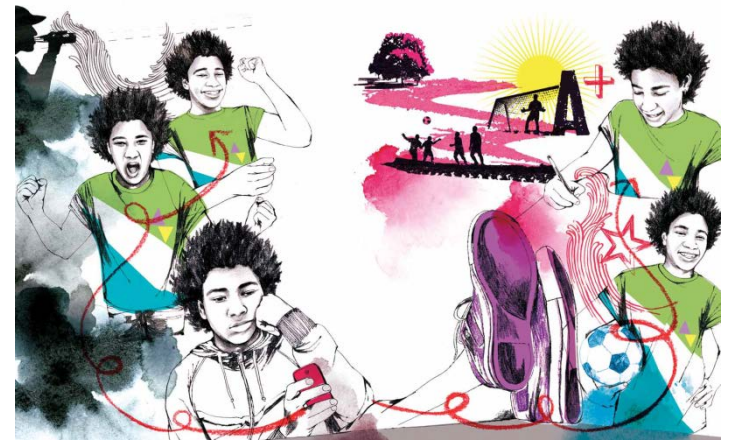




PREVENTURE
 Personality Targeted approach
 Adolescent substance use prevention *Situation. Sensations.Thoughts.Actions*



PREVENTURE program training

Brief, coping skills interventions targeting personality risk factors for adolescent substance misuse with effects which have been shown to last for up to two years in two separate randomized trials. **The Preventure program** has proven both feasible and effective when delivered by trained school-staff, and thus can operate within an implementation model that has a higher likelihood of being adopted by schools in a sustainable manner.

The Preventure program involves delivering specialized coping skills group workshops to high risk students or patients. High risk youths are identified through the Substance Use Risk Profile Scale (SURPS). The two (2) 90 minute workshops focus on motivating adolescents to understand how their personality style leads to certain emotional and behavioural reactions. Four different workshops will be run, focusing either on managing impulsivity, sensation seeking, anxiety sensitivity or negative thinking.

1 PREVENTURE WORKSHOP =

- ✓ 1 PERSONALITY TRAIT (*EACH PERSONALITY HAS ITS OWN WORKSHOP, THEY ARE NOT TO BE COMBINED*)
- ✓ 2 SESSIONS: 90 MINUTES EACH , AT LEAST 1 WEEK APART
- ✓ 4-8 ADOLESCENTS PER WORKSHOP
- ✓ 1 TRAINED WORKSHOP FACILITATOR + 1 TRAINED WORKSHOP CO-FACILITATOR

TRAINING SCHEDULE

DAY 1	DAY 2	DAY 3	DAY 4-5	DAY 5-6
6-8 HOURS	6-8 HOURS	6-8 HOURS	90 MINUTES X 2	90MINUTES X 2
Seminar on the theoretical Approach and the Evidence base of the program	Workshop reviewing CBT and motivational principles and exercises, role play and trouble shooting (optional for experienced counsellors)	Workshop of instruction and role play on how to administer cognitive behavioural exercises targeted at specific Personality profiles.	Supervised Practice.	Supervised Practice.



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COSTS

	Up to 4 trainees	5 to 8 trainees
3 day training	\$3500	\$4500
2 day option	\$2500	\$3500

* Supervisions should be run over two 90-minute sessions - if individuals require additional training this can be arranged with the supervisor at \$200 per session (or \$160 per hour).

Implementation Materials

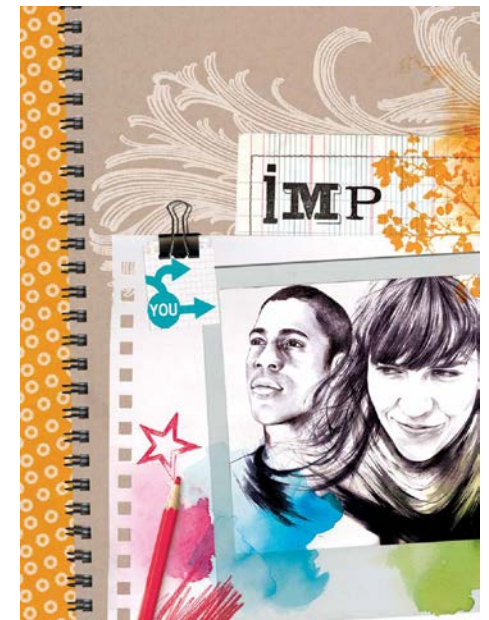
Item	Cost	Required?
Student manuals	\$12-\$25 depending on size of order	Yes
Therapist manuals	Free with training package or \$100 for every additional manual	yes

Technical Assistance/Consultation

Item	Cost	Required?
Practical supervision per trainee (4 hours of supervision)	\$400	Yes
Ongoing supervision of treatment sessions or programme implementation	\$160 per hour	No

Quality Assurance Materials

Item	Cost	Required?
Substance Use Personality Scale	Free	Yes
Preventure Programme Fidelity Scale	Free	Yes
Young & Beck's Cognitive Therapy Scale	Free	Yes



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