

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


Reduces Alcohol Use
and Odds of Binge
Drinking by 50%


Delayed Initiation
and Frequency of
Cannabis Use

**Evidence-Based.
Multiple Research Studies.
Results.**


Significantly Reduced
Conduct Problems


Reduce Drug Use
by 50%


Reduced Risks for
Mental Health Problems
Such as Anxiety,
Depression

Contact Information

Brittany Burtraw, Behavioral Health Initiative Lead (BH Specialist)
317-409-1100
Brittany.Burtraw@CareSource.com

Gayle Smith, Behavioral Health Initiative Lead (BH Specialist)
317-982-6497
Gayle.Smith@CareSource.com

Emma Dartis, Behavioral Health Initiative Lead (BH Specialist)
317-982-6403
Emma.Dartis@CareSource.com

BH Mailbox: Indiana_BH@CareSource.com
Fax: 937-396-3964

Kristi Carney, Behavioral Health Director, Indiana Market
317-982-6427
Kristi.Carney@CareSource.com

Angie Summers, School Based Health Administrator
317-982-6474
Angela.Summers@CareSource.com

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.