



## INFORMATION FORM FOR PARENTS

JANUARY 14, 2026.



### An Evidence-Based Preventive Mental Health Program for Youth

We will be implementing the PreVenture Program, an evidence-based preventive mental health program for youth aged 12-18 yrs. The program includes 2 workshops in which youth explore their personality style and learn valuable coping strategies and goal-setting skills.

The program was developed by Dr. Patricia Conrod, a Professor in the Department of Psychiatry at the Université de Montréal, a clinical psychologist, and a researcher at the CHU Sainte-Justine Research Center.

#### **What is the nature and the goal of the PreVenture Program?**

The PreVenture Program aims to equip youth with self-efficacy and cognitive behavioural skills to help them navigate the numerous developmental challenges faced in adolescence, such as academic stress, peer pressure, interpersonal conflict, and identity development. It provides them with the tools they need to pursue and attain their long-term goals. Recognizing the importance of individual differences in how people interpret and cope with different types of life challenges, the program is tailored to different personality styles. This ensures it is personally relevant to each participant. During brief workshops, youth learn adaptive coping skills, how to set long term goals and how to channel their personality towards achieving them.

#### **How does it work?**

Youth will be invited to complete a brief, rigorously tested, questionnaire to match them with the workshop most relevant to their self reported interests and personality style. All results will be kept strictly confidential. Based on the questionnaire results and available resources, youth may be invited to take part in two 90-minute group workshops. Each participant will receive a manual filled with eye-opening, engaging exercises. The information exchanged during the workshops will be kept confidential and all participants (youth and facilitators) will be required to respect confidentiality. Students will be invited to participate in workshops in the coming weeks. Our goal is to have all sessions completed by Spring Break.

## **What are the benefits of participating in PreVenture?**

The science behind the PreVenture Program is unparalleled. The program was tested in multiple randomized control trials in Canada, Australia, The Netherlands, and the United Kingdom. The trials produced significant results demonstrating multiple positive outcomes. These are just a few of the benefits seen in youth who attended the program:

- Reduced alcohol and drug use by up to 80%
- Delayed onset of alcohol and drug use
- Reduced odds (50%) of binge drinking
- Delayed onset of mental health symptoms related to depression and anxiety
- Reduced mental health symptoms related to depression and anxiety
- Reduction in conduct problems
- Reduced bullying behaviours and victimization
- Significant reduction in tobacco use at 3-year follow up
- 83% reduction in risk for hazardous alcohol use at 7-year follow up

PreVenture has been recognized as an evidence-based program by several authoritative agencies including UNESCO, WHO, UNODC and the US Surgeon General.

## **What are the risks?**

Participation in the PreVenture Program has no physical risks. There is no inconvenience other than the time required to answer the questionnaire and attend the workshops (3 hours) and any discomfort your child may experience due to certain questions on their emotional state. In case youth have concerns related to their involvement in the program, they are welcome to contact **Wanda Machado**.

The brevity of the program (two 90-minute sessions) contributes to keeping youth engaged and requires a minimal amount of disruption to the curriculum or regularly scheduled activities. In just a few hours, this program can change the trajectory of a young person's life.

## **How is privacy ensured?**

The results of your child's questionnaire will be kept confidential as required and permitted by law and/or school/institutional regulations. Personal identifying information will only be available to the certified facilitator **Wanda Machado** and any authorized organization team members. The organization team and other involved professionals are required to adhere to a confidentiality policy except in the case of a life-threatening situation as required by law and school regulations.

## **Responsibility and voluntary participation**

Taking part in this program is voluntary. You or your child may choose not to participate or can decide to stop being in the program at any time. If you or your child decide not to take part in this project, or to stop participating later on, you may simply provide verbal notice without having to justify your decision.

## **Who do I contact if I do not want my child to participate or if I have questions?**

For more information on the PreVenture program, visit <https://www.preventureprogram.com/> or if you have any questions or concerns, you can contact **Wanda Machado** by phone **250 352-5591** or [wanda.machado@sd8.bc.ca](mailto:wanda.machado@sd8.bc.ca) .

