

PreVenture: School-based personality targeted interventions for youth mental health promotion and substance abuse prevention

Your child's school is implementing a prevention program named *PreVenture*, a school-based workshop for children ages 12-17 years that helps youth explore their personality, coping strategies, and set long-term goals. The program has been developed by Dr. Patricia Conrod, a professor in the Department of Psychiatry of the Université de Montréal, a clinical psychologist and researcher at the CHU Sainte-Justine Research Center.

The implementation of *PreVenture* consists of the following phases for students:

Phase 1: Screening (paper/digital evaluation)

Students participating in the project will be invited to complete a paper questionnaire on their personality and life habits. Answers to the questionnaire will be kept confidential. Questionnaire completion will take approximately five (5) minutes.

Phase 2: Workshops (*PreVenture*)

Based on the evaluation results, eligible students will be invited to take part in two (2) group workshops adapted to their personality. According to previous studies, on average, 45% of the students are eligible to participate in the *PreVenture* program tailored to personality traits such as Impulsivity, Sensation Seeking, Anxiety Sensitivity, and Negative Thinking. The four sessions will be 45 minutes each. The learning will strengthen student's capacity to cope with personality-related risk factors and provide them with the tools they need to pursue and attain their long-term objectives. The information exchanged during the workshops will be kept confidential and all participants (students and facilitators) will be required to respect confidentiality.

1. What is the goal of *PreVenture*?

PreVenture aims to identify personality-related risk factors associated with mental health problems and substance misuse, and to deliver brief coping skills interventions to young people presenting these risk factors.

2. What are the benefits of participating in *PreVenture*?

The *PreVenture* program can be effectively delivered in school settings and prevent or reduce misuse of alcohol and other drugs, as well as conduct or mental health problems, according to previous studies conducted in secondary schools in the United Kingdom, Australia, and Canada. Previous studies have also shown that the beneficial effects of the program can be maintained for two years after its delivery.

3. What are the risks?

Participation in *PreVenture* has no physical risks. There is no inconvenience other than the time required to answer the questionnaires and the discomfort your child may experience due to certain questions on his/her emotional state or personal life habits. In case students have concerns related to their involvement in the project, they are welcome to contact the persons responsible whose contact information is provided at section 6 of this form.

4. How is privacy ensured?

The information obtained during the implementation will be kept confidential as required and permitted by law and school regulations. The only identifying markers shared by the student will be their name. These will be kept on an encrypted site only accessible by the facilitator of the student's workshop, likely within the school/organization or a third-party in the community.

5. Responsibility and voluntary participation

Taking part in this workshop is voluntary. Your child may choose not to participate in the workshop and can leave at any time if discomforted. Should the student choose not to participate, they need only to provide verbal notice with no supporting justification required. No new information about your child will be collected.

Agreeing that your child participates in this project does not waive your legal rights nor release facilitators from their legal or professional responsibilities if the child is harmed in any way.

Given the benefits of this project and the fact that related risks are negligible, passive parental consent was approved by district 103 at Daniel Wright Junior High School. Consequently, if parents do not provide signed consent forms for their child's participation, this will be considered as a passive consent allowing the child to participate in the project.

6. Who do I contact if I have questions or concerns?

For more information on the implementation of *PreVenture*, you can contact Overdose Lifeline's Manager of Education, Cameron McNeely, by phone: 812-564-1310 or email: cameron@overdoselifeline.org. For questions specific to Daniel Wright Junior High's facilitation of the workshops, you can contact Samantha Blue, School Counselor or Rachel Graham, Social Worker at (847) 295-1560.

Opt out Form

PreVenture

Please return a completed and signed copy of this form with your student to be returned to Samantha Blue, School Counselor by 3/1.

If you **do not** provide a signed consent form, this will be **considered a passive consent** for your child's participation.

I read the information explaining what will happen during these workshops and was given a copy to keep. I was able to ask questions, and if so, they were answered to my satisfaction. After consideration,

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I do not agree that my child participates in these workshops.

Printed name of parent(s) or legal guardian(s)

Signature

Name of child _____

School _____

Date _____