



INFORMATION AND CONSENT FORM

The PreVenture Program

An Evidence-Based Early Intervention Program for Youth

We will be implementing the PreVenture Program, an evidence-based mental wellness and early intervention 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, personality 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.

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, 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 the child/youth may experience due to certain questions on their emotional state. In the event the child/youth have concerns related to their involvement in the program, they are welcome to contact the PreVenture facilitator, or Maltby Centre at reception@maltbycentre.ca

How is privacy ensured?

The information obtained during the screening will be kept confidential as required and permitted by law and/or school/institutional regulations. Personal identifying information will only be available to the program administrator(s) and any authorized organization team members at Maltby Centre. Information about PreVenture is collected within a secure electronic system that is accessible to the organization team at Maltby Centre as well as the Centre for Addiction and Mental Health's PreVenture team. Referral information may also be shared with certified PreVenture facilitators in the KFL&A region who are involved in delivering the PreVenture program. 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 may choose not to participate or can decide to stop being in the program at any time. If you 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 have questions or concerns?

For more information on the PreVenture program, visit <https://www.preventureprogram.com/>. If you have any questions or concerns, you can also contact Maltby Centre at preventure@maltbycentre.ca

Consent

Name of Child/Youth (Print) Signature of Child/Youth Date(dd/mm/yr)

School the child/youth attends

Child/Youth Contact information:

Telephone: _____ Email: _____

Consent from Parent or Legal Guardian if applicable due to child/youth capacity or agency policy:

Name of parent or legal guardian (print) Signature Date (dd/mm/yr)

Parent Legal Guardian

Please return a completed and signed copy of this form in person or via email to preventure@maltbycentre.ca and keep a copy of the form.

*We acknowledge that Maltby Centre is situated on Traditional Lands of the Anishinaabe and Haudenosaunee.
We are grateful to be able to live, work, play and support our community on these lands.*