

A large, faint, light blue graphic in the background depicts a stylized human figure with arms raised, enclosed within a circular shape. The figure is composed of simple geometric forms: a circle for the head, a triangle for the torso, and two curved lines for the arms.

# PreVenture with Interior Health 2023/24

Overview for FISA - October 30, 2023



*Interior Health recognizes and acknowledges that we are collectively gathered on the traditional, ancestral, and unceded territories of the seven Interior Region First Nations, where we live, learn, collaborate and work together. This region is also home to 15 Chartered Métis Communities. It is with humility that we continue to strengthen our relationships with First Nation, Métis, and Inuit peoples across the Interior.*





# Overview

- What is PreVenture?
- Why PreVenture?
- How does it work?
- How does Interior Health offer support?
- Questions and contact



# What is PreVenture?



- PreVenture is a personality focused, strengths-based prevention program for youth (grades 7 & 8) that offers students decision making tools through tailored workshops.
- Helps students...
  - learn useful coping skills,
  - set long term goals, and
  - channel their personality traits towards achieving them, so that they can thrive in all areas of their lives.
- Trauma-informed, founded on Motivational Interviewing, cognitive behavioural therapy techniques and social emotional learning.
- Good alignment with BC School curriculum (grades 5-8)



# Why PreVenture?

- Offers students the tools for better self-knowing, understanding of their own decision making practices
- Aimed at personality traits and leveraging strength based approaches towards tangible achievable goal
- Evidence based and evidence informed
- Part of a spectrum of supports for healthier long term outcomes for communities



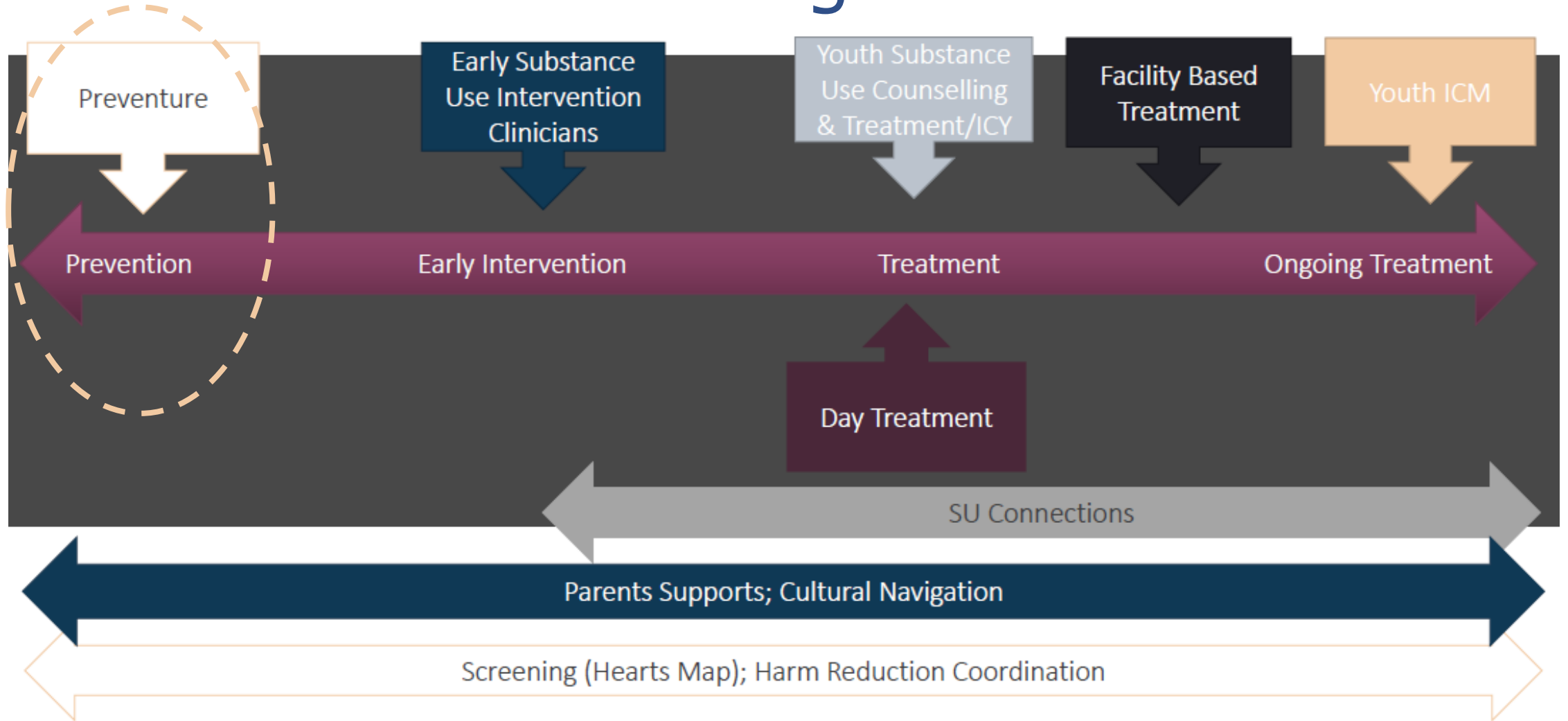
# Research

- Reduced alcohol and drug use by 30% to 80%
- Reduced odds of binge drinking by 50%
- Delayed onset of symptoms of depression, anxiety and conduct problems
- Delayed onset of first consumption of substances
- Reduced bullying behaviours and victimization

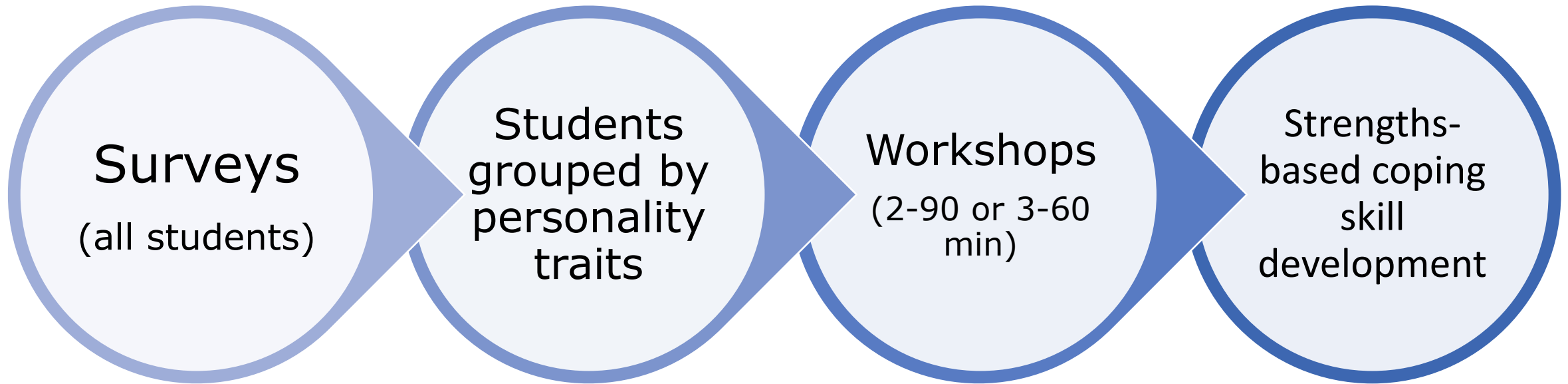
*Personality Risk Education for the Prevention of Substance Abuse in Teenagers (2020).  
Dr. Patricia J. Conrod, Chair of Social Pediatrics and Professor of Psychiatry, Université de  
Montréal, CHU Ste-Justin.*



# Continuum of IH Program & Services



# PreVenture for Students



# What are the surveys?

- Surveys are non-diagnostic
- 23 questions long
- Questions include things like: “I would like to ride a motorcycle” and “I find spending time alone enjoyable.”
- Meant to identify personality traits around how students react to different situations

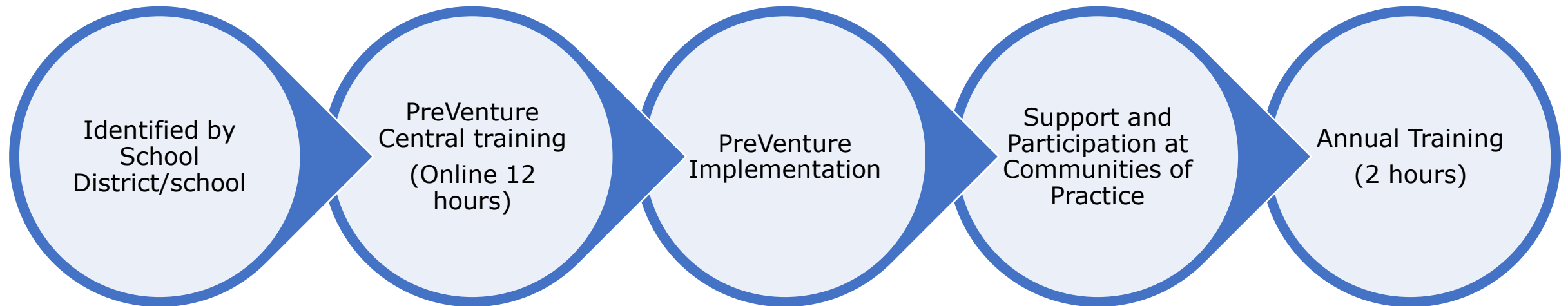


# What makes a good facilitator?

- Embedded, trusted adults within the school or community
- Teachers, counsellors, healthy school coordinators
- Community partners, or connections with high schools
- Ideally some background in cognitive behavioural therapy (CBT), counselling or motivational interviewing, however an aptitude, interest and familiarity with the concepts is the only prerequisite
- An additional short course is available for non-counsellors
- Ideally some relationship or potential to foster ongoing relationships with students



# PreVenture Facilitators



# What are the Communities of Practice?

- School District Administrators and Facilitators meet separately
- Offered virtually 3-4 times of year 45-60 minutes
- Valuable info and learnings
- Updates, success, challenges and strategies:
  - e.g., setting up spaces, parental consent, snacks, etc.
- Opportunity to collectively troubleshoot and leverage best practices
- Part of our evaluation process



# Roles & Responsibilities

## Interior Health

- Overall Program coordination & Reporting
- Communities of Practice (Administrators & Facilitators)
- Funds facilitator trainings, licenses, student surveys and workbooks

## School Districts

- Identifies schools & facilitators
- Schedules and implements using their own staff or community supports
- Reports participant summary data to IH
- Participates in Communities of Practice



# Wondering how you can get involved?

Reach out to:

[healthyschools@interiorhealth.ca](mailto:healthyschools@interiorhealth.ca)

