



**The PreVenture Program**

Makayla Ratcliffe, Prevention Specialist III,  
PreVenture Program Coordinator

Mratcliffe@omni4all.org

OMNI

1

### What is PreVenture?

- Created in Canada by Dr. Patricia Conrod – "Adolescence is a time of rapid change and in the era of Fentanyl and AI fueled digital media, the most effective prevention option right now is to equip young people with (personally relevant) skills to help them manage their mental health."
- An evidence-based prevention program that uses brief, personality-focused workshops to promote mental health and delay substance use among youth
- Equips young people with self-efficacy and cognitive behavioral skills to help them cope with the different challenges that many young people face

OMNI

2

### How Does it Work?

- Students take the SURPS**  
The "Substance Use Risk Profile Survey" will evaluate if students have any of the 4 personality traits
- Eligible Students are invited to the workshops**  
This program is completely volunteer based
- Students attend workshops**  
Workshops can be 2, 90-minute sessions or 4, 45-minute sessions

OMNI

3

### The Four Personality Groups

Anxiety Sensitivity (AS)	Negative Thinking (NT)	Impulsivity (IMP)	Sensation Seeking (SS)
Anxiety sensitivity comes with uncomfortable physical sensations when anxious and worrying about situations that will make these sensations appear.	Negative thinking is about feeling sad and hopeless, constantly finding the negatives in life's events.	Impulsivity is about acting on the spur of the moment without thinking much about the consequences of an action.	Sensation seeking is the need for excitement, even if it means engaging in risky behaviors.

OMNI

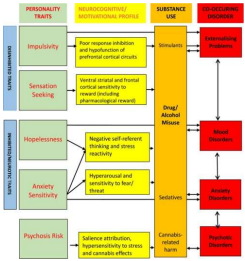
4

### Logic Model

Personality factors play an important role in determining the choices people make and the way in which they respond to stress.

The PreVenture program is unique in that it focuses on the specific personality traits which have the potential to influence adolescent risk-taking behaviors and mental health.

When understood and properly channeled, these personality traits can be beneficial in helping young people achieve their goals in a positive way.



OMNI

5

"Three of the four personality traits identified by PreVenture are linked to mental health issues, a critical risk factor for addiction."

— Szalavitz, M. (2016 Sept 29). *The 4 Traits That Put Kids at Risk for Addiction*. nytimes.com

OMNI

6

"Personality testing can identify 90 percent of the highest risk children before their risky traits cause problems."

— Wagele, E. (2016 Nov 15). "Preventure" A Program for Fighting Teen Addiction. psychologytoday.com

OMNI

## The Workshops

### Session 1

- Consent, confidentiality
- Defining our 10 year goals
- Self-assessment & introducing the personality trait
- Explore personal experience & how you currently cope
- Identify risky ways of coping using scenarios
- Choosing a coping strategy that is right for you
- Naming emotions & the parts of an emotional reaction
- Understanding the connection between physical sensations, thoughts, and actions
- Breaking down an emotional experience and applying to own experience

### Session 2

- Recap – homework, breaking down a recent emotional experience by thoughts, feelings, and physical sensations
- Identifying "hot thoughts" & thinking errors
- Spiraling
- Practicing identifying and challenging hot thoughts (self & others)

OMNI

## Outcomes

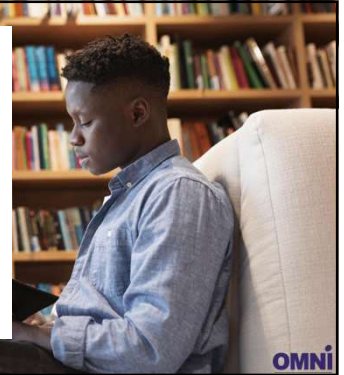
- Reduced rate of depressive symptoms (NT)
- Reduced rate of panic attacks (AS)
- Significantly reduced rates of skipping class (AS)
- Significantly reduced rates of shoplifting (IMP)
- Reduced rates of bullying and victimization
- 50% Reduction in alcohol use
- 30% Reduction in tobacco use
- 50% Reduction in drug use
- 85% of youth enrolled overwhelmingly reported a positive experience and having learned cognitive behavioral skills



OMNI

PreVenture is recognized worldwide! It has been identified as an evidence-based program by organizations like the US Surgeon General, the World Health Organization, and the United Nations.

PreVenture has been successfully implemented on a global level, by organizations in Australia, Canada, The United States, Mexico, The United Kingdom, the Netherlands, The Czech Republic and more.



OMNI

## Thanks!

Do you have any questions?  
Makayla Ratcliffe  
[Mratcliffe@omni4all.org](mailto:Mratcliffe@omni4all.org)

<https://preventureprogram.com/>  
<https://www.omni4all.org/>

# Illinois Human Performance Project

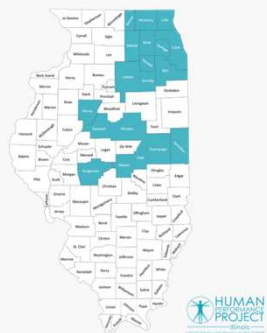
Illinois Prevention Summit 2025

SRSUPS



## WHAT IS IL HPP?

- Regional program in IL
- Stems off a national program, Life of an Athlete Human Performance Project, founded by John Underwood
- Core Modules and Leadership, primarily for HS students
- [ilhpp.org](http://ilhpp.org)



13

## DEFINING PERFORMANCE

### Performance:

The intention of showing up as your most present and best self to fulfill any action or activity.



14

## CORE MODULES

### SLEEP

- Importance of sleep
- How to get quality sleep
- How sleep supports brain development and physical recovery

### NUTRITION

- What foods to eat to fuel your body to perform optimally
- How nutrition interferes with other core modules
- How nutrition and fueling changes constantly based on activity levels

### MOOD & MINDSET

- The importance of a positive mood and mindset
- Impact stress, anxiety, and poor mental health has on performance
- Interconnection of mood and mindset to other modules

### CHEMICAL HEALTH

- Importance of being substance free
- Impact of substances on the body
- Understanding what you're putting into your body and how it can affect you short-and long-term

### LEADERSHIP

- How to develop key leadership skills
- Holding yourself and others accountable
- Team building strategies and development



15

## Ways to Partner With ILHPP

- One-on-One School Support
- Downloadable Training Modules
- Online Learning Courses (IL HPP Academy)
- Customizable/Downloadable Resources and Materials
- In Person/Virtual Trainings and Workshops (Adults & Students)
- Community Event Support (Health fairs, 5ks, back to school events, etc.)



16

Visit us on our website [ilhpp.org](http://ilhpp.org) & Follow Us on Social Media!



@ILHPP



@IL\_HPP



@il\_hpp



[ilhpp.org](http://ilhpp.org)



@ilhumanperformanceproject



Illinois Human Performance Project

Visit us on our website!



17

## Podcast



SPOTIFY



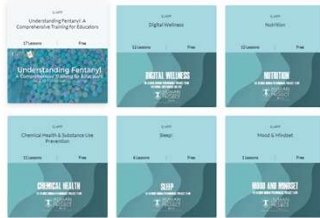
APPLE PODCASTS



18

## ILHPP Academy/ Online Learning Courses

SCAN TO JOIN



19



20

# Thank you

Julie Berry  
julie@ilhpp.org

Abbie Lee  
abbie@ilhpp.org

Visit us on our website!



21