Positive Choices
Drug and Alcohol Information
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Webinar

Webinar: Preventure; a brief, personality-targeted intervention to improve wellbeing and reduce behavioural problems in secondary school students



Evidence ratings:

This resource has undergone expert review. See our Help/Q&A section for more details.

Year: Year 7–8, Year 9–10

Targeted Drugs: Alcohol, Cannabis, Drugs (General)

Tags:

Origin: Australian

Cost:
Free

Attachments

Webinar Handout Webinar Transcript

Developers

This webinar was developed by Dr Erin Kelly, the Matilda Centre for Research in Mental Health and Substance Use at the University of Sydney.

Available

45 minute webinar recording and handout, available on demand.

Please note this webinar is best watched with subtitles/closed captions turned on.

Summary

This webinar will provide an overview of the *Preventure* program, the evidence for the program, and provide details on undertaking training in *Preventure*. This webinar is targeted towards school staff, but it may also be of interest to parents, health professionals, and others with an interest in the wellbeing of adolescents.

Four personality traits have been identified as risk factors for substance misuse and emotional problems: negative thinking, anxiety sensitivity, sensation-seeking and impulsivity. A brief intervention targeting these traits, *Preventure*, was developed by Professor Patricia Conrod (University of Montreal), and demonstrated effectiveness in North America and Europe, both when delivered by psychologists and when delivered by school staff. *Preventure* was adapted for Australian schools through consultation with students, teachers and experts, and was shown to be effective in reducing substance use and other emotional and behavioural problems, when delivered by research psychologists.

Read more about *Preventure* here.

Expected Benefits

This webinar will provide:

- Information about mental health and substance use issues in adolescents.
- An understanding of the main components of the *Preventure* program, its evidence base, and the next steps for research on the *Preventure* program in Australia.
- Information on how school staff and health professionals can access training and deliver Preventure.

Evidence Base

This webinar was developed by Dr. Erin Kelly at the Matilda Centre for Research in Mental Health and Substance Use, University of Sydney. It was informed by a review of research evidence on this topic.

(Webinar conducted on 15/6/20).

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