

TRAIT-BASED MODEL OF PREVENTION

Empowering Students Through
Self-Discovery and Resilience



PERSONALIZED STUDENT GROWTH

The Trait-Based Model of Prevention program encourages students to identify and nurture their unique strengths, building a solid foundation for personal development and emotional resilience.



PROACTIVE MENTAL HEALTH SUPPORT

Integrates mental health education, offering strategies to manage emotions, reduce stress, and make healthier decisions, positively impacting overall well-being.



LEADERSHIP DEVELOPMENT

Develops leadership skills by fostering traits like self-awareness, empathy, and resilience. Students learn to take initiative, collaborate effectively, and positively influence their communities.



REDUCTION OF RISKY BEHAVIORS

Focuses on self-awareness and emotional intelligence, helping students avoid unhealthy behaviors and make informed choices, decreasing the likelihood of substance use and other risky behavior.

71.5% Reduction in DEPRESSION
58.5% Reduction in ANXIETY

Trait-Based Recovery has shown measurable success in improving mental health and these same foundational traits are now empowering students to build resilience, leadership, and emotional well-being through Trait-Based Prevention.



Find out more at the Trait-Based Data Archive
Roop, D. J. (2025). Trait-Based Data Archive [Data set].
Zenodo. <https://doi.org/10.5281/zenodo.14711457>



CURRICULUM
THAT EMPOWERS LONG-TERM WELL-BEING

- » **Self-Understanding:** Students identify and enhance their unique traits to improve self-perception and internal harmony.
- » **Self-Leadership:** Students foster personal growth and leadership skills.
- » **Health and Wellness Promotion:** Students are encouraged to develop healthy lifestyles and well-being.
- » **Community Connection:** Students build strong relationships and community ties.
- » **Purpose Discovery:** Students find their purpose by connecting their strengths, values, and passions to meaningful goals.



LEARN MORE AT THE CENTER FOR TRAIT-BASED TRANSFORMATION

startfromstrength.org • JGRoop@startfromstrength.org • 270.469.5508