

***Unifying Wellness and  
Prevention:  
The Prevention Plus  
Wellness (PPW) Model***



**Prevention Plus Wellness™**



# WEBINAR OBJECTIVES



**Objectives: Participants will be able to:**

- 1. Describe the two elements of the Prevention Plus Wellness Model for unifying prevention and wellness within single programs.**
- 2. Identify practical, evidence-based programs that are founded on the Prevention Plus Wellness Model for youth and adults.**

# Two Elements for Unifying Prevention Plus Wellness

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1. A Conceptual Framework:

**The Behavior-Image Model**

2. A Practice/Application Framework:


**The SFGF Model**



# Conceptual Framework: Behavior-Image Model (BIM)

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**BIM is a theoretical road map for  
developing brief programs that  
connect wellness with substance  
use prevention**



# Behavior-Image Model (BIM)

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BIM consists of two key components:

1. Using positive images to increase motivation to change, and
  2. Using multiple behavior goal setting to increase self-control.
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# Positive Images of Health Enhancing Behaviors

- ▶ Create a mental picture of the healthy behavior using vivid terms and illustrations.
- ▶ “Young people who engage in regular physical activity tend to feel energetic, sleep better, and look more active, fit and confident.”

# Followed by Health Risk Behavior Connection

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**“Alcohol use can get in the way of participating in moderate exercise and achieving your fitness goals of being in-shape, looking good, and feeling fit and active.”**





**FIT, ACTIVE, ATHLETIC, DISCIPLINED**





**STRONG, POWERFUL, RESILIENT**



**HEALTHY, HAPPY, ENERGETIC**



**CALM, PEACEFUL, RELAXED, STRESS-  
FREE**


# BIM AS A SELF-CONTROL MODEL

1. BIM-based programs provide feedback on health behaviors and their images.
2. The discrepancy between behaviors and future images are possible goals.
3. Goal setting includes avoiding substance use and increasing wellness habit(s).

# Practice Framework: SFGF Screening & Brief Intervention Model

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**The four-step SFGF model includes:**

- 1) **Screen individuals for their current health habits,**
  - 2) **Feedback and wellness image communication connects ATOD use and healthy behaviors,**
  - 3) **Goal-setting and monitoring of multiple behavior goals, and**
  - 4) **Follow-up strategies and support to maintain effects.**
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# Potential Advantages of PPW Interventions


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- Integrate prevention PLUS wellness (PPW) in single programs and settings
- Saves time and \$
- More likely to achieve broader and larger effects
- “Holistic” programs increase participant, parent and provider participation and appeal




# Potential Advantages of a Screening and Brief Interventions (SBI)

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- **Practical even for time-strapped organizations, agencies and settings**
  - **Saves time and \$**
  - **Research shows SBI are one of the most effective strategies for influencing health behaviors of adults and youth**
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# PREVENTION PLUS WELLNESS PROGRAMS

- ▶ *SPORT PPW (Three Versions)*
  - ▶ ***SPORT 2 PPW (Two Versions)***
  - ▶ *SPORT Recovery*
  - ▶ ***InShape PPW***
  - ▶ *In God's Image (IGI)*
  - ▶ ***Youth Leadership Training***
  - ▶ *PPW Adult Recovery*
  - ▶ ***PPW for Parents (Seven Lessons)***
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FOR MORE INFORMATION ON  
BRIEF EVIDENCE-BASED PROGRAMS  
CONNECTING PREVENTION WITH  
WELLNESS

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