

Welcome

SPORTS Prevention Plus Wellness (PPW)

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SPORT
(Alcohol/Drug)
Prevention Plus
Wellness



**Substance Use Prevention Program Promoting a
Wellness Lifestyle: High School Adolescents**

Prevention Plus Wellness, LLC

904-472-5022

<https://preventionpluswellness.com/>

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**Substance Use Prevention Program Promoting a
Wellness Lifestyle: Middle School Adolescents**

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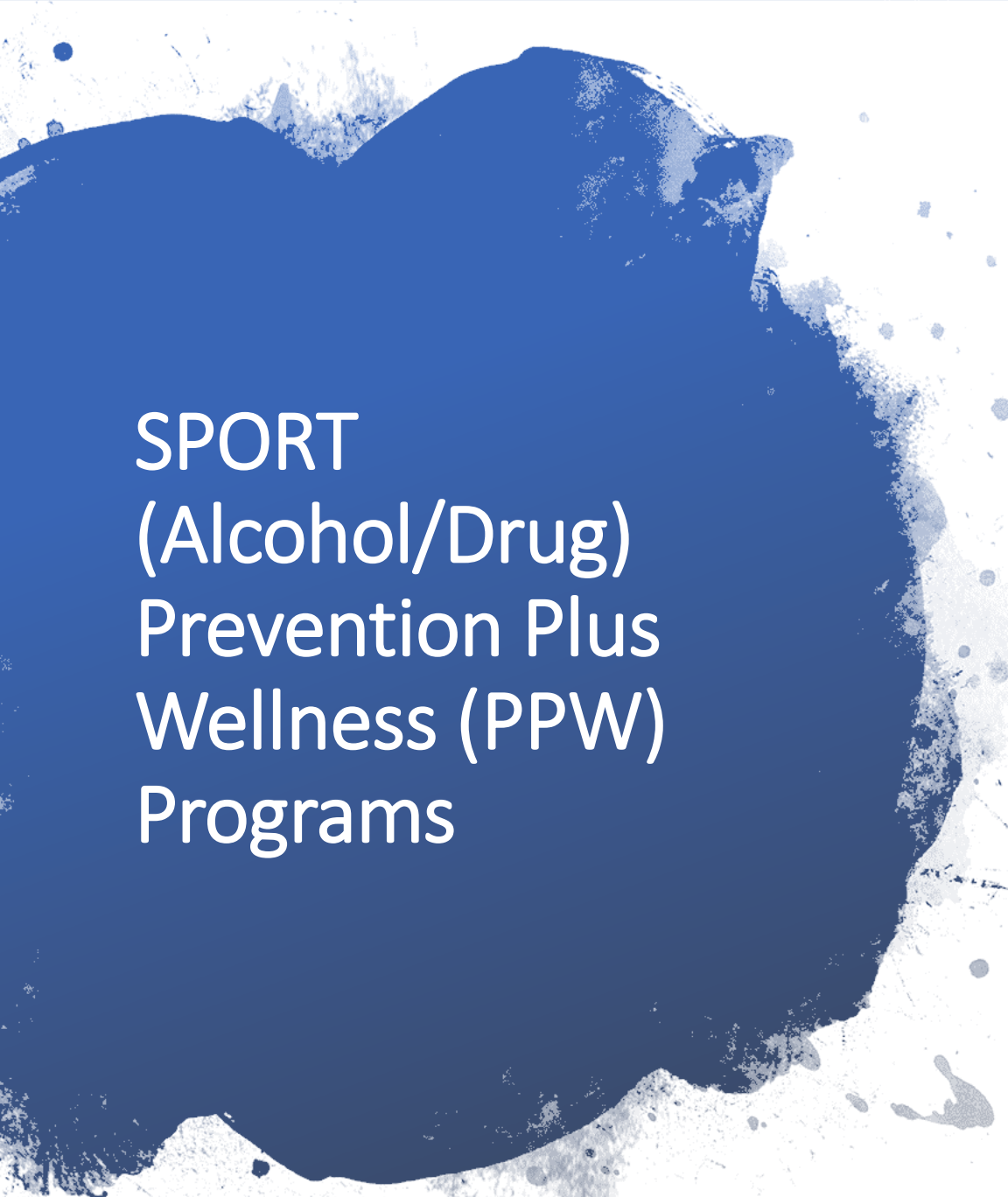
**Substance Use Prevention Program
Promoting a Wellness Lifestyle:
Elementary School Children**

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SPORT (Alcohol/Drug) Prevention Plus Wellness (PPW) Programs

1. Evidence-based SBI proven to prevent alcohol, tobacco & cannabis & increase physical activity among non-using & substance using youth
2. Targets alcohol & other drugs, PA, healthy eating, sleep & stress control
3. Single-session (< 50 minutes) Screening and Brief Interventions (HS, MS & ES versions)
4. Implemented with slides
5. Scripted individual/one-on-one or in a group
6. Optional parent materials (letter & 4 flyers)
7. Manual plus reproducible materials in digital download
8. Online protocols & tools included

Evidence-Informed Prevention Plus Wellness Programs Addressing Emerging Substance Use Risks

1. Evidence-based practices
2. **Based on SPORT PPW (Alcohol and Drugs)**
3. Targets e-cigarettes, cannabis and opioid use, healthy eating, sleep and stress control
4. Single-session Screening and Brief Interventions
5. Implemented with slides
6. Scripted individual/one-on-one or in a group
7. Marketing theory targeting positive images
8. Reproducible materials in digital download
9. Online protocols & tools included

More Unique Characteristics of Prevention Plus Wellness Programs

Scripted content
increasing fidelity
& ease of use

Easily tailored to
population &
setting

Scripts for
individual & group
implementation

Built-in immediate
pre-post surveys &
analysis

Include program
manual & digital
downloads

Video adaptations
& parent programs



Why SBI?

- A review of research showed that screening and brief interventions were **effective for up to a year after receipt with adolescents and young adults** (Tanner-Smith & Lipsey, 2015).
- Prevention Plus Wellness screening and brief interventions **effects one-year later** (Werch, et al., 2005; 2010).
- The brief intervention approach holds great promise to expand services to **wide-range of youth in diverse settings** (KC Winters, 2016)
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4864856/>



Virtual Implementation and Follow up

- **Implementation**

- Adaptation
- Permission
- Registration
- Location
- Boundaries
- Safety
- Confidentiality
- Record Keeping
- Evaluations
- Reporting

- **Follow up**

Call to Parents

Mailing information

Form for incentives

Follow up (optional)

Questions ?

This presentation will begin again shortly. Please feel free to stay or join a different breakout room.

Thank you for attending! 😊