



Prevention Plus Wellness®

Evidence-Based Prevention in One Session

- Single 45-minute prevention-focused screening & brief interventions & SBIRT, parent training & media campaigns
- Choose from alcohol, marijuana, opioid, e-cigarette use prevention & more
- Promotes mental & physical wellbeing by targeting co-occurring health risks of physical inactivity, poor nutrition, lack of sleep & stress
- Program manuals include easy-to-follow scripts allowing implementation to youth & adults individually & in groups
- Improves self-regulation skills, self-efficacy & positive identity using goal setting
- Choose either printed program manuals or unlimited access to digital manuals with our Unlimited Program & Training License
- For children, adolescents, young adults, adults & parents
- Includes pretest & posttest evaluation surveys
- Used in all 50 US states & abroad

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