

# Effects of a One-Session Online Prevention Program Addressing Youth Wellness

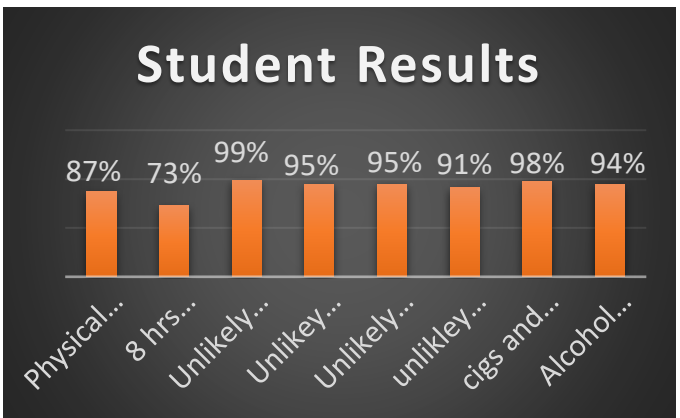
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## BACKGROUND

A sample of 109 middle school youth responded to an anonymous online survey after receiving the single-session evidence-based SPORT (Alcohol/Drug) Prevention Plus Wellness (PPW) program.

SPORT PPW was presented online by the McLaren Bay Region Neighborhood Resource Center in Bay City, Michigan.

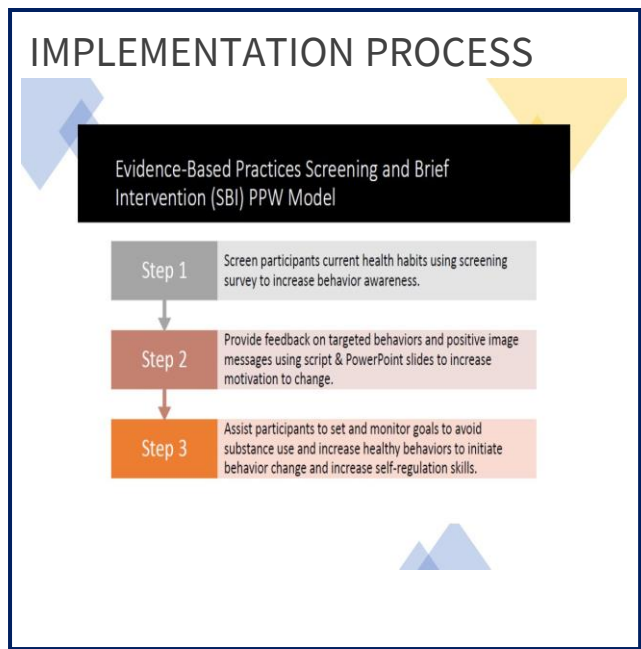


## LESSONS LEARNED

- Program holds promise to improve both substance use and wellness habits for youth.
- It's feasibility for online implementation during the pandemic.
- The need to collect pretest data to assess behavior change.

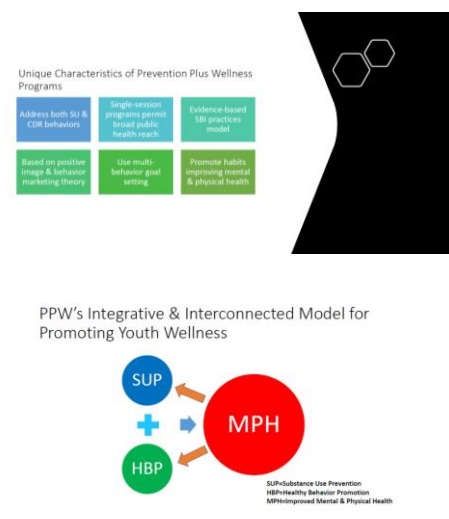
## KEY TAKEAWAYS

- Schools and other youth service setting have limited time and resources to permit prevention programming and even more so during the pandemic.
- The single session Sport Prevention Plus Wellness program is one of the few evidenced based programs that can be feasibly and cost-effectively implemented in busy settings.
- Many organizations wish to address other common health risks among youth, like obesity, poor nutrition and lack of sleep-in addition to substance use and provide youth with positive wellness-promoting messages and opportunities for goal setting to increase youth self-regulation.



## RESULTS

- 87% were very likely to likely to get physical activity most days a week
- 73% were very likely to likely to get 8 or more hours sleep most nights and eat mostly healthy foods on most days
- 99% were very unlikely to unlikely to use any illegal drugs
- 95% were very unlikely to unlikely to use any marijuana, e-cigarettes or regular cigarettes
- 91% were very unlikely to unlikely to drink any alcohol
- 98% strongly agreed or agreed that regular cigarettes and illegal drugs are harmful
- 95%-94% strongly agreed or agreed that alcohol, e-cigarettes and marijuana are harmful



## REFERENCES

- SPORT Prevention Plus Wellness Middle School Program (Prevention Plus Wellness, LLC 2020)