

# Introduction to Prevention Plus Wellness Programs & Professional Training

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### Session Objectives

- 1. List the one- and multi-session youth, adult and parent programs, media campaigns, professional training and licensing opportunities offered by Prevention Plus Wellness (PPW).
- 2. Review the benefits of PPW programs and training over other prevention strategies.
- 3. Describe how PPW programs are implemented.

### PPW Programs

### One-Session PPW Youth & Adult Programs

- 1. SPORT (Alcohol/Drug) PPW for high, middle & elementary school
- 2. SPORT Alcohol & Cannabis PPW for high and middle school
- 3. InShape (Alcohol/Drug) PPW for young adults
- 4. Vaping (E-Cigarette) PPW for high, middle & elementary school
- 5. Marijuana PPW for high, middle & elementary school
- 6. Opioid PPW for adolescents
- 7. Opioid & Stimulants PPW for young adults
- 8. SPORT PPW Online Course & Video Program
- 9. InShape Wellness Lifestyle Training (WLT) for adults
- 10. InShape Wellness Weight Loss for adults













# SPORT (Alcohol/Drug)

Substance Use Prevention Program
Promoting Healthy Lifestyle Behaviors
- Middle School Adolescents -

Substance Use Prevention Program
Promoting Healthy Lifestyle Behaviors
- Elementary School Children -

# SPORT (Alcohol/Drug)

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# SPORT (Alcohol/Drug)

Substance Use Prevention Program
Promoting Healthy Lifestyle Behaviors
- High School Adolescents -

### Benefits of SPORT (Alcohol/Drug) Prevention Plus Wellness (PPW) Programs

- 1. Evidence-based, 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 (45-minutes) Screening and Brief Interventions
- 4. Implemented with slides
- 5. Scripted individual/one-on-one and group protocols
- 6. Behavior-Image Model theory targeting positive future identities
- 7. Optional parent flyers
- 8. Physical or digital manual plus reproducible materials in digital download
- 9. Online protocols included in slides for virtual presentation

# Table of Contents: Sections

1: Introduction

2: Directions for Implementation

3: Individual Lesson Script

4: Group Lesson Script

5: Screening Survey & Goal Plan/Contract

6: Evaluation Materials

7: Youth Online Follow-up Goal Plan

8: Optional Parent Flyers

### 3-Step Evidence-Based SBI Process



Screening individuals for their current health habits to increase awareness of their substance use and healthy behaviors;



Providing feedback on those health habits and positive image messages cuing desired future images and linking SU as harmful increasing motivation for change; and



Presenting a goal plan and contract to set and monitor goals to avoid substance use and increase protective wellness behaviors to initiate behavior change and increase self-control skills.

## Screening & Brief Intervention (SBI) Services Are Reimbursable

- 1. Add an additional substance abuse screening survey (e.g., CRAFFT+N, DAST-10 or AUDIT) to the PPW screening survey.
- 2. Providers can now implement PPW as a universal prevention intervention for all youth/adults, but also identify higher-risk individuals for referral to treatment (i.e., SBIRT).
- 3. SAMHSA info on coding for reimbursing SBI services:

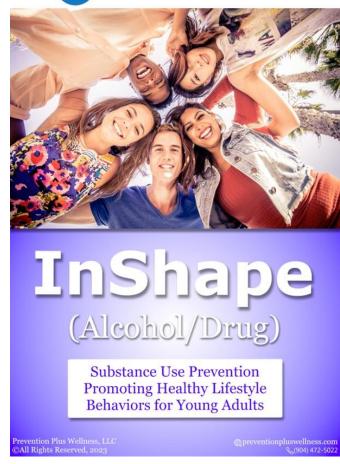
  <a href="https://www.samhsa.gov/sbirt/coding-reimbursement#:~:text=Reimbursement%20for%20screening%20">https://www.samhsa.gov/sbirt/coding-reimbursement#:~:text=Reimbursement%20for%20screening%20</a>

  and%20brief,insurance%2C%20Medicare%2C%20and%20Medicaid

## How Are PPW Programs Implemented? 2-Minute Video

+ https://youtu.be/WiXbCekuWdM?si=J77peEjOLlFllqm5









### **VAPING**

**Elementary School Children** 

E-cigarette Prevention Promoting Healthy Lifestyle Behaviors

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### **VAPING**

**Middle School Adolescents** 

E-cigarette Prevention Promoting Healthy Lifestyle Behaviors

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### **VAPING**

**High School Adolescents** 

E-cigarette Prevention Promoting Healthy Lifestyle Behaviors

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#### MARIJUANA

Elementary School Children

Marijuana Prevention Promoting Healthy Lifestyle Behaviors

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#### MARIJUANA

High School Adolescents

Marijuana Prevention Promoting Healthy Lifestyle Behaviors

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#### MARIJUANA

Middle School Adolescents

Marijuana Prevention Promoting Healthy Lifestyle Behaviors

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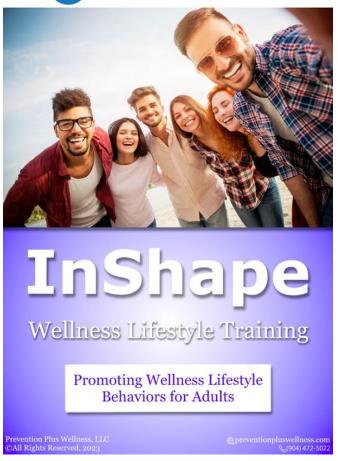
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Adolescent Program

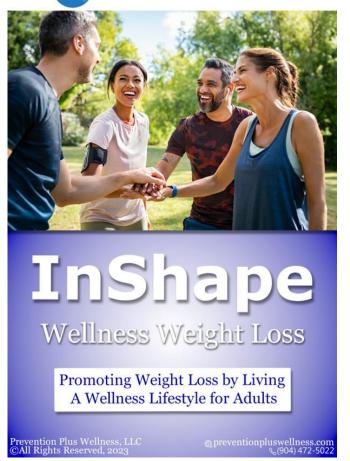
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#### Racial Justice Prevention Plus Wellness



Racism Prevention Program Promoting Racial Justice and Wellness for Adolescents

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# In God's Image: Spiritual Practices for Youth Wellness



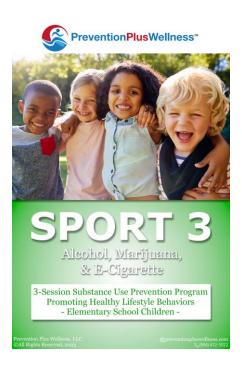
Faith-based Prevention with Wellness Program

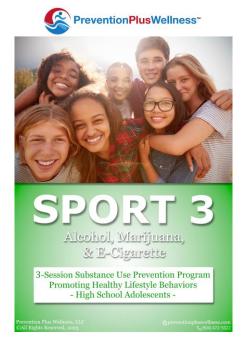
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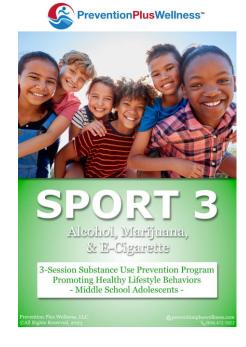
### Multi-Session PPW Youth Programs

- 1. SPORT 3 PPW: 3-session alcohol, marijuana & e-cigarette prevention and wellness for high, middle & elementary school in classroom & individual versions
- 2. SPORT Health Behaviors: 6-session physical activity, nutrition, stress control & sleep promotion plus drug use prevention for high, middle & elementary school

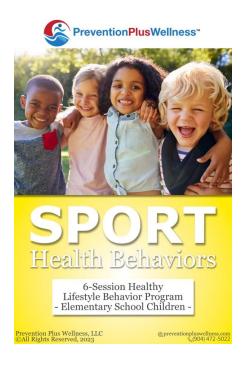
### SPORT 3 Prevention Plus Wellness Programs: 3-Session Programs

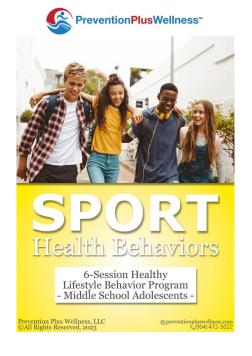


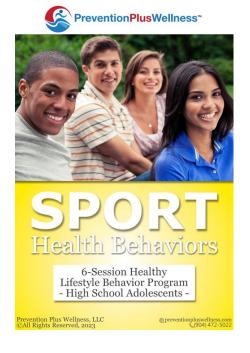




### SPORT Health Behaviors: 6-Session Programs







### Prevention Plus Wellness Parent Programs

- + PPW youth programs adapted for use by parents/caregivers
- + Reinforce same positive image messages & goal planning at home
- + One-session PPW parent training programs include:
- PowerPoint training slides with notes,
- 2. Instructor directions, and
- 3. Parent take-home guide to present to parents and caregivers in your organization or region.



### **One-Session PPW Parent Programs**

- 1. SPORT (Alcohol/Drug) PPW
- 2. InShape (Alcohol/Drug) PPW young adults
- 3. Vaping (E-Cigarette) PPW
- 4. Marijuana PPW
- 5. Opioid PPW

### PPW Media Campaigns

### PPW Media Campaigns

Marijuana PPW Media Campaign SPORT (Alcohol)
PPW Media
Campaign

Vaping (E-Cigarette) PPW Media Campaign

Opioid PPW Media Campaign

### PPW Media Campaign Benefits

- 1. Important and efficient way to deliver substance use prevention, health and safety messages to youth, parents, and communities.
- 2. Great way to get youth involved in tailoring, delivering and evaluating public health programs.
- 3. Fully-loaded, ready-to-use campaign that can save you and your organization a tremendous amount of time, effort and cost.
- 4. Campaign materials are provided in digital downloads.
- 5. Content adapted from evidence-based PPW youth programs and other evidence-informed sources, e.g., CDC.

# PPW Professional Training

# Prevention Plus Wellness Training Opportunities

- Online Self-Paced PPW Program Implementer Training (2 Hours)
- 2. Live Online PPW Program Training of Trainer (TOT) Workshop (2 Hours)
- 3. In-Person Program Implementer & TOT Workshops
- 4. Free Webinars: Sign-up at PreventionPlusWellness.com

### 1-3-Year Unlimited Program Licenses

- 1. Unlimited PPW Program & Training License
- 2. Unlimited PPW Online Program Implementer Training License

#### **Unlimited License Benefits**

- 1. Share your PPW digital program manual and/or materials with an infinite number of prevention or health agencies, specialists, teachers, counselors, coaches, parents, or youth leaders to present the program.
- 2. Send them the link to the PPW Training Portal to take a selfpaced online course to become certified to implement your PPW program with fidelity and maximum effectiveness.
- 3. Team up with other organizations or agencies in your region to limit your costs while increasing the number of PPW programs everyone can access.

### **More Information**

### Program & Training Price List:

https://preventionpluswe Ilness.com/pages/ppwprograms-training-pricelist

### Request a Program Sample or Demo:

https://us5.listmanage.com/contactform?u=650c41a6e7729b d731717a65b&form\_id=18 1a5099215ce4cbf9449704 8b084ec0

#### **More Resources**



Prevention & Wellness Research & News:

https://preventionpluswellness.com/blogs/news



PPW Logic Model & Theory:

https://preventionpluswellness.com/pages/ppw-logic-model



Sample Grant Proposal:

https://preventionpluswellness.com/pages/sample-grant-proposal



### We Are Here To Help

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