



Opioid PPW prevents:

- Opioid use disorder
- Cigarette smoking
- Alcohol use
- Marijuana use
- Other illegal drug use

Opioid PPW promotes:

- Physical activity
- Healthy eating
- Getting adequate sleep
- Controlling daily stress
- Setting multiple health goals



What is Opioid PPW?

- ❖ Opioid Prevention Plus Wellness (PPW) is the only single-session screening and brief intervention designed to promote wellness behaviors and prevent opioid use disorder (OUD) among adolescents and young adults at risk for OUD.
- ❖ Opioid PPW is an easy to use evidence-informed program that prevents opioid misuse and promotes protective physical activity, healthy eating, sleep and stress control habits.
- ❖ Opioid PPW targets naturally motivating peer and desired future images to increase goal setting to improve multiple health behaviors.
- ❖ Opioid PPW is highly flexible and can be implemented to participants individually or in groups, and in-person or online, using a script and PowerPoint slides.



OPIOID PREVENTION PLUS WELLNESS (PPW)

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OPIOID PREVENTION PLUS WELLNESS (PPW)

Preventing Opioid Use Disorder by Promoting Wellness Behaviors among At-Risk Populations



Protecting Youth from Multiple Health Risks

- Research indicates that most US youth experience multiple co-existing health risks and problems, like physical inactivity, unhealthy eating, lack of sleep, uncontrolled stress and substance use like non-medical opioid consumption.
- Opioid PPW is specifically designed to address these risks in a single program and setting, to cost-effectively improve the “whole health” of adolescents and young adults.
- Opioid PPW screens participants for their current health habits, provides feedback and positive image messages, and helps them set multiple health behavior goals increasing self-regulation skills.

“Opioid PPW Programs are quick and easy to use evidence-informed screening and brief interventions for professionals who want to prevent opioid use disorder (OUD) and other substance misuse and promote protective wellness lifestyles and identities among high risk populations. They are highly flexible and can be used as a stand-alone strategy, or as an add-on component to other intervention, prevention or health programs and take less than 60 minutes to implement in-person or online. ”

***Chudley Werch, PhD,
President
Prevention Plus Wellness,***



Opioid PPW Programs & Training

- ✚ The **Opioid PPW Program** comes in versions for adolescents, at-risk young men and at-risk young women and includes a manual with scripts to provide an individual or group lesson, protocols for online implementation, digital downloads with PowerPoint slides and reproducible program materials and built-in pre-post program surveys.
- ✚ **2-Hour Online Training Workshops** allow professionals to quickly gain knowledge and confidence to implement, or train others to implement, the Opioid PPW program to others.