



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 wellness behavior images to increase goal setting to improve multiple health behaviors.
- ❖ Opioid PPW can be implemented to participants in-person or online in 50 minutes using a script and PowerPoint slides.



OPIOID PREVENTION PLUS WELLNESS

Preventing Opioid Use Disorder & Promoting Wellness Behaviors Among Youth & Young Adults



OPIOID PREVENTION PLUS WELLNESS

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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 about 50 minutes to implement in-person or online. ”

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



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 in-person or online individual or group lesson, digital downloads with PowerPoint slides and reproducible program materials and pre-post program surveys.
- ✚ **2-Hour Online and Onsite Training Workshops** allow professionals to quickly gain knowledge and confidence to implement, or train others to implement, the Opioid PPW program to youth or young adults.