

Fact Sheet

Prevention Plus Wellness (PPW) programs are evidence-based Screening and Brief Interventions (SBIs) proven to prevent substance use/misuse and promote healthy lifestyle behaviors among youth and adults. PPW programs also include parent training and media campaigns. PPW program benefits and options include:

- Single 45-minute motivational interventions allowing broad public health reach.
- Prevent substance use/misuse and promote mental & physical wellbeing.
- PPW SBIRT programs available for use in clinical settings.
- Can be implemented in-person or online, to one person or groups.
- Are designed for individuals ages 8-65 years.
- Can be used as universal, selective, or indicated prevention.
- Have been used in all 50 US states & abroad.
- Are easily implemented with manualized scripts & PowerPoint slides.
- Promote positive self-identities.
- Prevent alcohol, tobacco, marijuana, e-cigarette, stimulant & opioid use/misuse.
- Promote physical activity & sports, healthy eating, sleep, stress control & more.
- Include setting goals to avoid drug use/misuse AND increase healthy behaviors.
- Allow program customization to your setting & population's needs.
- Online, self-paced program implementer & training of trainer workshops available.
- Online & paper pre-posttest surveys to assess program outcomes.
- One-session parent training programs targeting specific youth drug use.
- Media campaigns preventing youth alcohol, marijuana, e-cigarette, and opioid use while promoting healthy lifestyle behaviors.
- Unlimited PPW program & training licenses available.

SBIs have been found effective for up to a year after receipt with adolescents and young adults (Tanner-Smith & Lipsey, 2015), including Prevention Plus Wellness screening and brief interventions (Werch, et al., 2005; 2010).

Prevention Plus Wellness programs are implemented in three easy steps:

1. Screen participants for their current substance use/misuse and healthy behaviors using a screening survey to increase awareness of health habits,
2. Use the script and PowerPoint slides to provide positive image feedback linking wellness and substance use behaviors to increase motivation for change, and
3. Assist participants to set and monitor goals to avoid substance use/misuse and increase healthy behaviors to initiate change and increase self-regulation skills and self-efficacy.

Prevention Plus Wellness programs include a manual with scripted protocols for easy implementation, and a digital download of reproducible materials.

For more information about PPW programs, media campaigns and professional training: <https://preventionpluswellness.com> or email: info@preventionpluswellness.com.