

# Prevention Plus Wellness, LLC

## Program Logic Model (10.15.18)

Inputs	Outputs		Outcomes -- Impact		
	<i>Activities</i>	<i>Participation</i>	<i>Short</i>	<i>Medium</i>	<i>Long</i>
<ol style="list-style-type: none"> <li>1. Program manuals or optional booklets.</li> <li>2. Digital downloads of PP slides &amp; program materials.</li> <li>3. Online or onsite program implementer training workshop (optional TOT and Youth Leadership Training).</li> <li>4. Program implementation support via email and phone.</li> <li>5. Excel spreadsheets and program fidelity and evaluation monitoring support.</li> <li>6. Program promotional and support materials.</li> </ol>	<ol style="list-style-type: none"> <li>1. Screening of current health behaviors.</li> <li>2. Personalized feedback triggering positive peer and desired future images.</li> <li>3. Multiple behavior goal setting and monitoring.</li> <li>4. Follow-up strategies (i.e., repeating the intervention, revisiting goal setting, parent flyers, web-based resources, additional lessons).</li> <li>5. Parent communication.</li> <li>6. Implementer training and program support.</li> </ol>	<ol style="list-style-type: none"> <li>1. All youth ages 8-18.</li> <li>2. All young adults ages 18-25.</li> <li>3. High-risk adolescents and young adults.</li> </ol>	<ol style="list-style-type: none"> <li>1. Increased awareness of positive images and other benefits of wellness enhancing behaviors.</li> <li>2. Increased awareness of how substance ab/use behaviors interfere with positive image and behavior achievement.</li> <li>3. Increased peer and future self-comparisons.</li> <li>4. Increased awareness of discrepancy between current habits and peer and desired future images.</li> <li>5. Increased multiple behavior goal setting.</li> <li>6. Increased parent positive behavior-image comments and monitoring.</li> </ol>	<ol style="list-style-type: none"> <li>1. Increased intentions to avoid or reduce substance use and increase wellness habits.</li> <li>2. Continued multiple behavior goal setting and monitoring.</li> <li>3. Increased self-efficacy to avoid or reduce substance ab/use and increase wellness behaviors.</li> <li>4. Increased similarity to peers practicing wellness habits and decreased similarity to peers using/abusing substances.</li> <li>5. Decreased peer influenceability to initiate or ab/use substances and increased influenceability to increase wellness behaviors.</li> <li>6. Decreased peer prevalence of substance ab/use and increased peer prevalence of wellness behaviors.</li> </ol>	<ol style="list-style-type: none"> <li>1. Reduced onset and use of alcohol and problems.</li> <li>2. Reduced onset and use of tobacco.</li> <li>3. Reduced onset and use of marijuana.</li> <li>4. Reduced onset and use of other substances.</li> <li>5. Increased physical activity.</li> <li>6. Increased healthy eating.</li> <li>7. Increased sleep.</li> <li>8. Increased stress control.</li> <li>9. Increased body image satisfaction.</li> <li>10. Increased health-related quality of life.</li> <li>11. Decreased sadness.</li> <li>12. Increased spiritual practices (IGI).</li> </ol>

### Assumptions

1. Positive images can be triggered with vivid key words
2. Triggered positive peer and desired future images can integrate and motivate multiple behavior goal setting and behavior change via changes in risk and protective factors
3. The Behavior-Image Model can be used to create effective program content

### External Factors

1. Access to youth/young adult population(s)
2. Time availability of participants and implementers
3. Space and equipment availability to provide programs to participants