



### **PPW prevents/reduces:**

- Alcohol use
- Combustible & e-cigarette use
- Marijuana use
- Nonmedical opioid use
- Substance misuse problems
- Driving under the influence

### **PPW promotes:**

- Physical activity & sports
- Healthy eating
- Getting adequate sleep
- Controlling stress
- Setting multiple health goals
- Positive self-identity
- Mental & physical health

### **What are PPW programs?**

- ❖ Prevention Plus Wellness (PPW) programs are **one-session evidence-based** interventions that prevent substance use/misuse and promote physical activity, healthy eating, sleep, stress control and goal setting among youth and adults.
- ❖ PPW programs target naturally motivating future wellness images and show how substance use harms personal goals to achieve positive behaviors and self-image.
- ❖ PPW programs can be implemented in just one 45-minute session to achieve broad public health reach.
- ❖ Youth learn to set and monitor goals to avoid substance use and increase protective wellness behaviors improving mental and physical wellbeing, self-regulation skills and self-efficacy.



#### **PREVENTION PLUS WELLNESS (PPW)**

Prevention Plus Wellness, LLC

St. Augustine, FL, USA

(904) 472-5022

[info@preventionpluswellness.com](mailto:info@preventionpluswellness.com)

<https://preventionpluswellness.com>



**PREVENTION PLUS WELLNESS (PPW)**

***Preventing Youth Substance Use & Promoting Healthy Lifestyle Behaviors***



## Protecting Youth from Multiple Health Risks & Promoting Wellbeing

- 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 harming mental and physical wellbeing.
- PPW programs are specifically designed to address these risks in a single program and setting, to cost-effectively improve the "whole health" of participants.
- PPW programs screen youth for their health habits, provide positive image messages, and help them set multiple health behavior goals.



---

***"The SPORT Prevention Plus Wellness Program provides a whole-body experience, where youth focus on improvements in their lives instead of drugs... a light bulb goes on when they connect the future self with the lifestyle they want to obtain of being healthy and happy."***

***Barry Schmidt,  
Neighborhood Resource  
Center, Bay City, MI***

---

***"I am amazed at the response and success our SPORT PPW administrators, counselors, parents and youth are having in the schools. We are excited about the implementation of the SPORT PPW program in our agency."***

***Gary Coney, Drug Abuse  
Treatment Association, FL***



## PPW Programs & Training

- **SPORT (Substance Prevention Optimizing Resiliency Training) PPW for youth**
- **InShape PPW for young adults**
- **SPORT Alcohol/Cannabis PPW**
- **SPORT Multi-Session Programs**
- **Vaping (E-Cigarette) PPW**
- **Marijuana PPW**
- **Opioid PPW**
- **Opioid & Stimulant PPW for young adults**
- **InShape Wellness Lifestyle Training for Adults**
- **Parent PPW Programs**
- **PPW Media Campaigns**
- **2-hour Online Program Implementer Training Courses**
- **Unlimited PPW Program & Training Licenses**

