

## Prevention Plus Wellness Programs Fact Sheet

Prevention Plus Wellness (PPW) programs are evidence-based screening and brief interventions proven to prevent substance abuse and promote wellness behaviors among youth and adults.

PPW programs:

- Have been adopted throughout the US & abroad
- Are easily implemented with scripts & PowerPoint slides or booklets
- Trigger desired future wellness images of participants
- Prevent alcohol, tobacco, marijuana, e-cigarettes & opioids
- Promote physical activity, healthy eating, sleep, stress control & spirituality
- Include setting goals to avoid substance use AND increase wellness behaviors
- Allow customization to your setting & population
- Provide easy online training for program implementers, training of trainers & youth leaders
- Include scannable surveys eliminating the need to enter data by hand
- Offer evaluation services to promote & improve your program
- Are designed for children, adolescents, young adults & adults
- Can be used as universal, selective or indicated prevention

Screening and brief interventions 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).

PPW interventions are implemented in three easy steps:

1. Screen participant's current substance use and wellness behaviors using the screening survey,
2. Use the script and PowerPoint slides to provide positive image feedback linking wellness and substance use behaviors for participants individually or in groups, and
3. Assist participants to set and monitor goals to avoid substance use and increase wellness behaviors.

Options for extending the number of lessons, along with tailoring, promoting and evaluating PPW interventions are provided and discussed in program implementer training.

All Prevention Plus Wellness programs include a program manual with intervention scripts, digital downloads including PowerPoint slides and a pdf document of all reproducible materials allowing implementation with countless participants.

Practical online training includes a 1-hour recorded core knowledge session and 2-hours live training highlighting how to implement program scripts with fidelity and maximize program effectiveness. Training includes a 3-year program implementer certification and 5-hours CEU credit.

"The opposite of substance use isn't non-use, it's wellness!"