

Prevention Plus Wellness Programs Fact Sheet

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

PPW programs:

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

Screening and brief interventions (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). SBIs are considered an evidence-based practice by the Substance Abuse and Mental Health Services Administration (SAMHSA).

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 during program implementer training.

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

Practical online training includes two 1-hour recorded sessions on PPW Core Knowledge and Online Strategies and 2-hours live training highlighting how to implement program scripts with fidelity and efficacy. Training includes a 3-year program implementer certification and 6-hours CEU credit.

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