



## **Fact Sheet**

### **Screening & Brief Prevention Targeting Healthy Behaviors**

#### **Drug Prevention Promoting Healthy Lifestyle Behaviors**

Prevention Plus Wellness (PPW) programs are single, 45-minute motivational interventions that integrate the prevention of substance use/misuse with the promotion of multiple healthy lifestyle behaviors for youth and young adults in classrooms, one-on-one, or virtually on-demand. PPW programs include the evidence-based alcohol and drug prevention SPORT program for youth and InShape program for young adults, as well as adaptations of these programs for preventing marijuana, e-cigarette, opioids and other drug use/misuse. Programs are available for children to adults.

#### **Cost Effective, Easy to Implement & Wide Reaching**

We understand that substance abuse and health providers are looking for the most effective way to spend their funds. PPW programs have a high cost-benefit ratio, plus they are easy to implement by just reading a program script. Since most of our evidence-based screening and brief prevention interventions are just a single session, they can reach large numbers of youths and young adults and have broad public health outcomes. Plus, PPW programs are listed on a wide range of evidence-based registries as effective for both preventing substance use/misuse and improving protective healthy habits. Just pick the program(s) you wish to use for the age-group you are targeting and add it to your shopping cart. Then, select the training option you like to learn how to implement your program with fidelity and maximum effectiveness. You can also choose one of our interactive online programs which don't require training to implement.

#### **How PPW Works**

PPW programs are based on the Behavior Image Model (BIM), a theoretical framework for developing multiple behavior interventions that connect drug use prevention with healthy lifestyle behavior promotion (i.e., physical activity, nutrition, sleep and stress control). This is achieved by illustrating positive future images and other benefits of engaging in healthy habits and showing drug use as counterproductive to achieving desired future goals. PPW programs use an evidence-based practices screening and brief intervention format to motivate youth to reflect upon and set short-term goals to avoid substance use and increase healthy habits leading to improved mental and physical wellbeing, performance and happiness.

#### **For more information:**

Website: <https://preventionpluswellness.com>  
[info@preventionpluswellness.com](mailto:info@preventionpluswellness.com)

(904) 472-5022

Intro Video: <https://youtu.be/ImrUY9arXFE?si=9OAzX0gp1eQPEj1q>