



What are PPW Video Programs?

- ✓ Prevention Plus Wellness (PPW) Video Programs are highly interactive video adaptations of our original manual-based programs that can be provided online and in classrooms.
- ✓ While all original PPW programs can be implemented live online as well as in-person, PPW Video Programs can be provided with greater ease, reach and completely on-demand.
- ✓ PPW Video Programs provide the same content and three-step process of screening, feedback and multi-behavior goal setting as all PPW evidence-based practices screening and brief interventions.

PPW Videos prevent/reduce:

- ❖ Alcohol use
- ❖ Cigarette smoking
- ❖ Marijuana use
- ❖ Other substance use
- ❖ Substance abuse problems

PPW Videos promote:

- ❖ Physical activities & sports
- ❖ Healthy eating
- ❖ Getting adequate sleep
- ❖ Controlling stress
- ❖ Setting multiple health goals
- ❖ Positive self-identity



PREVENTION PLUS WELLNESS (PPW) VIDEO PROGRAMS

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Prevention Plus Wellness (PPW) Video Programs

Preventing Substance Use & Promoting Protective Wellness Lifestyles of Youth



Protecting Youth from Multiple Health Risks

- 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.
- PPW Video Programs are specifically designed to address these risks in a single program and setting, to cost-effectively improve the “whole health” of youth.
- PPW Video Programs screen youth for their current health habits, provide feedback and positive image messages, and help them set multiple health behavior goals.



“While all original PPW programs can be implemented live online as well as in-person, PPW Video Programs can be provided with greater ease, reach and completely on-demand.”

PPW videos can be implemented within any busy classroom setting or to youth individually within a school, home or organizational setting.”

*Chudley Edward Werch, PhD,
President, Prevention Plus
Wellness, LLC*



PPW Video Programs

- Each PPW Video Program comes in a two-video set of:

Video 1: Screening & Feedback, and

Video 2: Multi-behavior Goal Setting.

- All PPW Video Programs are designed to engage youth using a screening survey, discussion questions and goal plan exercise, while showing dynamic video images modeling youth wellness behaviors and highlighting positive image messages.
- PPW Video Programs also include online pretest and posttest surveys for teachers and implementers to monitor program fidelity and outcomes.