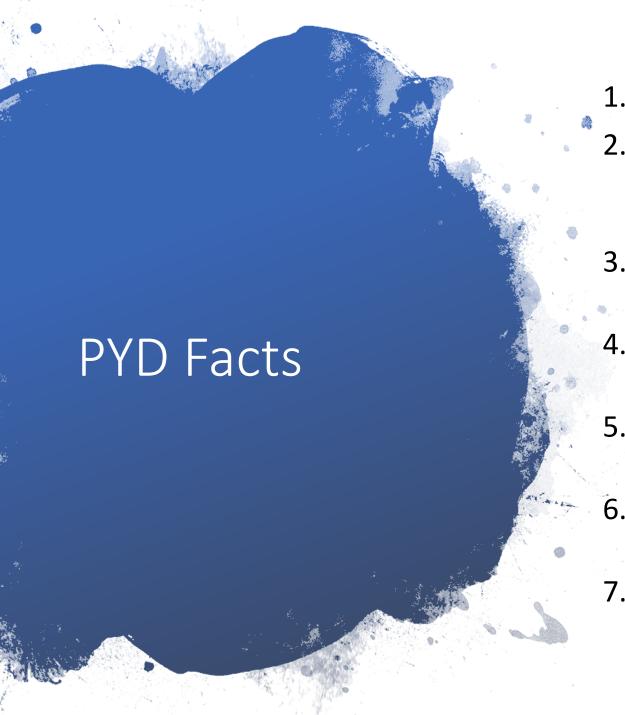


PreventionPlusWellness.com

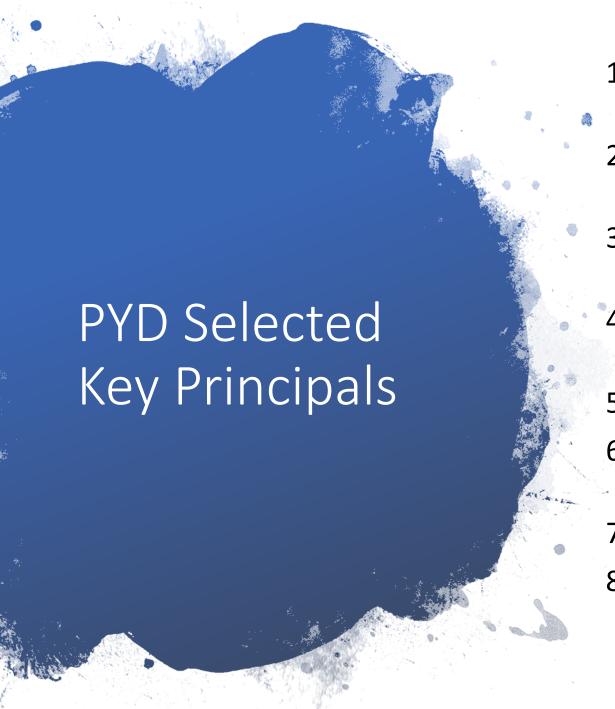
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Session Objectives

- 1. Describe basic PYD facts, principals & evidence for effectiveness.
- 2. List three organizations using PYD to improve youth health.
- 3. Identify three evidence-based PYD programs for preventing youth substance use.
- 4. Explain the advantages, goals & approaches for using Prevention Plus Wellness programs as PYD strategies.



- 1. PYD has its origins in prevention
- 2. Prevention typically focused on single problems, e.g., substance use, alcohol use, alcopops
- Evolved to promoting asset building, resiliency & protective factors
- Includes strong sense of self, self-esteem & future aspirations
- 5. Engagement in school & community activities
- 6. Positive outcomes led to programs that reduce risks AND strength protective factors
- 7. Youth.gov: https://youth.gov/youth-topics/positive-youth-development



- Intentional process to promote protective factors
- Complements efforts to prevent risky behaviors
- Develops/strengthens assets promoting growth
- 4. Prepares youth for healthy, happy & safe adulthood
- 5. Engages youth as change agents
- 6. Instills leadership qualities through activities
- 7. Involves civic engagement
- 8. Youth.gov: https://youth.gov/youth-topics/positive-youth-development/key-principles-positive-youth-development



- An evidence-based public health strategy
- 2. Reduces morbidity
- 3. Increases feelings of connectedness
- 4. Decreases negative social & health choices, e.g., substance use
- 5. Increases positive relationships, norms & skill building opportunities
- Assoc. Maternal & Child Health Programs:

http://www.amchp.org/programsan dtopics/AdolescentHealth/projects/P ages/PositiveYouth.aspx



- PYD focuses on assets & skills rather than risks & problems
- More effective than approaches that only address weaknesses or needs
- 3. Ways PYD can be applied to prevent youth offenses include:
- Encourage healthy lifestyle choices, e.g., PA & nutrition
- Support positive organized activities, e.g., sports, arts & faith-based groups
- Have youth set goals and envision a future where their goals are achieved
- Coalition for Juvenile Justice:
 https://www.juvjustice.org/our-work/safety-opportunity-and-success-project/issue-areas/positive-youth-development



Boys & Girls Clubs

4-H

YMCA



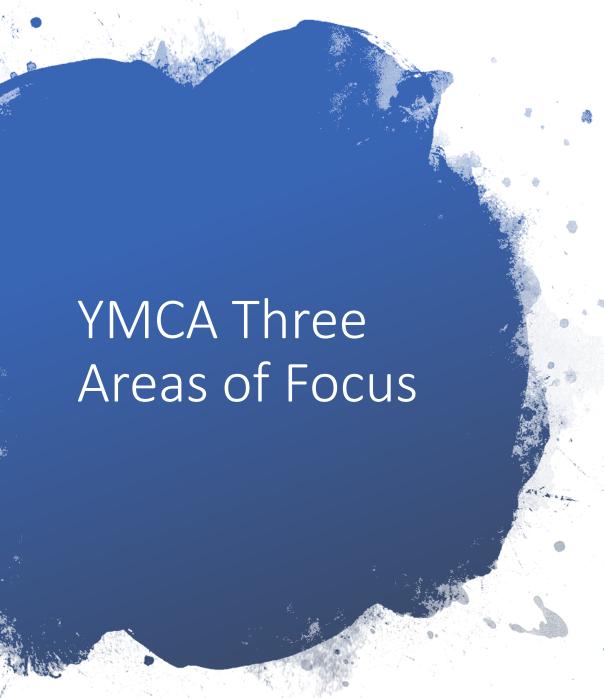
- 1. Health & Wellness: Develop capacity to engage in positive behaviors, set personal goals and grow into self-sufficient adults.
- 2. Sports & Recreation: Develop physical fitness, reduce stress and promote a positive use of leisure time, appreciation for the environment and interpersonal skills.
- Character & Leadership: Develop leadership skills and gain opportunities for planning, decisionmaking, contributing to Club and community.

https://www.bgca.org/programs



- Healthy Living: Learn how to lead lives that balance physical, mental & emotional health.
- Areas of interest:
- 1. Substance abuse prevention & mental health
- 2. Fitness, nutrition & safety
- 3. Grow leadership skills & serve as champions & teachers of health

https://4-h.org/parents/healthy-living/



- 1. Youth Development: Nurture the potential of every child and teen by supporting their unique youth development journey through holistic programming.
- 2. Healthy Living: Improve the nation's health and well-being by providing programs and activities that promote wellness, reduce risk for disease and help reclaim health.
- 3. Social Responsibility: Unite individuals from all walks of life to participate in and work for positive social change.

https://www.ymca.net/our-focus

Evidence-based PYD SUP Programs

- Results First Clearinghouse Database
- 8 evidence-based programs registries
- "Positive Youth Development" search term
- 95 total programs PYD programs
- 1,073 substance use programs
- 51 PYD x SU programs
- 5 rated highest or second-highest with SUP outcomes & available info

Highest Rated PYD SUP Programs

- 1. Protecting Strong African American Families (ProSAAF)
- 2. Strong African American Families (SAAF)
- 3. PROSPER
- 4. Positive Youth Development Program (Connecticut)
- 5. SPORT Prevention Plus Wellness

Protecting Strong African American Families (ProSAAF)

- Targets parent relationships & skills
- Six 2-hour sessions at home
- Developed for youth in rural south
- Substance use initiation & other outcomes

https://www.crimesolutions.gov/ProgramDetails.aspx?ID=659

Strong African American Families (SAAF)

- Family centered for AA youth and primary caregivers
- Seven 2-hour sessions
- Offered at schools & community facilities
- Alcohol use and other outcomes

https://web.archive.org/web/20180 625175502/https://nrepp.samhsa.go v/Legacy/ViewIntervention.aspx?id= 216

PROSPER

- Promoting School-communityuniversity Partnerships to Enhance Resilience is a program delivery system
- University-community teams implement evidence-based programs to prevent youth SU
- Includes a community team, statelevel university team & a prevention coordinator team
- Illicit drug use initiation & SU

https://evidencebasedprograms.org/programs/prosper/

Positive Youth Development Program (Connecticut)

- School-based prevention program
- Targets middle school students
- 20-session curriculum
- Provided in two 50-minute classes over 15 weeks
- Substance use and other outcomes

https://www.crimesolutions.gov/ProgramDetails.aspx?ID=300

SPORT Prevention Plus Wellness

- Single-session motivational intervention for youth
- Addresses PA, nutrition and sleep along with SU prevention
- Implemented in school, community
 & home settings
- Substance use and other outcomes

https://web.archive.org/web/20180 625175445/https://nrepp.samhsa.go v/Legacy/ViewIntervention.aspx?id= 342

Additional PPW PYD Programs

- InShape PPW single-session evidence-based program for young adults
- PPW single-session evidenceinformed programs
- 1. Marijuana PPW
- 2. Vaping PPW
- 3. Opioids PPW
- 4. SPORT 2 PPW (6-sessions)
- 5. In God's Image

http://preventionpluswellness.com

Advantages of PPW Compared to Other PYD Programs

- 1. Single-session (45-minute) PPW programs allow broad reach
- 2. Integrates positive fitness and health-promoting behaviors, goal setting and positive identity development with SU prevention
- 3. Program scripts are easy to follow and reduce time for training
- 4. Variable one-on-one or group scripts give providers greater flexibility

3 Goals of Using PPW as PYD

- 1. Prevent SU & promote fitness, health, self-regulation & positive identities by implementing one-session PPW programs to youth (direct effect)
- 2. Promote leadership & service skills and hands-on experiences by training youth to tailor, plan and provide brief and adaptable PPW programs to same or younger-aged peers (direct effect)
- 3. Promote success in athletics, academics and career by enhancing wellness behaviors, identities and goal setting skills by providing, or training youth to provide, PPW programs (indirect effect)

How PPW Links
SUP & Wellness
Behaviors &
Identities for PYD

Conceptual Framework: Behavior-Image Model (BIM)

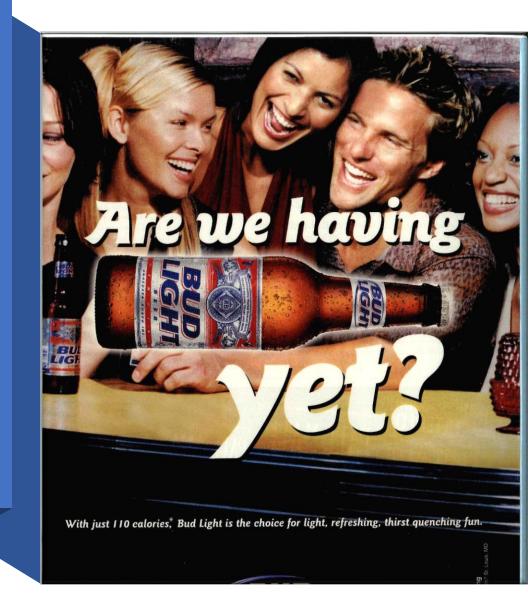
BIM is a marketing-related theoretical road map for developing brief programs that connect wellness with substance use prevention.

- Using positive images to increase motivation to change, and
- 2. Using multiple behavior goal setting to increase self-control.



Effectiveness of Using Positive Images

- 1. Image has <u>conceptual</u> support in multiple health behavior theories, e.g., Possible Selves Theory.
- 2. Image has <u>research</u> support in self-concept, prototype images, possible selves and positive identity linked to youth health risks.
- 3. The use of appealing images has <u>practical</u> support in image advertising.



Construction of Integrated Multiple Behavior Messages Using Images

Step 1: Present positive desired future and peer images & other <u>benefits</u> of health enhancing behaviors.

Step 2: Present how SU behaviors are barriers and represent feared images.

Goal: Trigger a mental picture of the healthy behavior and SU as harmful using <u>vivid terms and illustrations</u>.



Step #1: Positive Images & Other Benefits of Health Enhancing Behaviors

"Young people who engage in regular physical activity tend to feel energetic, sleep better, and look more active, fit and confident."

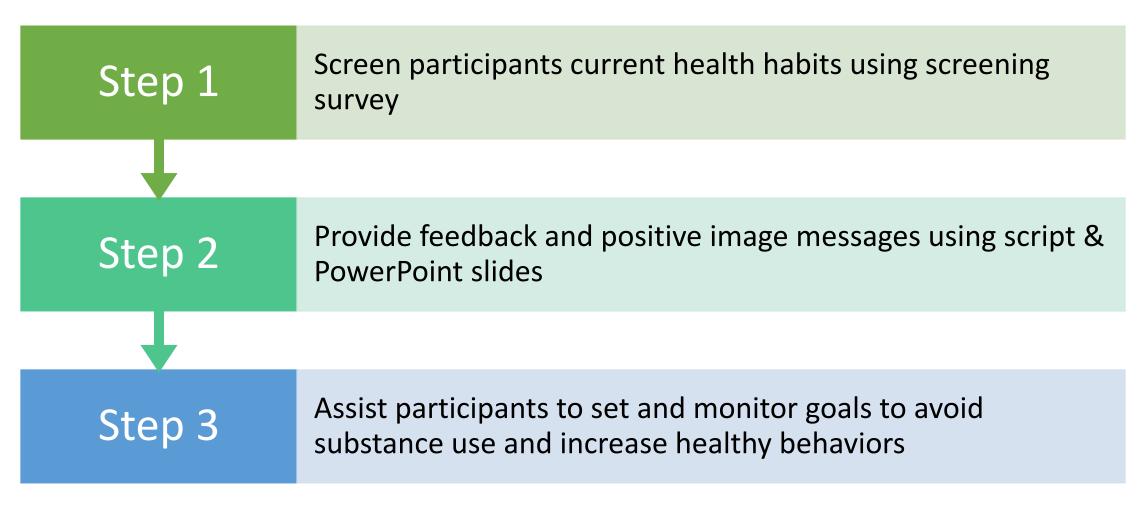


Step #2: Health Risk Behaviors as Barriers

"Marijuana use can reduce your energy level needed to participate in regular exercise and achieve your fitness goals of being in-shape, looking good, and feeling fit and active."



PPW Screening and Brief Intervention (SBI)



PPW Addressing Self-Control Skills



Self-Regulation skills to set & monitor behavior goals



Avoidance of alcohol and drug use



Improvement of one or more protective health habits

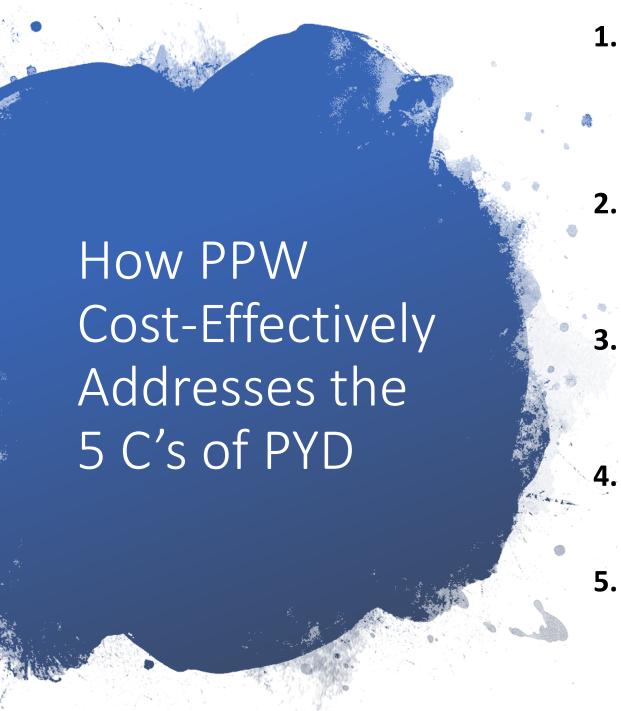


Public contract to increase motivation

5 C's of PYD (Developmental Outcomes)

- 1. Competence: Positive view of one's actions in specific areas, including social, academic, cognitive, and vocational.
- Confidence: The internal sense of overall positive self-worth and selfefficacy; positive identity; and belief in the future.
- 3. Connection: Positive bonds with people and institutions—peers, family, school, and community—in which both parties contribute to the relationship.
- **4. Character**: Respect for societal and cultural rules, possession of standards for correct behaviors, a sense of right and wrong (morality), spirituality, integrity.
- **5.** Caring or Compassion: A sense of sympathy and empathy for others.

(Lerner, Fisher, and Weinberg, 2000)



- 1. Competence: Learn self-regulation skills to set, monitor and achieve a wide variety of health behavior goals that protect and promote wellbeing and success in athletics, academics and life.
- 2. Confidence: Develop self-efficacy to set and achieve goals, but also a positive wellness identity and learn to look forward to a desired future self.
- 3. Connection: Positive bonds gained from interacting in a self-development experience with another adult or youth as well as parent or guardian. (SPORT PPW parent flyers)
- Character: Development of leadership skills when implementing PPW programs and spiritual wellness behaviors. (In God's Image)
- **5. Caring or Compassion**: A sense of sympathy and empathy for others when providing PPW to peers as a leadership experience.

Conclusions

- 1. PYD aims to increase youth assets and protective factors leading to healthy lives and self-esteem.
- 2. Three examples of organizations using PYD for improving health include Boys & Girls Clubs, YMCAs and 4-H.
- 3. There are at least a few evidence-based PYD programs that have demonstrated to prevent substance use, including the SPORT PPW program.
- 4. PPW programs have advantages over other PYD programs including their integration of wellness-promoting behaviors, positive identity formation, goal setting and cost-effectively achieving the 5 C's of PYD.

- Positive Youth Development: Current Perspectives (2019): https://www.ncbi.nlm.nih.gov/pmc/articles/PMC675 6153/
- Positive Youth Development: Theory, Research, and Applications (2007): https://www.researchgate.net/publication/22979717 7 Positive Youth Development Theory Research a nd Applications
- What is Positive Youth Development and How Might it Reduce Substance Use and Violence? A Systematic Review and Synthesis of Theoretical Literature (2016): https://bmcpublichealth.biomedcentral.com/articles
 - /10.1186/s12889-016-2817-3
- Effectiveness: https://youth.gov/youthtopics/effectiveness-positive-youth-developmentprograms
- Positive Youth Development Across Cultures: Introduction to the Special Issue (2019): https://link.springer.com/article/10.1007/s10566-019-09488-7

Additional PYD Research

PYD Resources

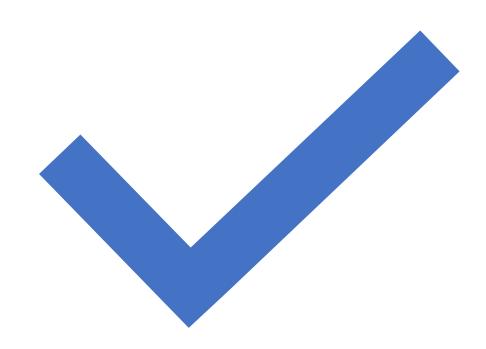
- Guide for Best Practices in Positive Youth Development, Youththrive: http://youth-thrive.org/wp-content/uploads/2012/10/Youth-Thrive-Guide-for-Best-Practices-in-PYD-.pdf
- Understanding the Youth Development Model, US Dept of Education, Mentoring Fact Sheet: https://educationnorthwest.org/sites/default/files/resources/factsheet13.pdf
- Positive Youth Development Measurement Toolkit: <u>https://www.icrw.org/wp-content/uploads/2017/02/PYD-Measurement-Toolkit-Final.pdf</u>
- The Substance Abuse and Mental Health Services
 Administration's (SAMHSA) Youth Engagement Guidance:
 <a href="https://store.samhsa.gov/product/The-Substance-Abuse-and-Mental-Health-Services-Administration-s-SAMHSA-Youth-Engagement-Guidance/SMA16-4985?utm-source=Youth.gov&utm-campaign=Reports-and-Resources&utm-medium=federal-links
- Resources on Positive Youth Development, HHS.gov: <u>https://www.hhs.gov/ash/oah/adolescent-development/positive-youth-development/resources/index.html</u>



For assistance or to learn more:

- (904) 472-5022
- info@preventionpluswellness.com
- PreventionPlusWellness.com

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