

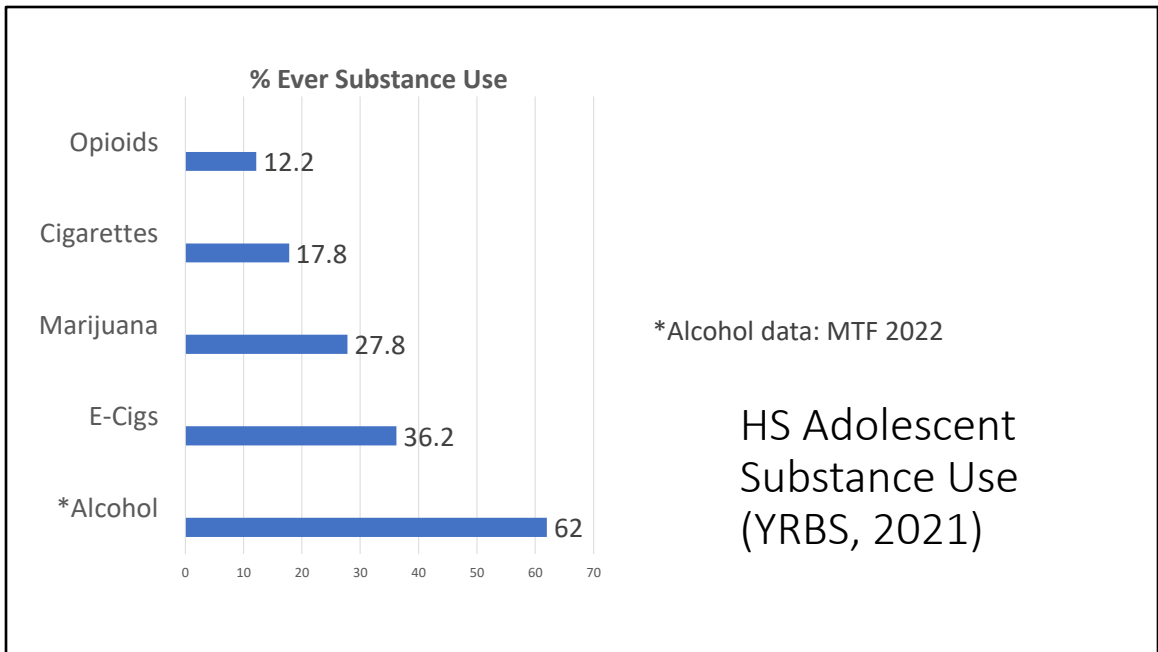


Prevention Plus Wellness
Parent Programs:
SPORT (Alcohol/Drug)
Prevention Plus Wellness

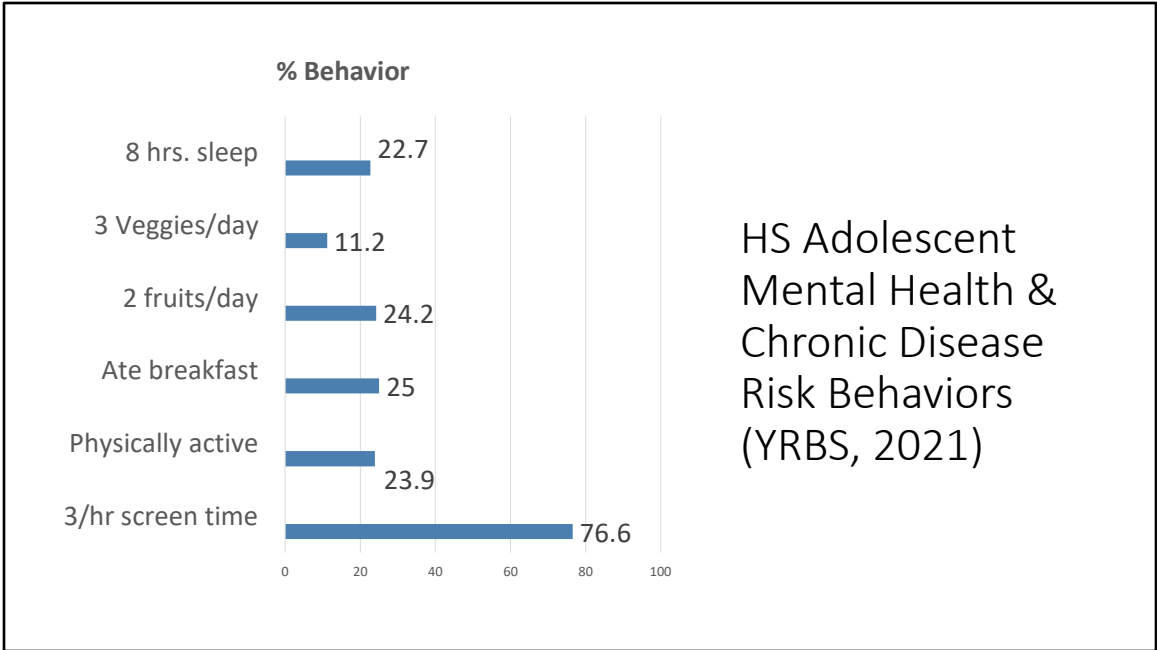
PreventionPlusWellness.com
©All Rights Reserved, 2023

Session Objectives

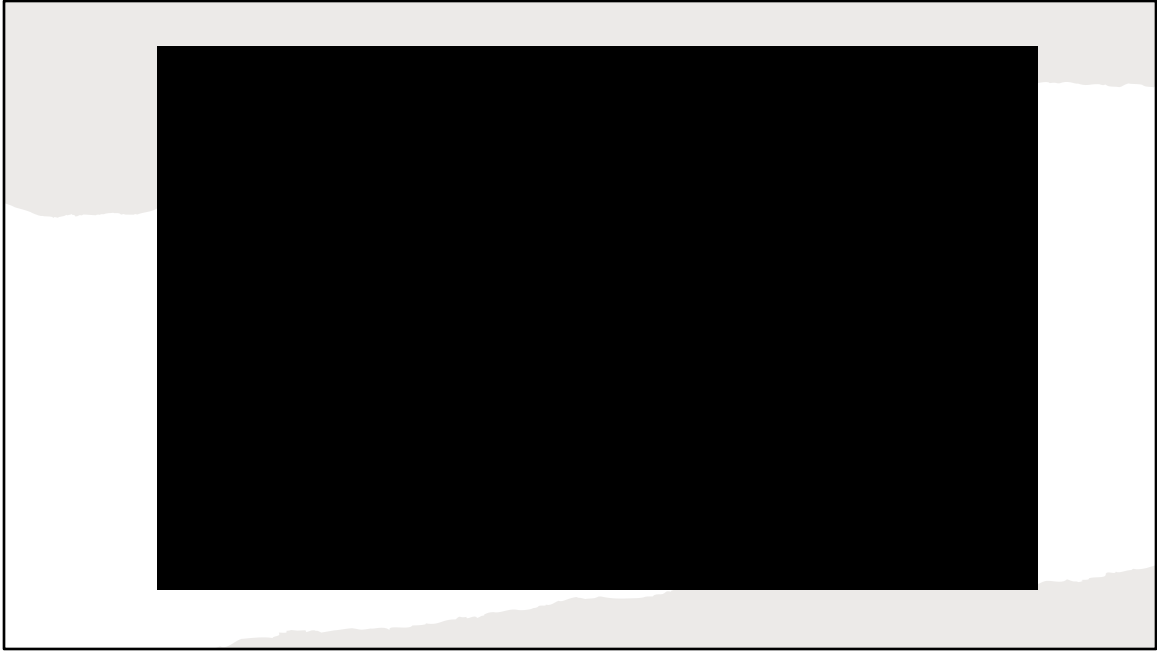
| | |
|----------|--|
| Identify | Identify why parent's messages should communicate both preventing substance use and promoting wellness behaviors to improve their youth's physical and mental wellbeing. |
| Explore | Explore a 3-step evidence-based model for providing brief positive health messages and goal planning with youth that integrates prevention with wellness. |
| Review | Review and practice providing brief tailored messages and goal planning that address both prevention and wellness for youth. |



Highlight substances, from alcohol to opioids, commonly ever used by US adolescents: Youth Risk Behavior Survey (YRBS). Note that alcohol is the most commonly used substance among youth, with over 6 in 10 adolescents drinking alcohol in their lifetime.



Highlight common risks for mental health & chronic disease, from sleep to screen time, among US adolescents. Conclusion: Most adolescents have both substance use and mental health/chronic disease risk behaviors.



[Redacted text]

d getting
ental,

3-Step Evidence-Based Model for Parents to Promote Their Youth's Whole Health



Parent/caregivers complete a survey to increase awareness of their youth's current substance use and wellness behaviors;

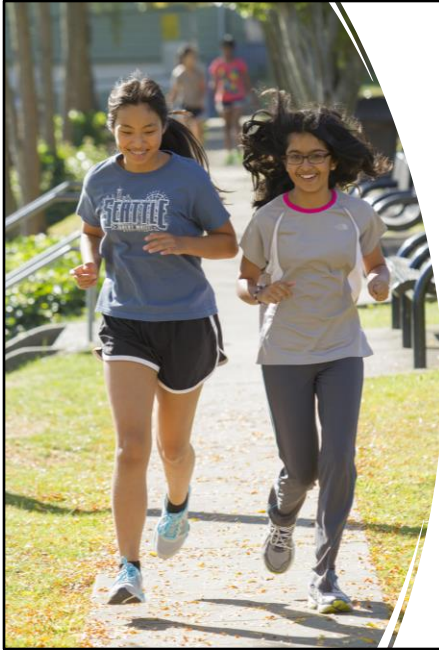


Provide youth with brief positive messages about the benefits and desired future images gained from practicing the wellness behaviors while avoiding substance use to increase youth motivation for change; and



Encourage youth to set and monitor weekly goals to avoid substance use while increasing wellness behaviors to increase self-control skills and self-confidence.

This is a proven, 3-step model which parents can use to provide positive prevention plus wellness messages to youth.

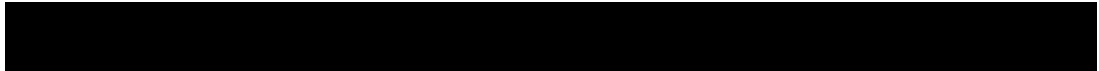
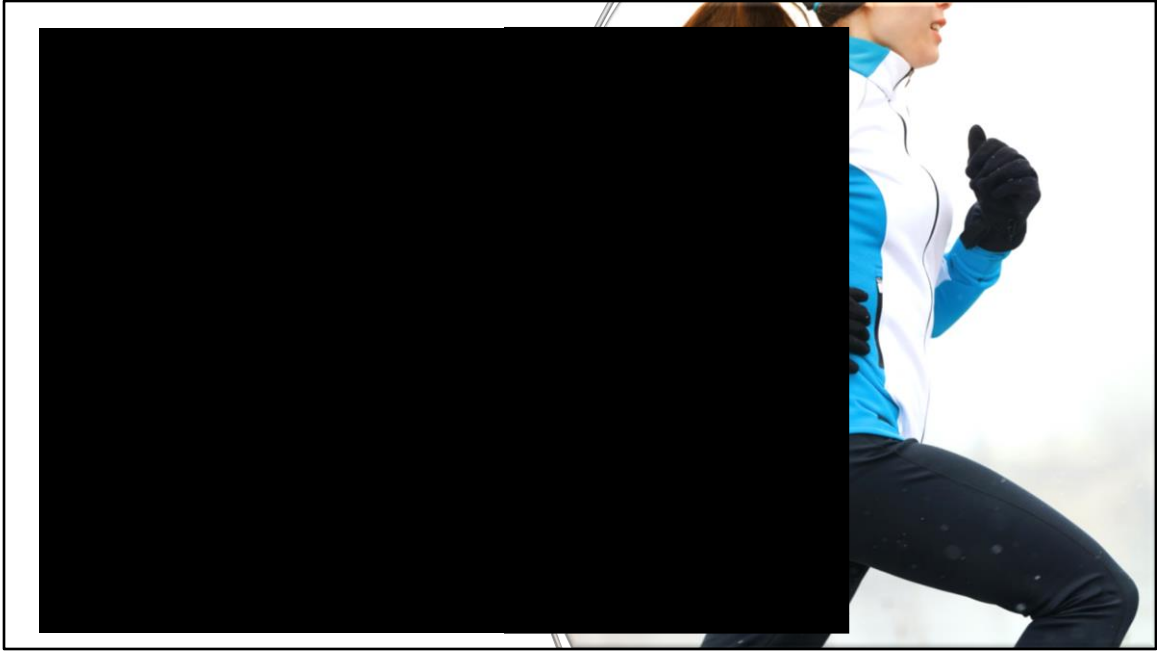


The Behavior-Image Model (BIM) Components

BIM is a tool for promoting wellness and preventing substance use among youth. Its components include:

1. Communicating positive, aspirational wellness behavior messages and how substance use harms them to **increase motivation** to change multiple health behaviors, and
2. Using multiple behavior goal setting to **initiate behavior action and increase self-control.**

The underlying theory of the 3-step parent communication model is the Behavior-Image Model. Here are its two main components.



Health Risk Behavior(s) as Barriers

“Many people lack the energy and motivation to participate in physical activity and achieve their goals of being healthy, fit, and feeling good, and this is often due to health risk behaviors such as poor diet, lack of sleep, and stress.”



Step 1: Assess
Your Youth's
Health
Behaviors:
Health and
Fitness
Screening
Survey

1. Did your youth participate in any sports, physical activities or chores in the last year?

2. Does your youth participate in any physical activity for at least 30 minutes four or five times a week? For example, riding a bike, running, walking, swimming, or playing a sport for 30 minutes or more on most days.

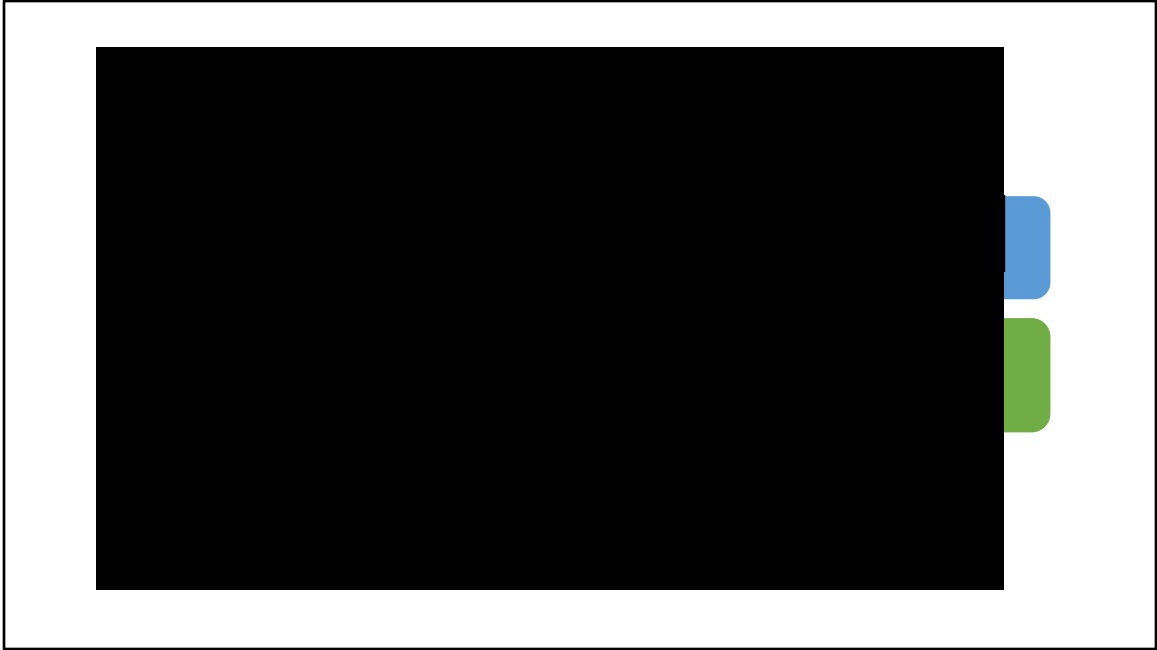
Let's now look at how you can use the 3-step prevention plus wellness model at home with your youth. First, assess your youth's current health habits by answering these survey questions to yourself. Answer to the best of your knowledge.



ce
sical

For
,







First, read each set aloud as though you were presenting it to a youth. You can also have parents volunteer to read some of the messages. If time permits, have parents practice each of the behavior message sets as though they were speaking with their youth at home and provide positive coaching feedback. Parents can modify messages to help them feel more natural and real.

Physical
Activity in
the Last Year



Mention the
Benefits of
Physical
Activity &
Sports

Sports &
Physical
Activities:

1. Are fun
2. Help you look fit & strong
3. Feel good about yourself
4. Give you lots of energy
5. Do better in school & work



Mention How
Alcohol Harms
Physical
Activity &
Sports

An Active Life and Alcohol Do NOT Mix

Alcohol & Drugs Hurt:

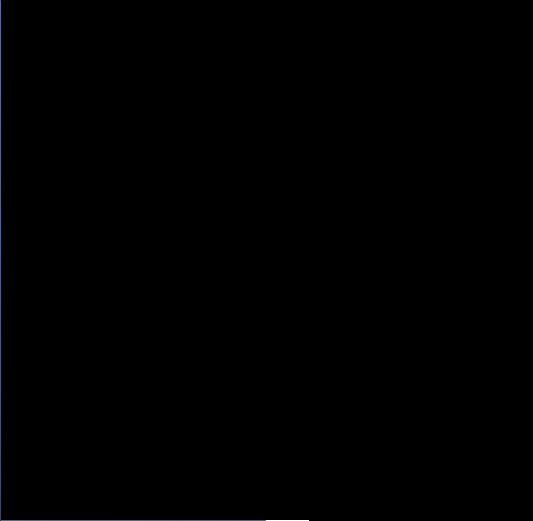
1. Your relationships
2. How well you do in sports
3. How you feel about yourself
4. Your energy level
5. How you do in work & school



Regular
Physical
Activity



M
B
R
P
A



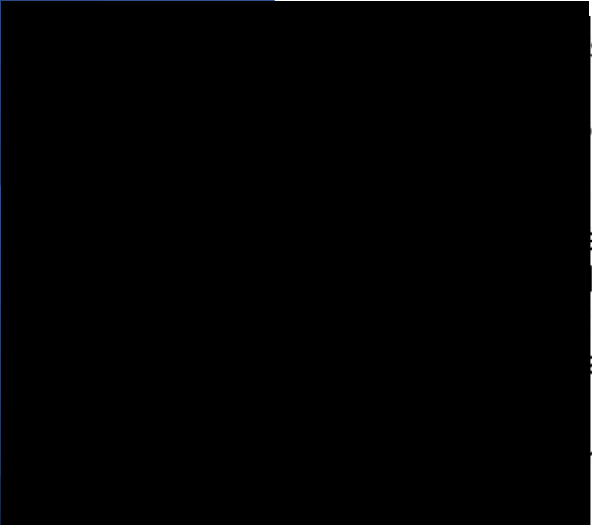
of
physical

healthy
s
weight

lings of
well-being
&



M
A
R
P
A

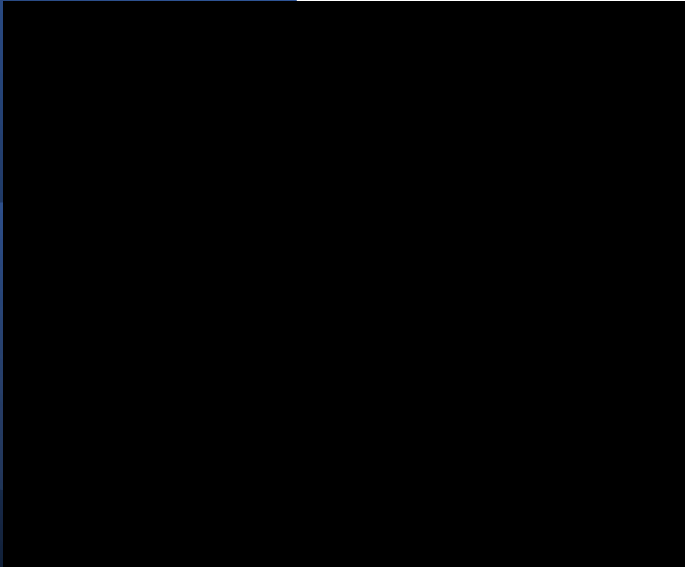


s
and
lots
ity
ay
ugs



Physical Activity Norms

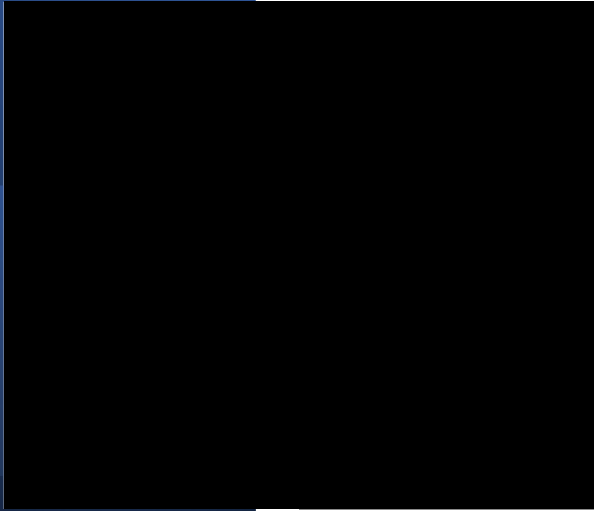




e
re
ends
nce



M
Ho
Fri
Ha
He



Breakfast and
Nutrition

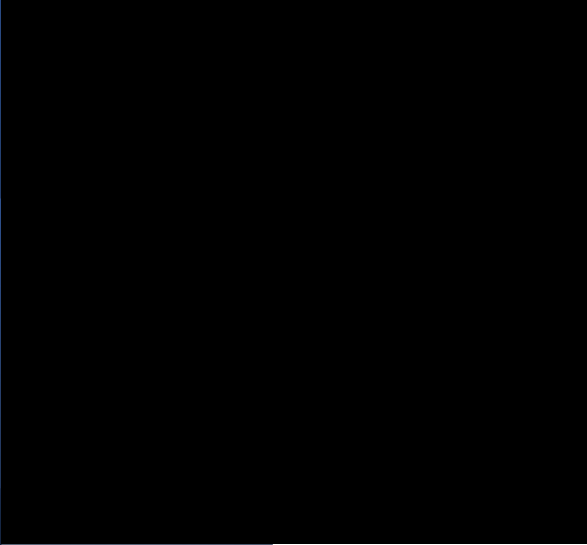


B
H
E

t



H
H
H
E



na

y

e



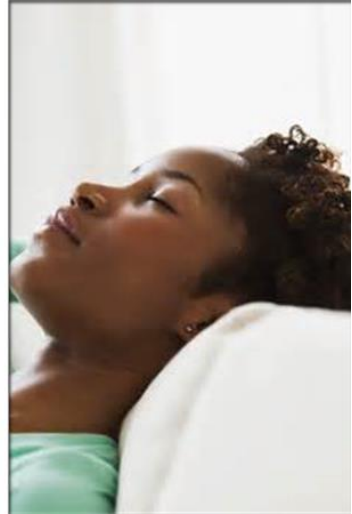
Sleep 8 or
More Hours



B
G
P
S

ore
each
rou
gy
hink

M
Alc
Dr
Ge



Alcohol Use



A
t
T
A

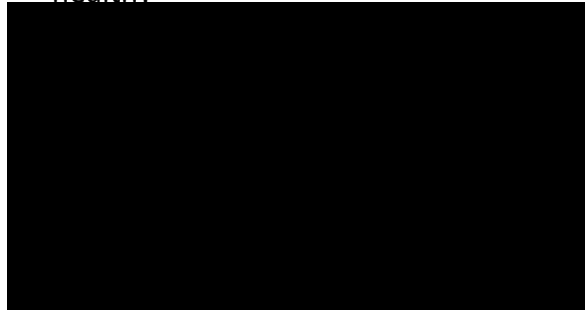


A
Y
A
A
A



Ask “Stop & Think” Questions for Each Health Behavior

1. What types of physical activities or sports would you like to try or do more of?
2. Which of your friends and family members encourage you to engage in habits that promote your fitness and health?



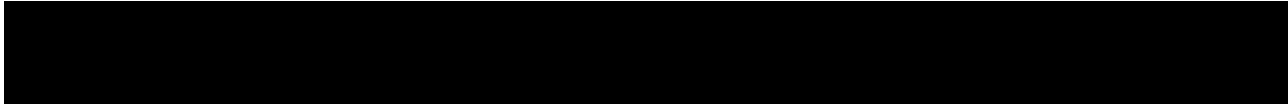
Here are important questions you can ask your youth to get them to reflect on their health habits. The more they reflect on their health behaviors the more likely they will become aware of them and consider improving them.



When to Provide Messages



bles,
of
ur



Tips for Providing Positive Messages to Youth

1. Provide positive messages frequently, e.g., every week
2. Provide positive messages as soon as you see your youth engaged in a wellness habit
3. Provide praise whenever you see your youth engaged in any wellness behavior, e.g., Good for you!, I'm proud of you!, Keep up the great work!



Here are some additional tips for providing positive messages to your youth.



Step 3: Ask Youth to
Complete a Weekly Health
Behavior Goal Plan



In addition to providing positive messages to youth that promote their wellness habits and discourage their substance use, encourage your youth to complete a weekly goal plan to help them live a healthier lifestyle. Give your youth incentives to set and monitor weekly health behavior goal plans.

Goal Setting Directions for Youth

1. Ask your youth to complete a 7-day goal plan to improve their physical and mental health, performance and success
2. Be prepared to assist them if they have questions or problems with setting measurable and achievable goals
3. Consider setting your own wellness goals to model goal setting for your youth/young adult

4.

5.

6.

7.

8.

eir

m to

r
1-2

Discuss these important directions for having your youth complete weekly goal plans.

Suggestions for Youth Goal Setting

1. Get ready to give your youth some concrete examples of measurable AND achievable goals in each of the four health behavior areas.
2. For example, improving sleep can include shutting off and locking away your smart phone, setting a regular time to go to sleep each night, making sure your room is dark and quiet, or increasing your nightly sleep goal by 30 minutes most nights.

and Thursday.

by 1

sical

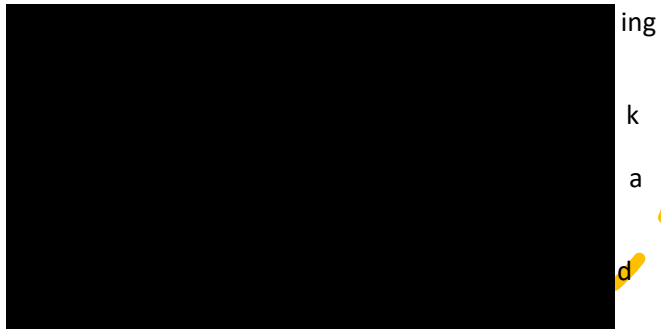
alking
esday

Present some suggestions for youth on how they can set measurable and achievable weekly goals.

Prevention Plus
Wellness Goal
Plan: Health
Recommendations

Recommendations for increasing your wellness:

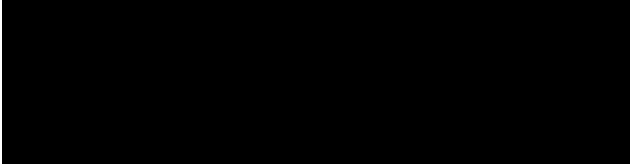
1. Get 8 or more hours of sleep each night;
2. Eat a healthy breakfast every day, such as nutritious cereal and low-fat milk, whole wheat toast, oatmeal, eggs, yogurt or fruit, and eat a daily variety of other healthy foods, such as fruits and vegetables, while



Walk parents through the components of the goal plan. Recommend healthy habits to your youth.

Prevention Plus Wellness Goal Plan: Setting a Healthy Goal

- *Keep in mind, being fit does not mean being perfect. Your main goal should be to have a healthy body image and not engage in unhealthy behaviors.*
- *To help you achieve the above goals, make the following commitment:*
- **Choose to avoid alcohol and drug use each day during the next 7 days in order to maintain an active, healthy lifestyle.**
- **In addition, choose one other healthy habit that you will improve or continue doing during the next 7 days from the list above is:**

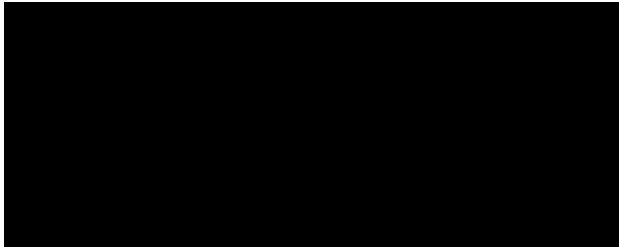
 t
):

Walk parents through the components of the goal plan. Help youth set a healthy behavior goal for the week.

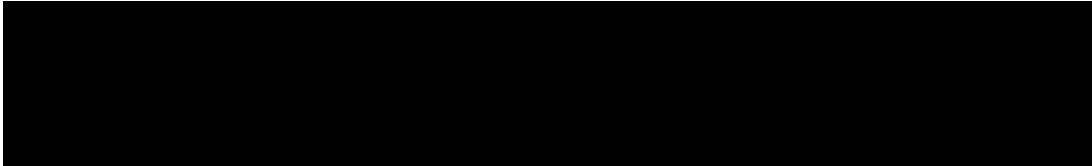
Prevention Plus
Wellness Goal
Plan: Signatures
&
Congratulations

Congratulations! You have successfully completed this goal plan!

1. Place the goal plan where it can be seen every day, week and month (i.e., on the refrigerator, wall, or your mirror) so you can track your goal progress each day.
2. Revisit your goal plan at the end of the first week and make changes if needed to help you be even more successful in reaching your future goals every week.



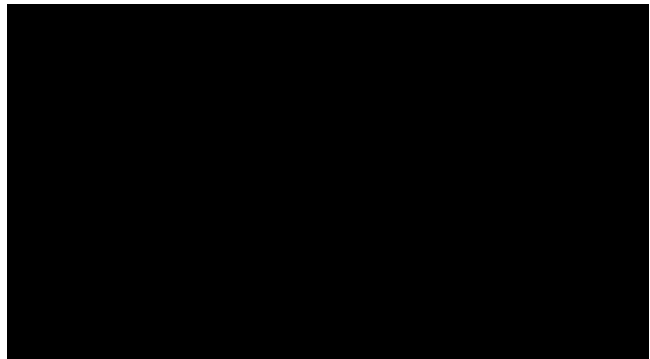
r
g
e.



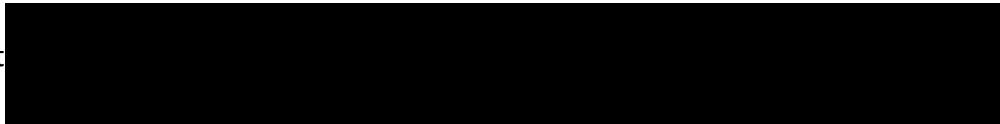
Prevention Plus
Wellness Goal
Plan: Calendar Log



Now, for the next 7 days, circle a response on the calendar below to track your goal success. Then, total the number of days you reached a wellness goal.



ay
ay
ay
ay
ay
ay
ay

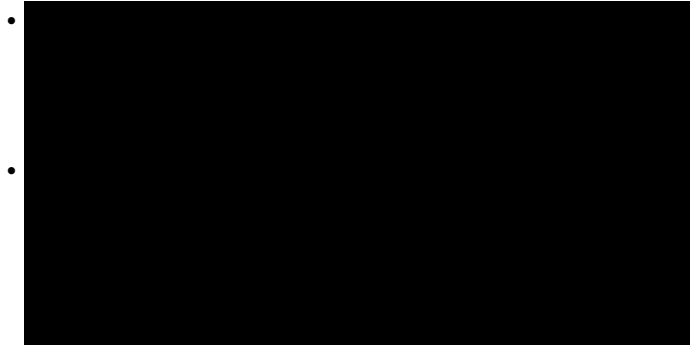


t

itor
d total

Other Parent/Caregiver Tips

- To help your youth stay active, and at the same time avoid alcohol harm, know where they are. Ask your adolescent to keep you informed as to where they are throughout the day and night.
- Praise your youth whenever you see them practice healthy habits, like eating nutritious foods or going to sleep on a regular schedule.



Discuss other tips for parents and caregivers.



For more parent resources, look under "Resources" on our website!

✓ **PreventionPlusWellness.com**

(904) 472-5022

info@preventionpluswellness.com

Remind parents to check out PPW website for more resources.



Distribute the Parent Program Guide.



Participant Evaluation Survey

<https://www.surveymonkey.com/r/DNSQ375>

Ask participating parents to complete the presentation evaluation survey before leaving. Encourage them to write as much as they'd like for the last two open-ended items.