

Prevention Plus Wellness in the Real World

PreventionPlusWellness.com

Multiple Co-Occurring Health Risks

1. US adolescents are at risk for multiple co-occurring substance use and chronic disease risks

2. Policies and programs should address a multiple risk approach to increase effectiveness and efficiency



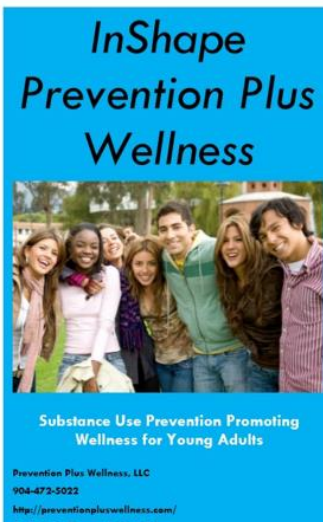
**SPORT
Prevention Plus
Wellness**

High School Adolescents: Substance Use Prevention Program Promoting Wellness

Prevention Plus Wellness, LLC
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SPORT Prevention Plus Wellness (PPW) Programs

1. Evidence-based, proven to prevent alcohol, tobacco & cannabis & increase physical activity among non-using & substance using youth
2. Targets PA, healthy eating, sleep & stress control
3. Single-session (< 50 minutes) Screening and Brief Interventions (HS, MS & ES versions)
4. Implemented with slides
5. Scripted individual/one-on-one or in a group
6. Marketing theory targeting positive images
7. Optional parent materials
8. Reproducible materials in digital download



**InShape
Prevention Plus
Wellness**

Substance Use Prevention Promoting Wellness for Young Adults

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InShape Prevention Plus Wellness (PPW) Program

1. Evidence-based, proven to prevent alcohol, cannabis & drinking driving & increase physical activity, sleep & health-related quality of life among young adults
2. Targets PA, healthy eating, sleep & stress control
3. Single-session (< 60 minutes) Screening and Brief Intervention
4. Implemented with slides
5. Scripted individual/one-on-one or in a group
6. Marketing theory targeting positive images
7. Reproducible materials in digital download

Adaptions of the PPW SBI Model

1. Emerging SU behaviors & new content (Vaping, Marijuana & Opioid PPW, In God's Image, SPORT 2 PPW)
2. Use as selected & indicated prevention
3. Use among younger & older populations
4. Use in different settings, e.g., recreation, sports, wilderness, JJ
5. Use in US military (tailored PP slides)
6. Use in mountain state (tailored PP slides)
7. Follow-up strategies, e.g., additional content, flyers, resources
8. Language translations, e.g., Turkish & Spanish