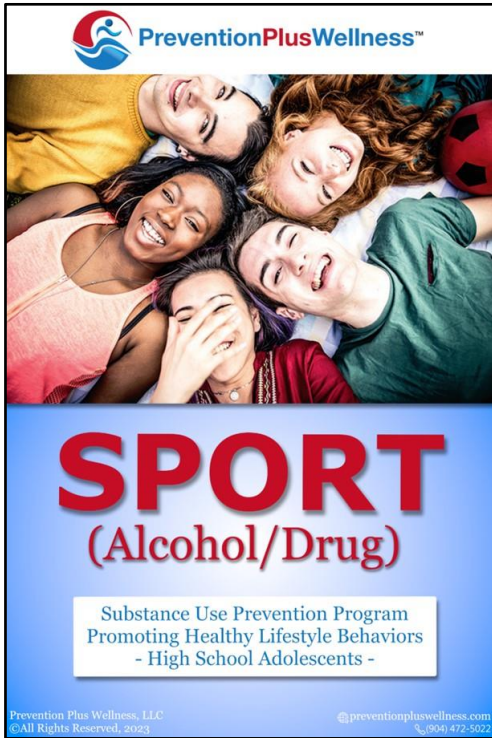


# SPORT (Alcohol/Drug) Prevention Plus Wellness Brief Interventions



**SPORT Prevention Plus Wellness (PPW)** are quick and easy to use positive youth development programs for prevention and health professionals who want to prevent substance use and promote healthy lifestyle behaviors linked to mental and physical wellbeing, performance, and happiness. **SPORT** stands for *Substance Prevention Optimizing Resiliency Training*.

**SPORT PPW** has undergone rigorous research evaluating its effectiveness for preventing youth substance use and increasing healthy habits and is listed on a wide-range of evidence-based program registries. Furthermore, it utilizes an evidence-based practices screening and brief intervention format.

**SPORT PPW** is the only single-session substance use prevention program designed to increase health-enhancing behaviors including physical activity, sports participation, healthy eating, getting adequate sleep, and practicing stress control. It can be implemented to

youth individually or in a group using the easy-to-follow scripts found in the program manual.

**SPORT PPW** programs are used in all 50 US states and abroad and can be provided in nearly any setting. **SPORT PPW** is used as a universal prevention and wellness intervention for all youth, as well as a selective and indicated prevention program for high-risk populations.

**SPORT PPW screening and brief interventions use** a three-step process of:

1. Screening youth for their current health habits to increase awareness of their substance use and healthy behaviors;
2. Providing feedback cueing positive future images and the benefits of engaging in the healthy behaviors and how substance use harms them, to increase motivation for change; and
3. Presenting a goal plan and contract to help youth set and monitor goals to avoid substance use and increase protective wellness behaviors increasing self-control skills and self-efficacy.

**SPORT PPW** programs come with a manual and a digital download of all reproducible materials to implement the program to any number of participants. Online and paper pretest and posttest surveys are included to assess and monitor your program's outcomes. Online self-paced training taking about two hours is available to enhance program fidelity and effectiveness.

**SPORT PPW** takes one 45-minute session to implement and is available in English and Spanish versions for: 1) High school adolescents ages 14-18, 2) Middle school adolescents ages 10-14, and 3) Elementary school children ages 8-10.

**SPORT PPW** program variations include:

- SPORT (Alcohol/Drug) PPW
- SPORT Alcohol & Cannabis PPW
- SPORT PPW-SBIRT
- SPORT 3 PPW
- SPORT Health Behaviors
- Marijuana PPW
- Vaping (E-Cigarette) PPW
- SPORT Parent Training Program
- SPORT Alcohol PPW Media Campaign

Request a sample today to review: [info@preventionpluswellness.com](mailto:info@preventionpluswellness.com) or call: (904) 472-5022. For more information, go to: <https://preventionpluswellness.com>