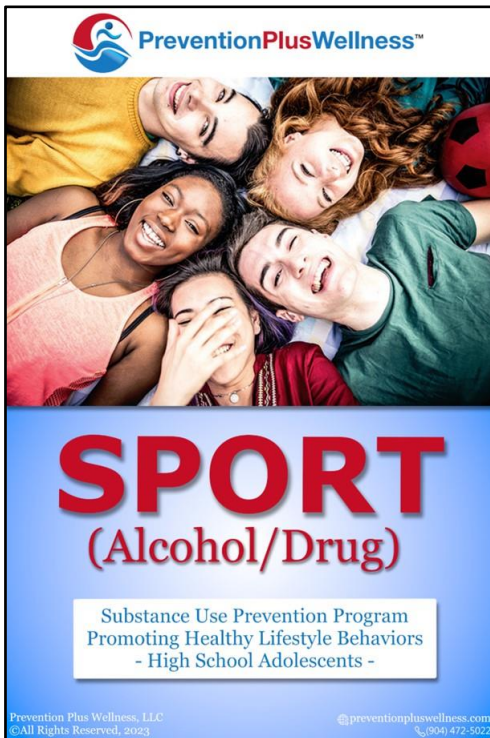


# Certified Training for Implementing the Evidence-Based SPORT Prevention Plus Wellness Brief Interventions



**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** 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.

**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

## **SPORT PPW Training Options**

To enhance program fidelity and effectiveness, three types of program training are offered. Each of these training options include a 3-year certification as a program implementer or trainer upon completion.

1. **Online Self-Paced Training** permitting anyone to take an interactive PPW program implementer training course their own schedule and at their own pace.
2. **Live Online Training** is a 4-6-hour group session to learn to implement, and optionally to train others to implement, one or more PPW programs.
3. **Onsite Program Implementer & Trainer Training Workshop** is a 7-hour group training experience with an in-person trainer set in a location of your choice.

**Free Prevention Plus Wellness Webinars** highlight the latest research and best practices for protecting and promoting the mental and physical health, performance, and happiness of youth and adults. These webinars are offered throughout the year to individuals who've signed-up for free webinars on the PPW website:

<https://preventionpluswellness.com>

**Unlimited PPW Program & Training Licenses** allow any number of individuals to access one or more virtual PPW program manuals and digital downloads of program slides and reproducible materials. Licenses also permit anyone in the region to access the PPW Program Training Portal to complete an Online Self-Paced Training Course and receive a 3-year certification as a PPW program implementer.

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