



### **SPORT PPW-HR prevents:**

- Alcohol use
- Cigarette smoking
- Marijuana use
- Illicit drug use
- Substance abuse problems

### **SPORT PPW-HR promotes:**

- Sports & physical activities
- Healthy eating
- Getting adequate sleep
- Controlling stress
- Setting multiple health goals
- Positive self-identity



## **What is SPORT PPW-HR?**

- ❖ SPORT Prevention Plus Wellness-High Risk is a quick and easy to use selective and indicated prevention with wellness program that prevents substance abuse and promotes physical activity, sports, healthy eating, sleep and stress control among high risk adolescents.
- ❖ SPORT PPW-HR was adopted from the original evidence-based SPORT PPW program shown to produce medium-large effects for drug-using youth (Prevention Science, 2005).
- ❖ SPORT PPW-HR cues desired future images of youth engaged in protective wellness behaviors and links substance use as harming personal goals to achieve positive behaviors and identity.
- ❖ SPORT PPW-HR is a unique screening and brief intervention available for high risk middle and high school adolescents.



### **SPORT Prevention Plus**

### **Wellness-High Risk**

Prevention Plus Wellness, LLC

Jacksonville, FL, USA

(904) 472-5022

[info@preventionpluswellness.com](mailto:info@preventionpluswellness.com)

<http://preventionpluswellness.com>

# **SPORT Prevention Plus Wellness- High Risk**

*A Selective & Indicated  
Substance Abuse  
Prevention Program  
Promoting Wellness*



## Protecting Youth from Multiple Health Risks

- Research indicates that most US youth experience multiple co-existing health risks and problems, like physical inactivity, unhealthy eating, lack of sleep, uncontrolled stress and substance use.
- SPORT PPW-HR is specifically designed to address these risks in a single program and setting, to cost-effectively improve the “whole health” of high risk youth.
- SPORT PPW-HR screens youth for their current health habits, provides feedback and positive image messages, and helps them set multiple health behavior goals.

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*“SPORT Prevention Plus Wellness-High Risk is the country’s only single-session selective and indicated prevention program that promotes wellness behaviors among youth at high risk for substance use and other behavioral problems. SPORT PPW-HR is highly flexible and can be used as a stand-alone program, or as an add-on strategy to other intervention, prevention, health, or education programs. SPORT PPW-HR comes with screening survey, goal plan, scripts, PowerPoint slides, evaluation tools and program support. We know you will find SPORT PPW-HR is an easy, enjoyable and effective way to promote fit, healthy and substance use-free lifestyles among high risk youth.” Chudley Werch, PhD, President, Prevention Plus Wellness, LLC*



## SPORT PPW-HR Programs & Training

- ✚ **SPORT PPW-HR Programs** come in high school and middle school adolescent versions and include a manual with scripts to provide an individual (one-on-one) or group lesson, digital downloads with PowerPoint slides and reproducible program materials, web-based wellness resources, and a built-in pre-post program evaluation.
- ✚ **Onsite and Online Training Workshops** allow professionals to quickly gain knowledge, skills and confidence to implement, or train others to implement, SPORT PPW-HR to youth.