

SPORT Prevention Plus Wellness-High Risk



**High Risk Middle School Adolescent
Substance Use Prevention Promoting
Wellness**

Prevention Plus Wellness, LLC

904-472-5022

<http://preventionpluswellness.com/>

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SPORT Prevention Plus Wellness- High Risk

HIGH RISK MIDDLE SCHOOL ADOLESCENT SUBSTANCE USE
PREVENTION PROMOTING WELLNESS

Table of Contents

Section 1: Introduction

Section 2: Directions for Implementation

Section 3: Individual Youth Program Script with Screen & Goal Plan

Section 4: Optional Group Program Script

Section 5: Evaluation Materials

Section 6: Optional Youth Wellness Resources

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SPORT PPW-HR

Section 1: Introduction

Welcome to **SPORT Prevention Plus Wellness-High Risk** for youth at high risk for substance use and other behavioral problems. **SPORT PPW-HR** is a quick and easy to use prevention with wellness intervention for professionals, peer leaders and parents who want to promote resilient active, healthy and substance-abuse free lifestyles among youth at high risk for substance use and other behavioral problems.

SPORT PPW-HR was adopted from the original **SPORT Prevention Plus Wellness** universal prevention program developed with funding from the National Institutes of Health (NIH), and is listed as an evidence-based program on the federal government's National Registry of Evidence-based Programs and Practices (NREPP), Blueprints for Healthy Youth Development and other evidence-based registries.

SPORT PPW-HR is the country's only single-session selective and indicated prevention program designed to increase high risk youth wellness-enhancing behaviors including physical activity, sports participation, healthy eating, getting adequate sleep, and practicing stress control while avoiding alcohol, tobacco, e-cigarettes, prescription drug misuse, marijuana and illicit drug use.

SPORT PPW-HR targets naturally motivating positive peer and desired future images to increase personal goal

setting to improve multiple wellness habits and positive self-identity. **SPORT PPW-HR** is highly flexible and can be used as a stand-alone program, or as an add-on component to other prevention, health, sports, fitness, recreation, education or intervention programs.

The **SPORT PPW-HR** program was designed to help vulnerable youth look and feel more active, fit and healthy by having them:

1. Identify wellness enhancing behaviors, along with drug use habits that interfere with reaching wellness behavior goals and positive self-images;
2. Become aware of positive images of youth engaged in wellness promoting behaviors, and desired images of themselves in the future; and
3. Make a commitment to set and monitor multiple goals to increase wellness promoting behaviors, while avoiding wellness harming substance use.

Your **SPORT PPW-HR** manual and program contain the following materials:

- Step-by-step implementation directions;
- Brief self-administered youth health and fitness behavior screening survey;
- Scripts for providing an individual one-on-one or optional group lesson that uses positive image

- content linking wellness and substance use behaviors;
- Set of colorful slides with illustrations of youth modeling wellness habits;
 - Goal plan and contract for motivating multiple behavior change;
 - Optional group exercise to increase classroom interaction during the group lesson;
 - Youth feedback survey to evaluate program implementation fidelity and effectiveness;
 - Instructor's survey to assess the quality of the lesson presentation;
 - Fidelity checklist to increase implementation reliability;
 - Optional youth wellness resources addressing increasing physical activity, eating healthy, getting adequate sleep, managing stress, and avoiding alcohol, tobacco and illicit drug use;

- Digital download of reproducible materials and customizable PowerPoint slides;
- Phone and email program support; and
- Separate onsite and online certified training workshops to learn to provide the **SPORT PPW-HR** program, or train others to implement it, with fidelity and maximum effectiveness.

SPORT PPW-HR takes less than 50 minutes to implement. It is available in two versions for: 1) High school adolescents ages 14-18, and 2) Middle school adolescents ages 10-14.

Thank you for choosing **SPORT Prevention Plus Wellness-High Risk**. We know you will find **SPORT PPW-HR** an easy, enjoyable and effective way to promote fit, healthy and substance use-free lifestyles among your high risk youth.

SPORT PPW-HR

Section 2:

Directions for Implementation

Steps for Implementing & Evaluating Your PPW Program

Welcome Prevention Plus Wellness Program Implementer! This information was created to help you successfully provide your Prevention Plus Wellness (PPW) Program.

If you have not already done so, we strongly encourage you to take one of our convenient onsite or online training workshops to become a Certified PPW Program Implementer or Training of Trainer. Both workshops come with 3-year certification and are designed to ensure you learn how to implement your PPW Program with fidelity and maximum effectiveness.

Listed below are the steps and tools for implementing and evaluating your PPW Program.

Steps for Implementing & Evaluating the PPW Program

1. Prior to implementing your Prevention Plus Wellness (PPW) Program to youth or young adults, practice both the individual (one-on-one) and group scripts three times, using the program's PowerPoint slides, goal plan, youth feedback survey and instructor's survey.
 2. Before providing a lesson, make copies of the screening survey, goal plan and feedback survey for all participants from the digital downloads provided.
 3. In a private or semi-private setting, implement the program using the selected script while showing the PowerPoint slides.
 4. When done, read the goal plan with the participant(s), and help them complete it, sign it and take it home for daily monitoring.
 5. Administer the feedback survey and then collect it along with the screening survey and keep them together for each participant.
 6. Complete an instructor survey to assess the quality of your program implementation.
 7. Scan your completed participant screening and feedback surveys using an all-in-one scanner/printer.
 8. Email the scanned surveys to Prevention Plus Wellness, LLC to receive program feedback on implementation fidelity, ways to improve your program, and positive outcomes you can communicate to key stakeholders to promote your program: info@preventionpluswellness.com (call for assistance: 904-472-5022).
 9. Promote your program and make improvements based on the program feedback and instructor survey evaluation data results.
 10. Use the Prevention Plus Wellness Program Fidelity Checklist to ensure you are implementing your PPW program with fidelity.
 11. Follow up with participants by reminding them to monitor the achievement of their goals each day, and revise goals as needed to ensure success.
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12. Maintain your certification and get the latest best practices knowledge and skills by attending a PPW Program Implementer's or Training of Trainer Workshop every three-years.

PPW Program Resources

The following PPW Program resources are found on the Prevention Plus Wellness website (<http://preventionpluswellness.com>) and are invaluable for ensuring you are providing your program with fidelity and getting the very best outcomes.

- Healthy Lifestyle Guidelines for Youth and Young Adult Goal Setting
- Promoting Your Program
- Program Evaluation Support
- Program Tailoring Services

SPORT PPW-HR

Section 3:

Individual Youth Program Script with Screen & Goal Plan

SPORT© Prevention Plus Wellness-High Risk Middle School Adolescent Version Individual Lesson

Introduction

(Show slide).



Hi, _____ (youth's name). I'm going to talk to you about your health habits and how your actions can make you healthy and keep you healthy.

Screening Survey

Now, please take out your copy of the Health and Fitness Survey. The purpose of this survey is to determine what you are doing about your health. Your answers are private. **DO NOT PLACE YOUR NAME ON THE SURVEY.** We want your answers to be a secret. Please answer all questions honestly. Thank you. (Wait until the survey is completed. See copy below).

SPORT© Prevention Plus Wellness-HR Middle School Adolescent Version Health & Fitness Screening

Directions: The purpose of this survey is to determine what you are thinking and doing about your health. Your answers will be kept very secret. DO NOT PLACE YOUR NAME ON THIS FORM. Answer all questions honestly. Thank you.

1. What sports or physical activities did you play in the last year? (Bubble in all that apply)

- a. Baseball/Softball
- b. Basketball
- c. Riding a bicycle
- d. Dance/Cheerleading
/Gymnastics
- e. Football
- f. Golfing
- g. Horseback riding
- h. Running or walking
- i. Rollerblading
- j. Skateboarding
- k. Soccer
- l. Surfing
- m. Swimming
- n. Track
- o. Volleyball
- p. Tennis
- q. Others (list): _____
- r. I did not play any

2. Do you participate in 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 on most days?

- a. Yes
- b. No

3. Do you usually eat a healthy breakfast every morning? For example, cereal and low fat milk, whole wheat toast, oatmeal, eggs, yogurt or fruit.

- a. Yes
- b. No

4. Do you usually sleep eight or more hours each night?

- a. Yes
- b. No

5. Do you practice stress control techniques on most days of the week, such as progressive muscle relaxation, meditation, tai chi, yoga, deep breathing or prayer?

- a. Yes
- b. No

6. Did you drink any alcohol in the last 30 days? For example, beer, wine or liquor.

- a. Yes
- b. No

2. Regular Physical Activity

Read only ONE response. If youth answers "Yes" to question #2 on survey, read "Yes" response. If youth answers "No" to question 2 on survey, read "No" response.

(Yes) Regular Physical Activity

1. Benefits of Regular Physical Activity (Show slide).



➤ Promote a healthy heart and lungs.

➤ Help control weight.

➤ Reduces stress.

30 MINUTES OF SPORTS & PHYSICAL ACTIVITIES

I see that you do regular physical activity. That's great! Both sports and other types of physical activities promote a healthy heart and lungs. They also control weight and stress, if you do them for 30 minutes on most days. What types of sports or other physical activities do you like to do or want to do more of?

2. Some Behaviors Harm Regular Physical Activity (Show slide).



However, alcohol use can cause heart damage and cancer over time. Avoiding alcohol is key to keeping a healthy body.

(No) Regular Physical Activity

1. Benefits of Regular Physical Activity (Show slide).



I see that you do not do regular physical activity. To feel better and have a healthy heart and lungs, you should play sports and do other types of physical activity. They also control weight and stress, if you do them for 30 minutes or more on most days. What types of sports or other physical activities do you like to do or want to do more of?

2. Some Behaviors Harm Regular Physical Activity (Show slide).

The key to a fit and healthy body is lots of physical activity AND staying away from alcohol, tobacco and drugs.



However, alcohol use can cause heart damage and cancer over time. Avoiding alcohol, along with doing physical activity most days, is key to keeping a healthy body.

3. Breakfast and Nutrition

Read only ONE response. If youth answers “Yes” to question #3 on survey read “Yes” response. If youth answers “No” to question 3 on survey, read “No” response.

(Yes) Breakfast and Nutrition

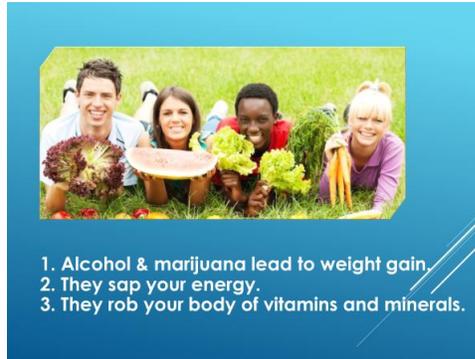
1. Benefits of Healthy Eating (Show slide).

- ▶ It can have a big effect on how you feel.
- ▶ It can also help you have more energy in school and sports.

EAT A HEALTHY BREAKFAST & HEALTHY FOODS

It looks like you are eating a healthy breakfast most mornings. Wonderful! Eating a healthy breakfast such as nutritious cereal with low fat milk, whole wheat toast, oatmeal, eggs, or yogurt every day can have a big effect on how you feel, and help you have more energy in school and sports. Also, limiting junk food, and eating lots of healthy foods such as fresh vegetables and fruits is important. What types of healthy foods do you like to eat or would like to eat more of?

2. Some Behaviors Harm Healthy Eating (Show slide).



Did you know that drinking alcohol adds empty calories which leads to weight gain and can rob your body of vitamins and minerals? Alcohol use can also sap your energy needed to do well in sports and physical activities.

(No) Breakfast and Nutrition

1. Benefits of Healthy Eating (Show slide).



It looks like you haven't been eating a healthy breakfast most days. Try eating a healthy breakfast such as nutritious cereal with low fat milk, whole wheat toast, oatmeal, eggs, or yogurt every day. Also, limit junk food and eat lots of healthy foods such as fresh vegetables and fruits. By doing so, your body will feel better and you'll see that you have more energy in school and sports. What types of healthy foods do you like to eat or would like to eat more of?

2. Some Behaviors Harm Healthy Eating (Show slide).



Did you know that drinking alcohol adds empty calories which leads to weight gain and can rob your body of vitamins and minerals? Alcohol use can also sap your energy needed to do well in sports and physical activities.

Wellness Goal Plan & Contract

Now, take out your copy of the Wellness Goal Plan and read along. (Read the goal plan aloud and assist the participant with completing each item on the goal plan. Then, have them sign and you co-sign the plan. Lastly, read the concluding statement on the plan with the participant. See copy below.).

SPORT© Prevention Plus Wellness-HR Middle School Adolescent Version Wellness Goal Plan

To be active, healthy, and look and feel good, make sure you:

1. Get 8 or more hours of sleep each night.
2. Eat a healthy breakfast such as nutritious cereal with low fat milk, whole wheat toast, oatmeal, eggs, yogurt or fruit every day, limit junk food, and eat lots of healthy foods such as fresh vegetables and fruits.
3. Do some fun physical activity, such as riding a bike, running, walking, swimming, or playing a sport for at least 30 minutes a day on most days.
4. Most importantly, stay away from all alcohol, tobacco, e-cigarettes, prescription drug misuse, marijuana and illegal drugs!

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 ways to control or lose weight.

To help you achieve the above goals, make the following pledge:

I _____, promise to stay away from alcohol and other
(Print name)
drugs each day during the next 30 days.

In addition, one other healthy habit I'd like to improve or continue doing during the next 30 days from the list above is:

1. List a specific health habit (e.g., play tennis NOT get more exercise):

_____.

2. Amount (e.g., 30 minutes each time): _____.

3. How often (e.g., 4 times a week, Monday-Thursday):

_____.

SPORT PPW-HR

Section 4:

Optional Group Program Script

SPORT© Prevention Plus Wellness-High Risk Middle School Adolescent Version Group Lesson

Introduction

(Show slide).



Hello. For the next several minutes I will be talking with you about **SPORT Prevention Plus Wellness**, an exciting new fitness and health program. Together we will look at how your actions can make you healthy and keep you healthy.

2. Regular Physical Activity

(Ask participants to answer to themselves). Do you participate in 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 on most days?

1. Benefits of Regular Physical Activity (Show slide).



Both sports and other types of physical activities promote a healthy heart and lungs. They also control weight and stress, if you do them for 30

minutes on most days. What types of sports or other physical activities do you like to do or want to do more of?

2. Some Behaviors Harm Regular Physical Activity (Show slide).



However, alcohol use can cause heart damage and cancer over time. Avoiding alcohol is key to keeping a healthy body.

3. **Breakfast and Nutrition**

(Ask participants to answer to themselves). Do you usually eat a healthy breakfast every morning? For example, cereal and low-fat milk, whole wheat toast, oatmeal, eggs, yogurt or fruit.

1. Benefits of Healthy Eating (Show slide).



Eating a healthy breakfast such as nutritious cereal with low fat milk, whole wheat toast, oatmeal, eggs, or yogurt every day can have a big effect on how you feel, and help you have more energy in school and sports. Also, limiting junk food, and eating lots of healthy foods such as fresh vegetables and fruits is important. What types of healthy foods do you like to eat or would like to eat more of?

2. Some Behaviors Harm Healthy Eating (Show slide).



1. Alcohol & marijuana lead to weight gain.
2. They sap your energy.
3. They rob your body of vitamins and minerals.

Did you know that drinking alcohol adds empty calories which leads to weight gain and can rob your body of vitamins and minerals? Alcohol use can also sap your energy needed to do well in sports and physical activities.

SPORT PPW-HR

Section 5: Evaluation Materials

SPORT Prevention Plus Wellness-HR Youth Feedback Survey

CODE: _____

Directions: Please bubble in one answer for each question below. We really want to know what you think about the SPORT© Prevention Plus Wellness lesson. Please answer honestly.

	NOT (NONE) AT ALL (1)	A LITTLE (2)	SOME (3)	A LOT (4)
1) Did you like the <i>SPORT</i> lesson?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2) Would you recommend the <i>SPORT</i> lesson to other students?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3) Do you think this <i>SPORT</i> lesson will help students make healthy choices?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
4) Will the <i>SPORT</i> lesson help you increase your physical activity next month?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
5) Will the <i>SPORT</i> lesson help you avoid alcohol use next month?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
6) Will the <i>SPORT</i> lesson help you avoid drug use next month?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
7) Will the <i>SPORT</i> lesson help you avoid cigarette smoking next month?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
8) Will the <i>SPORT</i> lesson help you increase your healthy eating next month?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
9) Will the <i>SPORT</i> lesson help you increase your sleep next month?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
10) Will the <i>SPORT</i> lesson help you increase your stress control next month?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

SPORT Prevention Plus Wellness (PPW) Instructor's Survey

Code: _____

Directions: Complete this survey after each lesson provided. Circle one response for each item.

	None	A little	Some	A lot
1. What was your level of comfort while providing the SPORT PPW lesson?	1	2	3	4
2. Did you use active presenting strategies (i.e., good eye contact, body positioning, changing tone of voice, and listening)?	1	2	3	4
3. What was your level of enthusiasm and passion while presenting the lesson?	1	2	3	4
4. How smooth and continuous was the flow of the lesson delivery?	1	2	3	4

Prevention Plus Wellness Program Fidelity Checklist

1. Attend a Prevention Plus Wellness Program Implementer's Training Workshop every 3-years.
 2. Implement the individual script to participants in a private or semi-private setting.
 3. Implement the lesson using the script as provided.
 4. Maintain good eye contact during each lesson.
 5. Do not ad lib extra content during any lesson.
 6. Provide the script content with enthusiasm and passion each time.
 7. Cover all messages in the script during each lesson.
 8. Show the PowerPoint slides during each lesson.
 9. Read the goal plan and helped participants complete it.
 10. Have participants sign while you co-sign each contract.
 11. Ask participants to take home their goal plan and post it.
 12. Implement the feedback survey immediately after each lesson.
 13. Read the feedback survey instructions to participants.
 14. Collect and keep the screening and feedback surveys together for each participant.
 15. Scan and email surveys to the Prevention Plus Wellness office for analysis.
 16. Collect and monitor instructor survey data from implementers/teachers after each lesson.
 17. Make program alterations based on feedback and instructor survey data analysis and monitoring.
 18. Follow up with participants. For example, by reminding them to continue to monitor their goal plans, ask them to write a revised goal plan(s), provide follow up program materials (e.g., parent flyers, website resources, more lessons), and/or re-implement the PPW program every 6-12 months.
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SPORT PPW-HR

Section 6:

Optional Youth Wellness

SPORT Prevention Plus Wellness Wellness Resources

A Guide to Eating for Sports-TeensHealth from Nemours:

<https://kidshealth.org/en/teens/eatnrun.html#cat20139>

Fit Sanford WebMD Teens:

<https://fit.webmd.com/teen/food/videos/default.htm>

For Tweens and Teens-Nutrition.gov:

<https://www.nutrition.gov/subject/life-stages/teens/tweens-and-teens>

How Much Sleep Do I Need?-TeensHealth from Nemours:

<https://kidshealth.org/en/teens/how-much-sleep.html>

NIDA for Teens: Teens Drug Use and the Brain:

<https://teens.drugabuse.gov/>

Physical Activity Resources-President's Council on Sports, Fitness &

Nutrition: <https://www.hhs.gov/fitness/resource-center/physical-activity-resources/index.html>

Stress-TeensHealth from Nemours:

<https://kidshealth.org/en/teens/stress.html>
