

SPORT and Other Prevention Plus Wellness Programs

The Prevention Plus Wellness (PPW) Model integrates substance use/misuse prevention with the promotion of healthy lifestyle behaviors associated with mental and physical wellbeing among youth and adults.

PPW uses a 3-step screening and brief intervention format consisting of:

- 1) Administering a brief screening survey to increasing participants' awareness of their current substance use and healthy behaviors,
- 2) Providing feedback messages highlighting the benefits of engaging in healthy habits and how substance use harms achieving these behaviors and positive future images to increase motivation for change, and
- 3) Implementing a multi-behavior goal plan/contract and calendar log to initiate behavior change and behavior monitoring to avoid substance use and increase healthy behaviors to increase self-regulation skills and self-efficacy.

PPW programs typically consist of a single 45-minute session and include scripts and PowerPoint slides to provide to youth or adults either individually (one-on-one) or in a group.

PPW programs use an evidence-based practices screening and brief intervention format.

SPORT PPW for youth and InShape PPW for young adults are listed in various evidence-based registries and reports, including SAMHSA Evidence-Based Resource Guides (SPORT), the National Registry of Evidence-Based Programs and Practices (NREPP), and Blueprints for Healthy Youth Development.

SPORT PPW and InShape PPW programs target alcohol and other drug use/misuse prevention while other evidence-informed PPW program adaptations address the prevention of e-cigarette, marijuana, opioid, and other substances.

Additional PPW program versions include:

- PPW Screening, Brief Intervention and Referral to Treatment (SBIRT) which includes a validated screening instrument to assess youth/adult substance use risk with treatment recommendations.
- One-Session Parent PPW Training Programs to help parents and caregivers provide positive behavior and image communication and multiple behavior goal setting at home.
- PPW Media Campaigns which include print and social media content and materials to prevent youth substance use and increase their healthy behaviors in communities and schools.

To learn more: <https://preventionpluswellness.com> or contact us: info@preventionpluswellness.com or call: (904) 472-5022.