

# Implementing One-Session Prevention Plus Wellness Programs During a Pandemic

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# Session Objectives

Describe

Describe COVID-19's effects on substance use prevention

Review

Review substance use Prevention Plus Wellness (PPW) screening & brief interventions & their components

Identify

Identify unique characteristics of PPW programs allowing them to be broadly implemented in-person & remotely

List

List new adaptations to PPW programs increasing their flexibility for use during the pandemic

# COVID-19 and Substance Use

1. SUDs may increase the likelihood, severity and lethality of COVID-19: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7219362/>
2. Stress from the pandemic may increase substance use & mental health problems: <https://www.kff.org/coronavirus-covid-19/issue-brief/the-implications-of-covid-19-for-mental-health-and-substance-use/>
3. Shrinking state budgets from COVID-19 may reduce prevention services and resources
4. Providing substance use prevention services is substantially more challenging during the pandemic due to continually changing environments



PPW Programs  
& Components

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# SPORT Prevention Plus Wellness



**Substance Use Prevention Program Promoting  
Wellness: High School Adolescents**

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# SPORT Prevention Plus Wellness



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# SPORT Prevention Plus Wellness



**Substance Use Prevention Program  
Promoting Wellness: Elementary  
School Children**

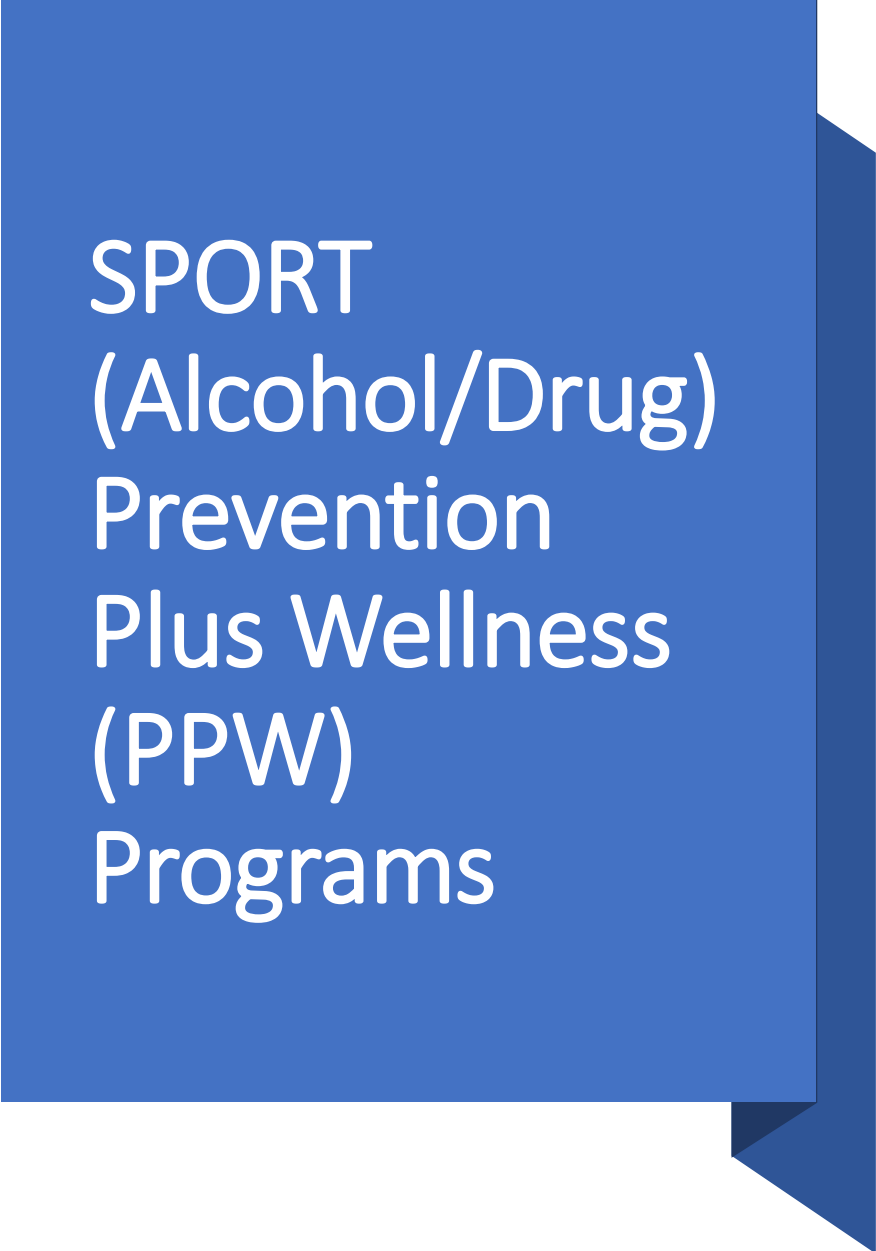
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1. Evidence-based, proven to prevent alcohol, tobacco & cannabis & increase physical activity among non-using & substance using youth
2. Targets alcohol & other drugs, PA, healthy eating, sleep & stress control
3. Single-session (< 50 minutes) Screening and Brief Interventions (HS, MS & ES versions)
4. Implemented with slides
5. Scripted individual/one-on-one or in a group
6. Marketing theory targeting positive images
7. Optional parent materials
8. Manual plus reproducible materials in digital download
9. Online protocols included



SPORT  
(Alcohol/Drug)  
Prevention  
Plus Wellness  
(PPW)  
Programs

# *InShape Prevention Plus Wellness*



**Substance Use Prevention Promoting Wellness  
for Young Adults**

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# InShape (Alcohol/Drug) Prevention Plus Wellness (PPW) Program

1. Evidence-based, proven to prevent alcohol, cannabis & drinking driving & increase physical activity, sleep & health-related quality of life among young adults
2. Targets alcohol & tobacco, PA, healthy eating, sleep & stress control
3. Single-session (< 60 minutes) Screening and Brief Intervention
4. Implemented with slides
5. Scripted individual/one-on-one or in a group
6. Marketing theory targeting positive images
7. Manual plus reproducible materials in download
8. Online protocols included



# Vaping Prevention Plus Wellness



**E-cigarette Use Prevention Program  
Promoting Wellness for High School  
Adolescents**

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# Vaping Prevention Plus Wellness



**E-cigarette Prevention Program Promoting Wellness  
Lifestyles for Middle School Adolescents**

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# Vaping Prevention Plus Wellness



**E-cigarette Prevention Program Promoting  
Wellness for Elementary School Children**

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1. Evidence-based SBI practice and evidence-informed programs based on SPORT PPW
2. Targets e-cig use, PA, healthy eating, sleep & stress control
3. Single-session Screening and Brief Interventions (HS, MS & ES)
4. Implemented with slides
5. Scripted individual/one-on-one or in a group
6. Marketing theory targeting positive images
7. Manual plus reproducible materials in digital download
8. Online protocols included

## Vaping (E-Cigarette) Prevention Plus Wellness (PPW) Programs



# Marijuana Prevention Plus Wellness



**Cannabis Use Prevention Program Promoting  
Wellness for High School Adolescents**

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# Marijuana Prevention Plus Wellness



**Cannabis Prevention Program Promoting  
Wellness Lifestyles for Middle School**

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# Marijuana Prevention Plus Wellness



**Cannabis Prevention Promoting Wellness  
Lifestyles for Elementary School Children**

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# Marijuana Prevention Plus Wellness (PPW) Programs

1. Evidence-based SBI practice and evidence-informed programs based on SPORT PPW
2. Targets cannabis use, PA, healthy eating, sleep & stress control
3. Single-session Screening and Brief Interventions (HS, MS & ES)
4. Implemented with slides
5. Scripted individual/one-on-one or in a group
6. Marketing theory targeting positive images
7. Manual plus reproducible materials in digital download
8. Online protocols included



# Opioid Prevention Plus Wellness



**Opioid Use Disorder Prevention Program  
Promoting Wellness for Adolescents**

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# Opioid Prevention Plus Wellness



**Opioid Use Disorder Prevention Program  
Promoting Wellness for High Risk Women**

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# Opioid Prevention Plus Wellness



**Opioid Use Disorder Prevention Program  
Promoting Wellness for High Risk Men**

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# Opioid Prevention Plus Wellness (PPW) Programs

1. Evidence-based SBI practice and evidence-informed programs based on InShape PPW
2. Targets opioid misuse, PA, healthy eating, sleep & stress control
3. Single-session Screening and Brief Interventions (Adolescents, Young Men, Young Women)
4. Implemented with slides
5. Scripted individual/one-on-one or in a group
6. Marketing theory targeting positive images
7. Manual plus reproducible materials in digital download
8. Online protocols included



# Other PPW Programs



# SPORT 2

## Prevention Plus Wellness



### High School Adolescent Program

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# SPORT 2

## Prevention Plus Wellness



### Middle School Adolescent Program

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# SPORT 2

## Prevention Plus Wellness



### Elementary School Children's Program

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# **Racial Justice Prevention Plus Wellness**



**Racism Prevention Program Promoting Racial Justice and  
Wellness for Adolescents**

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# ***In God's Image: Spiritual Practices for Youth Wellness***



**Faith-based Prevention with Wellness  
Program**

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# Unique Characteristics of Prevention Plus Wellness Programs

Address both SU & CDR behaviors

Single-session programs permit broad public health reach

Evidence-based SBI practices model

Based on positive image & behavior marketing theory

Use multi-behavior goal setting

Promote habits improving mental & physical health

# Unique Characteristics of Prevention Plus Wellness Programs

Scripted content  
increasing fidelity  
& ease of use

Easily tailored to  
population &  
setting

Scripts for  
individual & group  
implementation

Built-in immediate  
pre-post surveys &  
analysis

Include program  
manual & digital  
downloads

Online resources

PPW Programs  
Address Both  
SU & CDR  
Behaviors &  
Other Risks

1. Alcohol & other substance use
2. CDRs
  - a. Obesity, screen time, physical inactivity
  - b. Environmental influences for sedentary living (SPORT PPW HS)
  - c. Unhealthy nutrition
  - d. Lack of sleep
  - e. Uncontrolled daily stress
3. Other SU risks
  - a. Lack of spirituality (IGI)
  - b. Racial discrimination (Racial Justice PPW)



# PPW Single-Session Motivational SBIs

1. Screening and brief interventions (SBIs)
2. Motivate behavioral change vs educational focus
3. SBIs effective for up to a year after receipt with adolescents and young adults (Review by Tanner-Smith & Lipsey, 2015)
4. PPW SBIs show some outcomes 1-year later for adolescents & young adults (Werch, et al., 2005; 2010)
5. Brief interventions hold great promise to expand services to wide-range of youth in diverse settings (Review by KC Winters, 2016)  
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4864856/>
6. Efficacy & brevity allow public health reach & impact
7. Practical for in-person & online use vs multi-session programs



# PPW Implemented in 50 States & Abroad

- **During school health, PE, lunch, & suspension**
- **After school & community sports, recreation, clubs**
- **Youth & family organizations (e.g., B&G Clubs, YMCA's)**
- **Youth & peer leadership training & clubs**
- **Hospitals & health clinics**
- **Sports & school physical exams**
- **Faith-based organizations**
- **Juvenile justice**
- **Homes**
- **College campuses, dorms & wellness events**
- **Counseling**
- **US Military**

# Screening & Brief Intervention (SBI) As Evidence-based Practice



Identified by SAMHSA as an evidence-based practice:

<https://www.integration.samhsa.gov/clinical-practice/sbirt/brief-interventions>



Includes SAMHSA's Screening, Brief Intervention and Referral to Treatment (SBIRT): <https://www.integration.samhsa.gov/clinical-practice/sbirt>



CDC's alcohol screening & brief intervention in primary care:

<https://www.cdc.gov/ncbddd/fasd/alcohol-screening.html>



WHO supports alcohol SBI:

[https://www.who.int/substance\\_abuse/activities/sbi/en/](https://www.who.int/substance_abuse/activities/sbi/en/)

## More Support for SBI as Evidence-Based



NIAAA alcohol SBI for youth:

<https://pubs.niaaa.nih.gov/publications/Practitioner/YouthGuide/YouthGuide.pdf>



American Academy of Pediatrics (AAP) SU SBIRT for youth: [https://www.aap.org/en-us/advocacy-and-policy/aap-](https://www.aap.org/en-us/advocacy-and-policy/aap-healthinitiatives/Pages/Substance-Use-Screening.aspx)

[healthinitiatives/Pages/Substance-Use-Screening.aspx](https://www.aap.org/en-us/advocacy-and-policy/aap-healthinitiatives/Pages/Substance-Use-Screening.aspx)

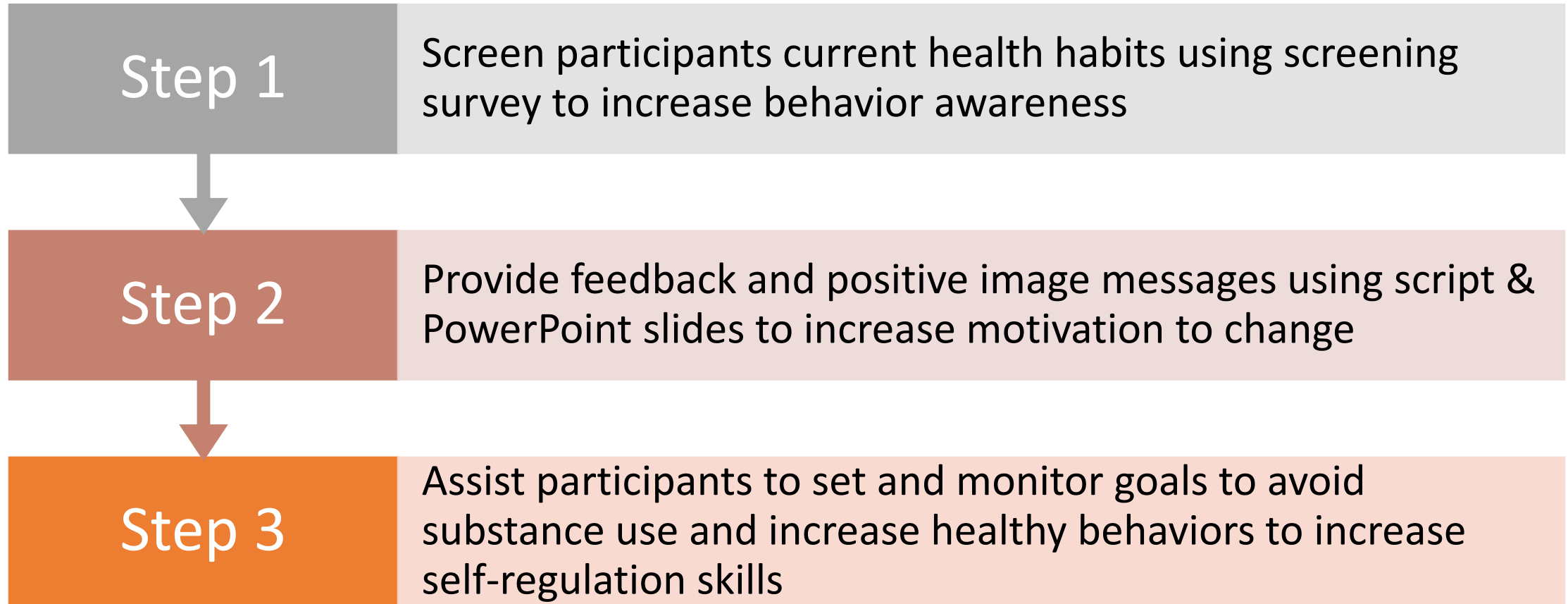


NIDA adolescent SU screening for SBI:

<https://www.drugabuse.gov/nidamed-medical-health-professionals/screening-tools-resources/screening-tools-for-adolescent-substance-use>



# Evidence-Based Practices PPW Screening and Brief Intervention (SBI) Model



# Conceptual Framework: Behavior-Image Model (BIM)

BIM is a marketing-related theoretical road map for developing (brief) programs that connect positive wellness behaviors with substance use prevention.

1. Using positive images to increase motivation to change, and
2. Using multiple behavior goal setting to increase self-control.





## Efficacy of Using Positive Images & Behaviors

1. Image has conceptual support in multiple health behavior theories, e.g., Possible Selves Theory.
2. Image has research support in self-concept, prototype images, possible selves and positive identity linked to youth health risks.
3. The use of appealing images has practical support in image advertising.
4. The focus on **positive wellness habits** is more acceptable & interesting to youth & organizations.



# PPW Programs Multi-Behavior Goal Setting



Goal setting is effective in initiating and maintaining behavior change



Setting and monitoring goals increases self-regulation skills



Goals are set to achieve desired future images as values



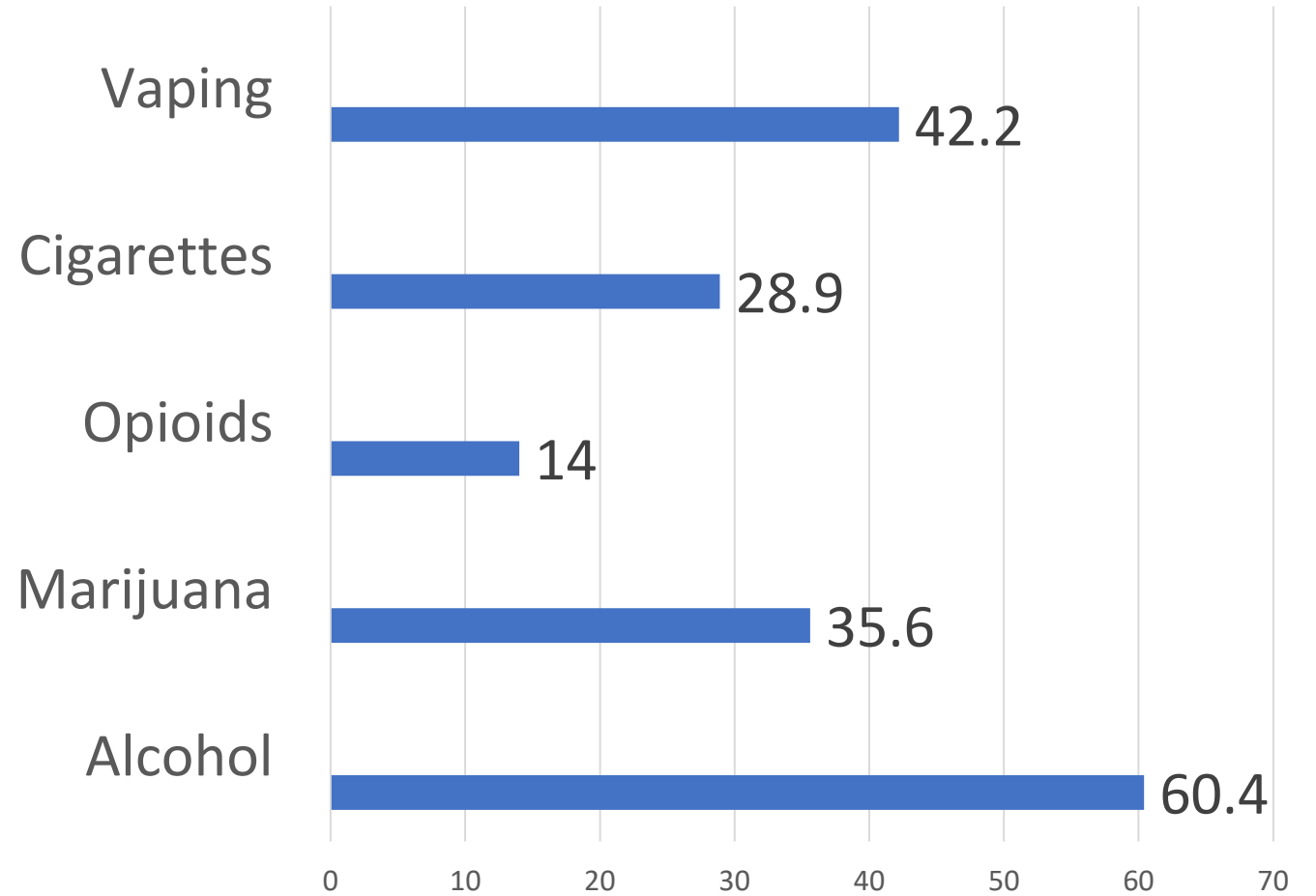
BIM goal setting includes avoiding SU and increasing wellness habits



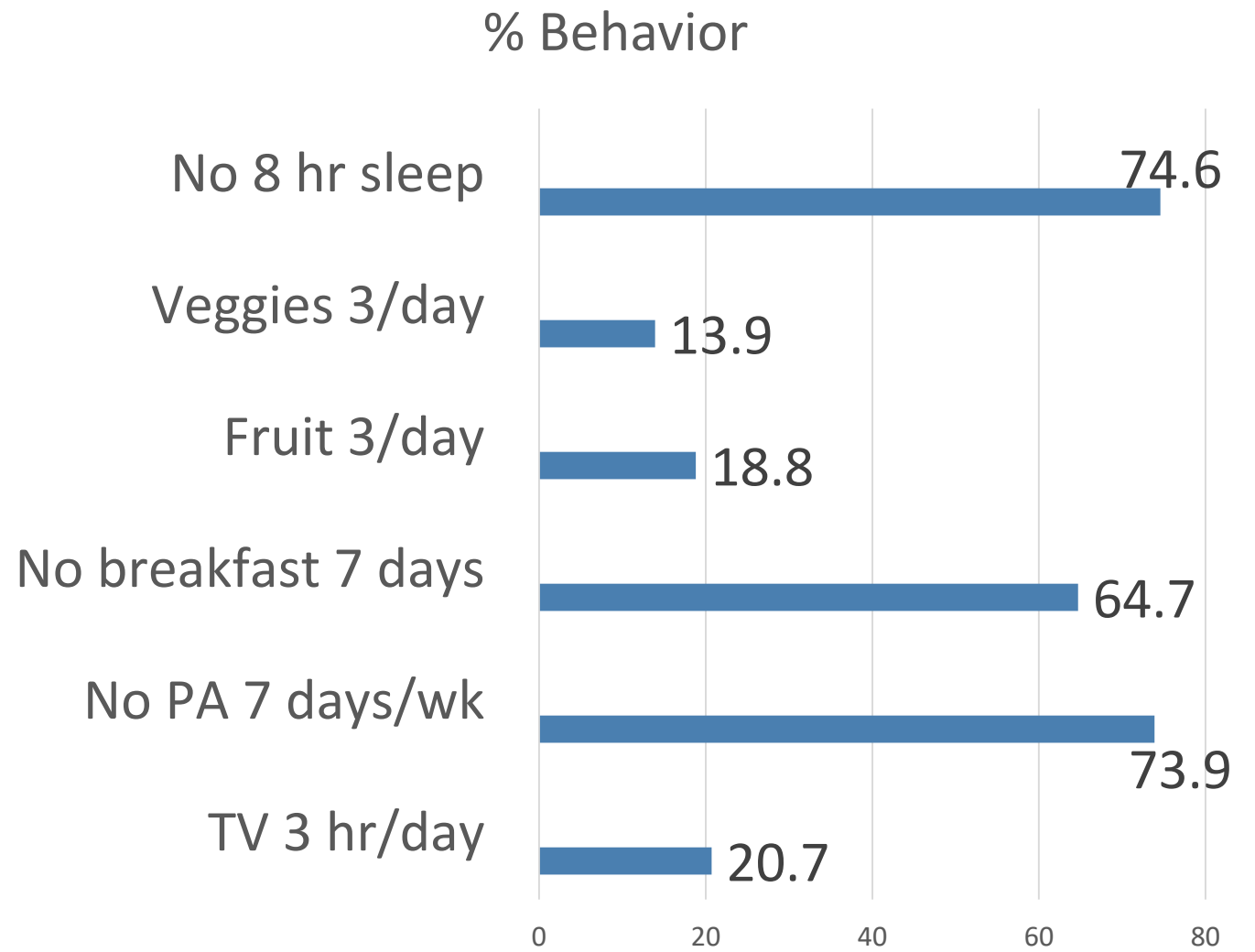
Adding co-signing increases motivational strength

PPW  
Addresses HS  
Adolescent  
Substance  
Use  
(YRBSS, 2017)

% Ever Substance Use



PPW  
Addresses HS  
Adolescent  
Chronic  
Disease Risk  
Behaviors  
(YRBSS, 2017)



# Longitudinal Patterns of Adolescent Health Risk Behaviors

1. Multiple health risk behaviors are common among American adolescents (AF de Winter, et al., 2016)
2. < 4.2% met all 8 health behavior guidelines
3. 10.2% had > 5 risk behaviors at age 16
4. No fruit, veggies & breakfast, overweight/obesity, physical inactivity & smoking predicted future health risk behaviors
5. **Prevention targeting multiple risk behaviors is needed**

<https://pubmed.ncbi.nlm.nih.gov/26656404/>

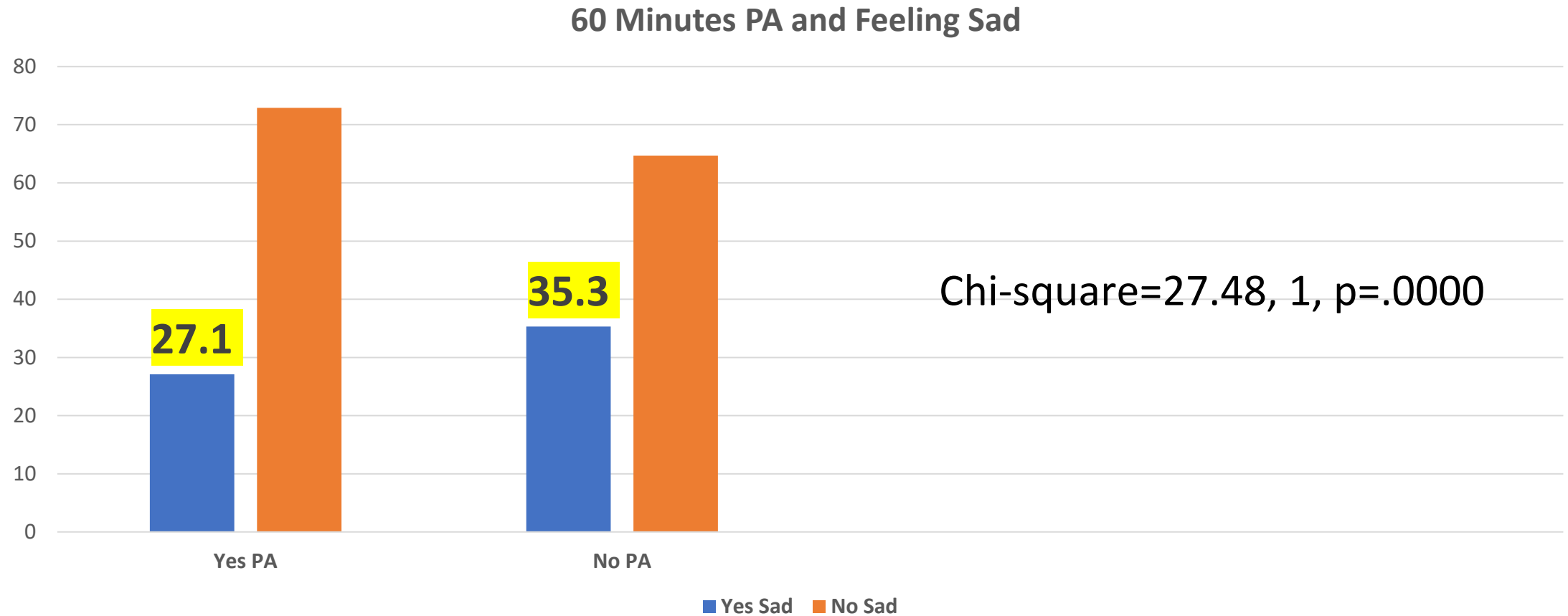




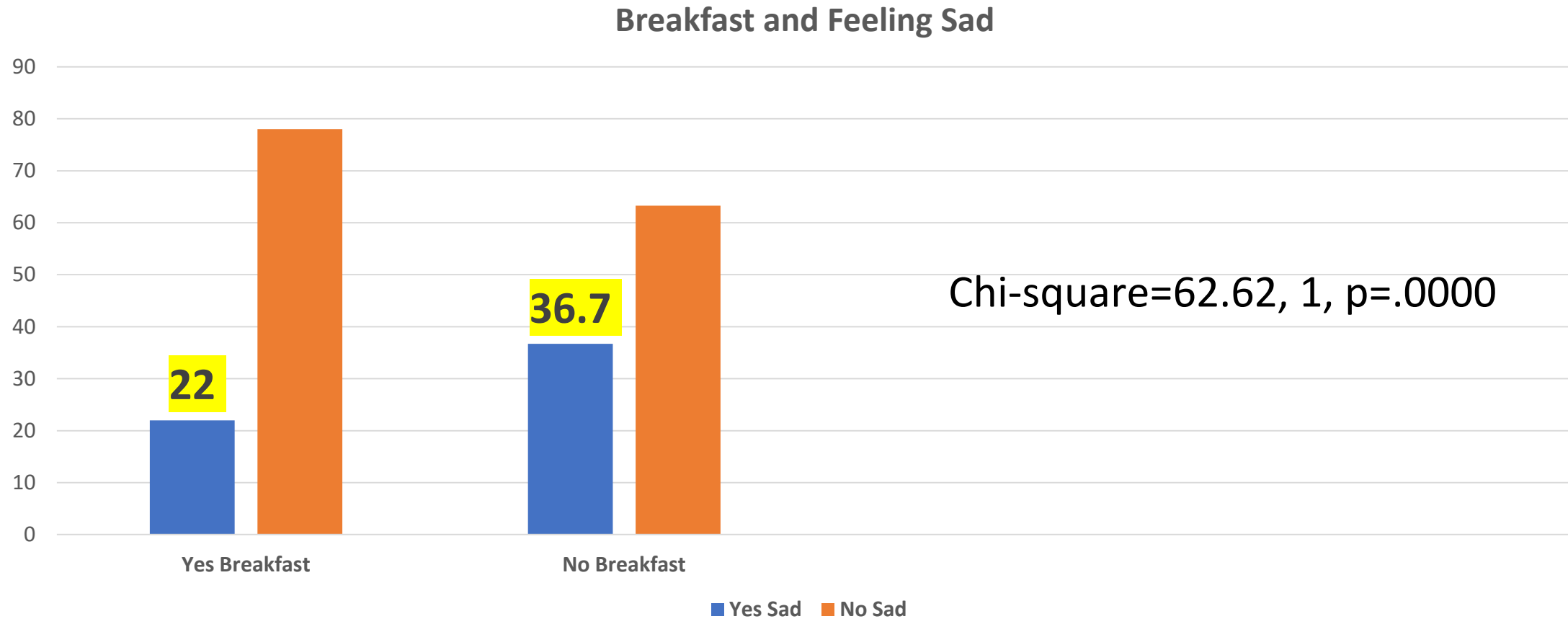


Adolescent Wellness  
Behaviors & Mental Health:  
Sadness/Hopelessness

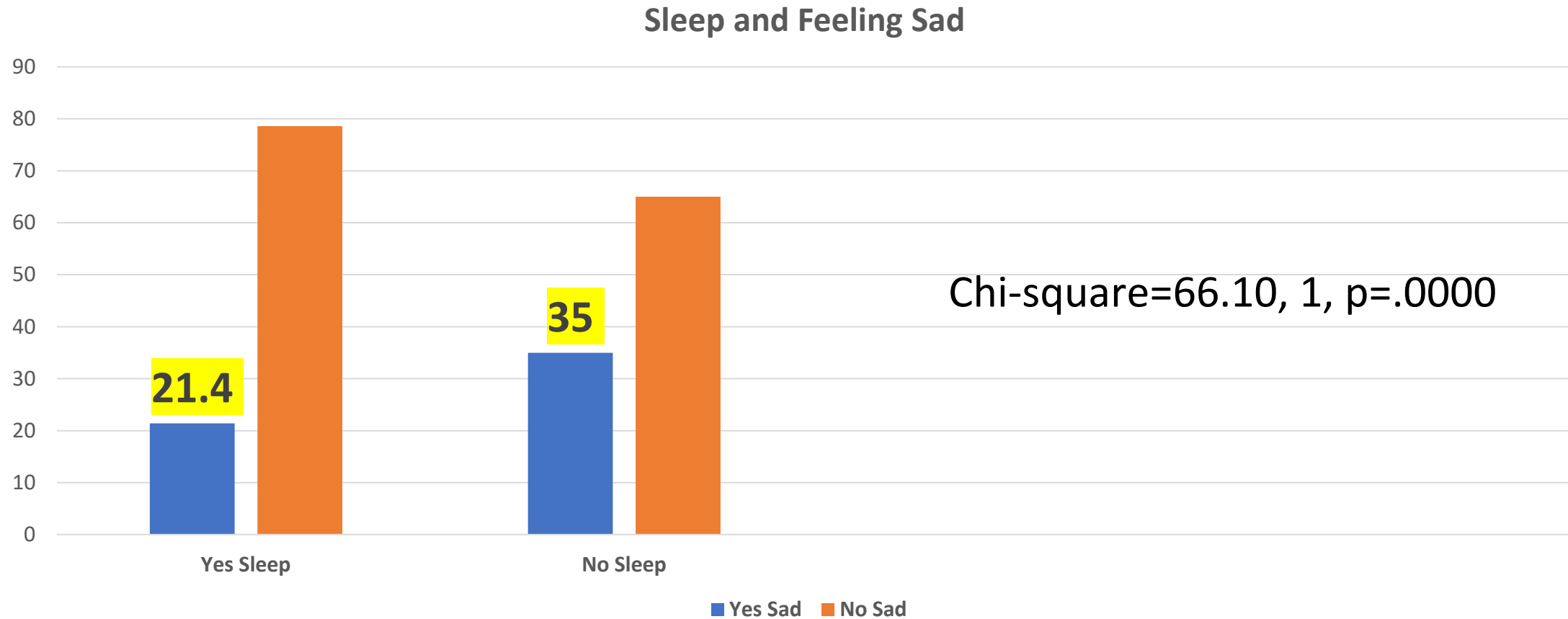
# 60 Minutes Physical Activity 5 Days by Feeling Sad or Hopeless



# Ate Breakfast Last 7 Days by Feeling Sad or Hopeless



# Got 8 or More Hours Sleep by Feeling Sad or Hopeless





# Benefits of a Healthy Lifestyle

1. **Less depression, anxiety, unsafe sex, alcohol, tobacco & illicit drug use**
2. Improved physical & mental health & quality of life
3. More positive self-image, self-esteem, self-regulation, self-confidence & life skills
4. Greater brain development & cognitive functioning
5. More opportunities to socialize, have fun & friendships
6. Greater academic success (suspensions, attendance, dropouts, college)
7. Less heart disease, diabetes, cancer, stroke, obesity & osteoporosis

# Multiple Risk Behavior Program Efficacy (Review)

- Decreased adolescent substance use was associated with one-time, multi-health consultations & group sessions (AJ Simoton et al, 2018)
- School-based interventions targeting multiple health behaviors can be an effective & efficient way to decrease youth substance use

[https://www.tandfonline.com/doi/abs/10.1080/10826084.2018.145233](https://www.tandfonline.com/doi/abs/10.1080/10826084.2018.1452338)

8



# PPW Scripted Content

## Pros

1. Ease of use
2. Lessens training time
3. Increases fidelity & reliability
4. Allows less skilled to implement it, e.g., youth leaders

## Cons

1. Requires practice
2. Initially may feel unnatural
3. Requires script to provide

# Easy Tailoring of PPW Programs to Population & Setting



Program tailoring is encouraged if needed



PowerPoint images of participants can be replaced, e.g., outdoor activities of Montana youth



Slide content can be expanded, e.g., high caffeine drinks among US Airforce personnel & SMART goals defined



Slides & other materials can be co-branded with logo & colors



Tailored materials must be sent to PPW for feedback & sharing



## Scripts for Individual & Group Implementation

1. Allows flexibility and improves feasibility
2. Both scripts use same slides making it easy to flip between scripts
3. Individual script permits personalized feedback & maybe efficacy
4. Group script increases efficiency
5. Both scripts being used across US as universal, selective & indicated prevention

1. Includes scannable pretest and posttest surveys
2. Allows immediate, focused pre-post PPW program evaluation
3. Includes 2 measures predictive of multiple health behaviors
4. Includes 2 qualitative measures
5. Provides data to both promote and improve program
6. Free basic analysis of scanned surveys provided
7. Optional online tools available

## Built-In Pre- Post Evaluation

# Program Manual & Digital Downloads

## 1. Manuals include:

- a. Directions
- b. Scripts
- c. Evaluation tools, online protocols, etc.
- d. Parent flyers (SPORT PPW)

## 2. Downloads include:

- a. PowerPoint slides
- b. Reproducible materials

1. COVID-19 Resources
2. Program promotional materials
3. Program tailoring & evaluation guidance
4. Healthy lifestyle guidelines
5. PPW youth & teacher resources
6. Free weekly PPW webinars & resources: Sign-up

## PPW Online Resources



# PPW Program Promotional Resources

[PPW Programs Fact Sheet](#)

[Program Brochures](#)

[Video: 3-Steps for Providing PPW Programs \(8-minues\)](#)

[PPW Program Menu](#)

[Participating Youth Certification](#)

[Posters & Banners](#)

[PPW Lifestyle Logo](#)



# Healthy Lifestyle Guidelines

Evidence-informed  
guidelines for goal  
setting

For youth & young  
adults/adults

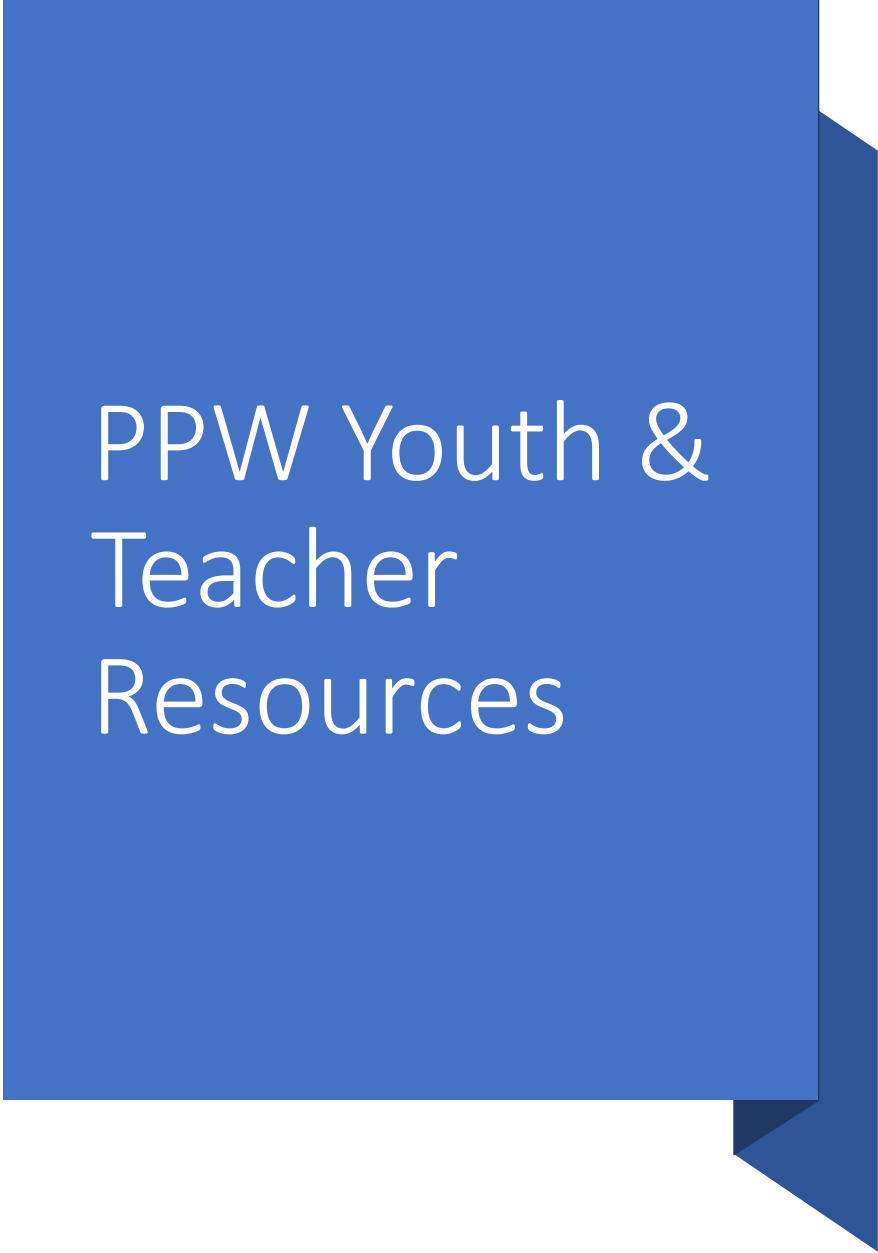
Physical activity

Healthy nutrition

Sleep

Stress control

1. For extending, enhancing & sustaining programs
2. Evidence-informed content for professionals & parents
3. Youth PPW content, games, videos, etc.
4. Youth assignments for classroom & home
5. Topics include:
  - a. Physical activity
  - b. Health eating
  - c. Sleep
  - d. Stress control
  - e. Goal setting
  - f. Spirituality
  - g. Vaping e-cigarettes
  - h. Marijuana use



## PPW Youth & Teacher Resources

# Free PPW Webinars: Topics

1. One-Session Alcohol, Vaping, Marijuana & Opioid Use Prevention: Intro to PPW Programs
2. Online Strategies for Providing SU Prevention Plus Wellness Programs
3. Prevention Plus Wellness Resources
4. Integrating Wellness into Substance Use Disorder Prevention: Multi-Risk Behavior Interventions
5. Implementing One-Session Prevention Plus Wellness Programs During a Pandemic
6. Youth Leadership Training in Providing PPW Programs
7. One-Session SPORT, InShape, Vaping, Marijuana & Opioid PPW Programs
8. Substance Use PPW in Faith-Based Settings: Implementing In God's Image Program
9. Preventing Youth Substance Use by Promoting Anti-Racism: Implementing the Racial Justice PPW Program



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# New PPW Program Adaptations for the Pandemic

Remote online  
program  
implementation  
protocols

Free training  
webinar

Updated  
program PP  
slides increasing  
interaction

Online  
assessment  
tools

# Remote Online Program Implementer Protocols

1. One-on-one/Individual Remote Online
2. Group Remote Online
3. Combined/Hybrid In-Person and Online
4. Recorded Video
5. Telephone

# Free Training Webinar

- Session Objectives:
  1. Describe protocols for providing Prevention Plus Wellness (PPW) programs remotely online to youth/young adults individually and in groups.
  2. Explain protocols for providing PPW programs by combined in-person and online and by video and telephone.
  3. Explore tools for monitoring and evaluating online PPW program quality and effectiveness.
  4. Identify PPW program online training and resources.
- View Recorded Session: <https://youtu.be/rFY284QF9Ic>
- PPW Program Online Strategies Training  
Slides: [https://cdn.shopify.com/s/files/1/1117/8352/files/Online Strategies for Providing PPW Programs 9.11.20.pdf?v=1599834354](https://cdn.shopify.com/s/files/1/1117/8352/files/Online_Strategies_for_Providing_PPW_Programs_9.11.20.pdf?v=1599834354)

# Updated PPW Slides

1. Discussion question slides:

a. Increase program participation for in-person and online groups

b. Enhance participant reflection on personal health behaviors

2. Screening survey & goal plan slides permit online use

# Customized Online Pre & Posttest Surveys

Customized links  
permitting participants  
pretest & posttest data

Measures 2 key  
indicators/predictors of  
SU & healthy behaviors

- Behavioral intentions
- Perceived harmfulness
- a. 5 SU behaviors
- b. 4 Wellness habits

<https://www.surveymonkey.com/r/3S89X96>



# Online Instructor's Survey

- Self-assessment completed by the teacher after each program implementation
- Includes 7 measures of the quality of instructor's lesson presentation:
  1. Comfort level
  2. Active presenting strategies
  3. Enthusiasm
  4. Smooth & continuous delivery
  5. Accuracy
  6. Completeness
  7. Participant responsiveness



# Training Opportunities

1. 2-Hour Online PPW Program Implementer Training:  
<https://preventionpluswellness.com/products/live-online-certified-program-implementer-training>
2. 2-Hour Online PPW Training of Trainer Workshop:  
<https://preventionpluswellness.com/products/live-online-certified-training-of-trainer-workshop>
3. 1-Hour Youth Leadership Training in Providing PPW Programs:  
<https://preventionpluswellness.com/products/ppw-youth-leadership-training-onsite-workshop>

# Conclusions

1. COVID-19 has negatively impacted substance use prevention by reducing the availability of prevention funds and increasing challenges to providing prevention services.
2. PPW programs include evidence-based & evidence-informed one-session programs addressing youth & young adult alcohol, tobacco, e-cigarette, marijuana, opioid & other risk factors while promoting wellness behaviors.
3. PPW programs have multiple unique characteristics including their brevity, multi-behavior & positive image focus, scripted content & others which makes them easy to implement broadly both in-person and online.
4. Recent PPW adaptations have increased their flexibility and feasibility for use remotely during the pandemic.

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# One-Session Prevention Plus Wellness Programs

Alcohol, e-cigarette, marijuana & opioid use PPW programs & online training for prevention specialists & youth leaders

*New COVID-19 Resources*

*New Racial Justice PPW Program*

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More  
Information

**Learn More:**

<https://preventionpluswellness.com/collections/ppw-catalog>



**Request a Program Sample:**

<https://preventionpluswellness.com/pages/contact-us>



# We Are Here To Help

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- (904) 472-5022
- [info@preventionpluswellness.com](mailto:info@preventionpluswellness.com)



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