INSHAPE
PREVENTION PLUS
WELLNESS

Young Adult Program

Chudley Edward Werch, PhD, President
Prevention Plus Wellness, LLC
904-472-5022
http://preventionpluswellness.com/
©All Rights Reserved, 2016
Table of Contents

Section 1: Introductory Letter
Section 2: Directions for Implementation
Section 3: Individual Intervention Materials
Section 4: Group Intervention Materials
Section 5: Evaluation Materials

NOTE: Reproduction and use of copyright protected materials in this program is expressly limited to one implementer and cannot be copied for others to use or implement.
InShape

Section 1:
Introductory Letter
Dear Prevention and Health Professional;

Welcome to InShape Prevention Plus Wellness! InShape is an easy to use prevention with wellness intervention for professionals who want to promote active, healthy and substance-abuse free lifestyles among young adults. InShape was 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).

**InShape is a single-session program designed to increase wellness behaviors...while avoiding alcohol, marijuana and other drug use.**

InShape is a single-session program designed to increase wellness enhancing behaviors like physical activity, sports participation, healthy eating, getting adequate sleep, and practicing stress control while avoiding alcohol, marijuana and other drug use. InShape targets naturally motivating positive images to increase personal goal setting to improve multiple health habits and positive self-identity. InShape is highly flexible and can be used as a stand-alone program, or as an add-on component to other prevention, health or intervention programs. It can also be repeated over time, providing a sustained intervention.

The InShape Program was designed to help young adults look and feel more active, fit and healthy by having them:

1. Identify wellness enhancing behaviors, along with risk habits that interfere with reaching wellness behavior goals and positive self-images;
2. Become aware of positive images of young adults 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 habits.

Your InShape Manual contains the following materials:

- Step-by-step implementation directions and tips;
- Brief self-administered wellness behavior screen;
- Tailored scripts for providing an individual young adult or optional group lesson;
- Set of colorful slides to present during the lesson;
- Goal plan for motivating multiple behavior change;
• Group exercise to increase classroom interaction during the group lesson;
• Feedback survey for participating young adults to evaluate the quality of the lesson;
• Implementer's chart to assess the quality of the lesson presentation;
• Fidelity checklist to increase implementation reliability; and
• Pre-posttest behavior outcome evaluation survey.

Your program also includes phone and email program support, and a CD of reproducible materials. Check out our website for additional materials and services, including: 1) Online and on-site training to become certified to implement or train others to use InShape; 2) SPORT Prevention Plus Wellness, a single-lesson evidence-based program for youth, 3) SPORT 2 Prevention Plus Wellness Program, consisting of six more lessons addressing individual wellness behaviors including physical activity, healthy eating, and stress management, along with alcohol and drug use prevention; 4) SPORT Recovery for youth in treatment or recovery; 5) In God’s Image (IGI), a three session program to enhance the physical, spiritual and mental health of youth; 6) Data entry, data analysis and evaluation reporting, as well as grant writing services; and 7) Site licenses permitting unlimited reproduction, program customization, co-branding, annual program upgrades and support services.

Thank you for choosing InShape. We know you will find InShape an easy and enjoyable way to promote positive behaviors and images, while preventing risk habits among young adults in your region.
InShape

Section 2:
Directions for Implementing
InShape
InShape is implemented using these easy to follow procedures:

1) **Pre-Implementation:** Select at least two individuals per site to serve as implementers. It is highly recommended these persons receive online or on-site training to be certified to implement InShape. Appropriate models for providing prevention and health messages could include teachers, coaches, nurses, counselors, peer leaders, and adult volunteers from your college, community, clinic or church.

2) Practice implementing the screening survey, program scripts (individual and group versions), and goal plan two or more times with each other. Practice is critical to becoming familiar and comfortable with the format and content prior to implementing with young adults.

3) **Step #1: Screening:** Implement the screening survey in a private setting. Read the directions to the screening survey aloud and ask the participant to answer the questions about their health and fitness habits honestly. Screens can be implemented in a couple of minutes either individually or in a group.

4) **Step #2: Feedback:** Select the participant’s screen responses and then “read” the brief individual lesson script to them. During each session the implementer should maintain good eye contact with the participant, avoid ad libbing, and use an upbeat and varied voice while following the script.

5) Show participants the colorful slides of young adults modeling positive health and fitness behaviors, and reinforcing image terms during the lesson.

6) **Step #3: Goal Setting:** Read the goal plan aloud and help the participant complete it. Then you and the participant sign and date the contract. Encourage each young adult to complete the goal plan for their benefit, but don’t try to force them. Next, ask them to post their plan at home as a reminder to monitor their behavior goals. You can keep a copy of each participant’s goal plan for a future follow-up session.

7) Use the optional group lesson script if you’d rather implement InShape to a
group of young adults. After completing the screening, group script and goal plan, you may wish to use the optional group exercise to increase interaction and discussion among participants.

8) **Step #4: Follow-up:** Re-administer *InShape* in individual or group format every 6-12 months as a booster program to inoculate young adults against common health risks. In addition, the goal plan can be re-implemented weekly or monthly for more frequent contact.

9) **Process Data Collection:** Ask participants to complete the feedback survey immediately after implementing every lesson. Each implementer should complete an implementer’s chart to assess the quality of program implementation at the conclusion of every lesson. In addition, use the fidelity checklist to ensure the program is being implemented reliably.

10) **Outcome Data Collection:** Administer the outcome evaluation survey to each participant before and one to three months after implementing the individual or group lesson to assess behavioral effects resulting from *InShape* over time. Include a control or comparison group to strengthen your evaluation plan. Prevention Plus Wellness provides price breaks for program materials and data analysis and evaluation services if you share your process and outcome data.
Welcome to the quickly growing number of health, education and recovery professionals throughout the US implementing SPORT Prevention Plus Wellness, SPORT Recovery, SPORT 2 Prevention Plus Wellness, InShape Prevention Plus Wellness, and In God’s Image (IGI) programs! Our one-of-a-kind Prevention Plus Wellness (PPW) programs are designed for youth and adults at all levels of substance use and wellness.

Because of their flexibility, these prevention with wellness programs are being implemented in a wide variety of settings and situations, including during school, after school, clinics, churches, youth organizations, behavioral and mental health agencies, sport and recreation activities, communities, family and youth services, ATOD counsels and coalitions, colleges and universities, recovery and treatment centers, and many others. Participants and providers love the inclusion of wellness with prevention and recovery, the focus on positive images and behaviors, learning how risk behaviors and health promoting behaviors are associated, use of multiple behavior goal setting to enhance positive development, and the sustainability of our programs over time.

Even after purchasing your program materials, we are here to help you have a successful experience implementing and evaluating your PPW programs. Here are a few tips to ensure you have a smooth and effective implementation experience:

1) **Train and practice:** Even though PPW programs are fully scripted, it is important to receive online or onsite training to implement our programs with fidelity. It’s also critical to practice both the one-on-one and group lesson protocols before implementing them. We suggest role play practicing implementing the screening survey, one-on-one and/or group lesson protocols with slides, and goal plans at least two times each with another person or aloud by yourself prior to implementing with youth. Don’t forget to fill out an implementer’s lesson chart after each practice session to see how well you did on the key implementation criteria.

2) **Follow the protocols:** Follow your program script and don’t ad lib additional content. We realize some changes may be needed to make the language more natural or tailor the program to your setting.
and/or youth population. Don’t forget to read the directions aloud on how to complete the screening survey and read through the entire goal plan with participants.

3) **Evaluate:** Use the evaluation tools included with your program to assess the quality of implementation and behavioral outcomes from your PPW program. Implement the feedback sheet to participants immediately after each one-on-one or group lesson, and complete an implementer’s chart to track your success in following key implementation practices after each lesson. Use the fidelity checklist to ensure you are implementing your program with the highest quality. Lastly, implement the health behavior outcome survey before and one to three months after implementing your PPW program to evaluate pre-to-post physical, mental and spiritual behavior change effects from your program. If possible, include a control or comparison group to strengthen your evaluation.

4) **Follow-up:** Repeat your PPW program using the one-on-one or group lesson every 6-12 months as a booster inoculation against multiple health risks youth experience. The single-session goal plan may also be re-implemented every week or month as a follow-up strategy. Some PPW programs also include optional follow-up strategies like parent flyers and parent-youth web-resources.

5) **Keep current:** Keep abreast with the improvements and advances we make to PPW programs and learn about our latest programs and services by signing-up to receive our newsletter, and checking our website regularly to follow our blogs and news items: [http://preventionpluswellness.com/](http://preventionpluswellness.com/).

Don’t hesitate to contact us by email or phone if you have any questions or problems about how to implement or evaluate your PPW program. We are always available to lend you a hand with implementation, evaluation, program customization, data analysis and grant seeking!

Finally, please let us know about your PPW program successes with your participants, parents and providers. We want to share your success stories with others. With your help, we can improve the “whole health” of every youth and adult in America!
Section 3: Individual Intervention Materials
InShape Prevention Plus Wellness
Wellness Behavior Screen

Directions: This tool is designed to assess your wellness level and identify your individual wellness profiles. The accuracy of this assessment is based on how honestly you answer each item, so please answer all questions truthfully. All of your answers will be kept strictly confidential and will be identified only by a code number. Thank you.

1. On most days of the week, do you engage in moderate physical activity for at least 30 minutes such as fast walking, slow bicycling, skating, dancing, or swimming?
   a. ☐ Yes
   b. ☐ No

2. On most days of the week, do you engage in vigorous exercise for at least 20 minutes that makes you sweat and breathe hard, such as basketball, soccer, running, swimming laps, fast bicycling, fast dancing, or similar aerobic activities?
   a. ☐ Yes
   b. ☐ No

3. Does your everyday diet consist mostly of nutrient dense foods such as whole grain breads, cereals and pasta; lean fish, lean poultry, and lean meat; dark green and red vegetables; and citrus and other fruits?
   a. ☐ Yes
   b. ☐ No

4. Do you usually get eight hours of sleep each night?
   a. ☐ Yes
   b. ☐ No
InShape© Prevention Plus Wellness
Individual Lesson Protocol

Introduction

(Show first slide) Welcome to InShape! I’m going to talk with you about things you can do to look and feel better, based on your current wellness habits. First, you’ll receive feedback regarding the links between engaging in specific wellness behaviors and resulting positive images. Then, you’ll have an opportunity to identify concrete goals to enhance your overall fitness and personal development.

Wellness Behavior Screening Survey

Now, please take out your copy of the InShape Wellness Behavior Screen. This tool is designed to assess your wellness level. The accuracy of this assessment is based on how honestly you answer each item, so please answer all questions truthfully. Your answers are strictly confidential. DO NOT PLACE YOUR NAME ON THIS FORM. We want your responses to remain private. Thank you. (Wait until the screen is completed).
1. **Moderate Physical Activity**

   Note: Read only ONE response. If participant answers “Yes” to question #1 on screening, read “Yes” response. If participant answers “No” to question 1 on screening, read “No” response.

   Moderate Physical Activity  □  YES

1. __________ (participant’s name), I see that you engage in at least 30 minutes of moderate physical activity on most days of the week. Congratulations, you are physically active! What types of moderate physical activities do you do?

   2. **(New Slide)** Keeping physically active is the key to achieving fitness and maintaining a healthy lifestyle. Young adults who engage in regular physical activity tend to feel energetic, sleep better, and look more attractive, slim and physically fit.

   Regular physical activity can enhance your mental well-being, self-esteem, and confidence, while easing anxiety and mild depression. Regular physical activity can reduce your stress level making you more relaxed, happy and unworried. Daily physical activity keeps you focused, and lets you work harder and smarter.
3. **(New Slide)** Meanwhile, using too much alcohol and smoking cigarettes interferes with creating a physically active lifestyle. Alcohol misuse can get in the way of your fitness goals by decreasing your energy level, and directly harming your fitness level and compromising your goals of being in-shape, looking good and feeling strong.

   Too much alcohol causes feelings of discomfort, fatigue, poor coordination, and harms your motivation and drive to exercise. Drinking a lot also counters exercise efforts by increasing body fat and slowing your physical performance.
4. (New Slide) Regularly engaging in moderate physical activity, while avoiding too much alcohol and cigarettes, will help you continue to be a physically active young adult, and reach your fitness goals of keeping slim and trim.
1. ___________ (participant’s name), I see that you may not have been getting 30 minutes of moderate physical activity on most days of the week. This can prevent you from being physically fit.

2. (New Slide) You may want to consider adding physical activity to your daily routine since it is the key to achieving fitness and maintaining a healthy lifestyle. Young adults who engage in regular physical activity tend to feel energetic, sleep better, and look more attractive, slim and physically fit.

   Regular physical activity can enhance your mental well-being, self-esteem, and confidence, while easing anxiety and mild depression. Regular physical activity can reduce your stress level making you more relaxed, happy and unworried. Daily physical activity keeps you focused, and lets you work harder and smarter.
3. **(New Slide)** Meanwhile, using too much alcohol and smoking cigarettes interferes with creating a physically active lifestyle. Alcohol misuse can get in the way of your fitness goals by decreasing your energy level, and directly harming your fitness level and compromising your goals of being in-shape, looking good and feeling strong.

   Too much alcohol causes feelings of discomfort, fatigue, poor coordination, and harms your motivation and drive to exercise. Drinking a lot also counters exercise efforts by increasing body fat and slowing your physical performance.

4. **(New Slide)** Regularly engaging in moderate physical activity and avoiding too much alcohol and cigarettes will help you become a physically active young adult, and reach your fitness goals of being slim and trim. Can you think of any type of moderate physical activities that you could do in the future?
Regularly engaging in moderate physical activity, while avoiding too much alcohol and cigarettes, will help you continue to reach your fitness goals of keeping slim and trim.
As your personal Wellness Instructor, I ask that you think about what you have learned from the InShape lesson and consider the following:

1. Participate in moderate physical activity for **at least 30 minutes** on most days of the week, such as fast walking, slow bicycling, or skating, to be more physically active.

2. Participate in vigorous exercise for **at least 20 minutes** on most days of the week that will make you sweat and breathe hard, such as basketball, running, swimming laps or similar aerobic activities, to be more athletic.

3. Take steps to manage daily stress by practicing progressive muscle relaxation, meditation, tai chi, yoga, deep breathing, or by getting exercise on most days of the week, to be more relaxed.

4. Eat a variety of healthy, nutrient-dense foods in your daily diet, such as lean meat, fish, poultry, fruits and vegetables, whole grain breads and cereals, and brown rice and pasta, to be more nutrition conscience.

5. Get 8 hours of sleep each night, to be more rested.

6. Most importantly, to achieve each of your fitness goals, avoid alcohol, but especially heavy drinking, stop smoking cigarettes, and avoid drug abuse.

To help you become a more active and physically fit person, select 1 goal from each of the 4 key behaviors below that you will work to improve in the next week. In selecting your behaviors, consider those that would help you reach your goals of looking and feeling more motivated or successful, physically fit or athletic, and relaxed or well-rested. HINT: Write down the amount, type and frequency of each behavior selected.

**KEY WELLNESS BEHAVIOR GOALS**

1. Physical Activity & Exercise: (Choose one)

   - □ a. I will start getting 20 minutes of **vigorous** exercise on most days of the week.
   - □ b. I will start getting 30 minutes of **moderate** physical activity on most days of the week.
   - □ c. Neither. I’m already getting 20 minutes of **vigorous**, and/or 30 minutes of **moderate** physical activity on most days of the week.
   - □ d. None of the above.
(List specific health habit, amount & how often here)
InShape

Section 4:
Group Intervention Materials
Introduction

Welcome to InShape! I’m going to talk with you about things you can do to look and feel better, based on your current wellness habits. First, you’ll receive feedback regarding the links between engaging in specific wellness behaviors and resulting positive images. Then, you’ll have an opportunity to identify concrete goals to enhance your overall fitness and personal development.

Wellness Behavior Screening Survey

Now, please take out your copy of the InShape Wellness Behavior Screen. This tool is designed to assess your wellness level. The accuracy of this assessment is based on how honestly you answer each item, so please answer all questions truthfully. Your answers are strictly confidential. DO NOT PLACE YOUR NAME ON THIS FORM. We want your responses to remain private. Thank you. (Wait until everyone has completed the screen).
1. **Moderate Physical Activity**

(Ask participants to answer to themselves). On most days of the week, do you engage in moderate physical activity for at least 30 minutes such as fast walking, slow bicycling, skating, dancing, or swimming?

1. **(New Slide)** Keeping physically active is the key to achieving fitness and maintaining a healthy lifestyle. Young adults who engage in regular physical activity tend to feel energetic, sleep better, and look more attractive, slim and physically fit.

   Regular physical activity can enhance your mental well-being, self-esteem, and confidence, while easing anxiety and mild depression. Regular physical activity can reduce your stress level making you more relaxed, happy and unworried. Daily physical activity keeps you focused, and lets you work harder and smarter.

2. **(New Slide)** Meanwhile, using too much alcohol and smoking cigarettes interferes with creating a physically active lifestyle. Alcohol misuse can get in the way of your fitness goals by decreasing your energy level, and directly harming your fitness
level and compromising your goals of being in-shape, looking good and feeling strong.

Too much alcohol causes feelings of discomfort, fatigue, poor coordination, and harms your motivation and drive to exercise. Drinking a lot also counters exercise efforts by increasing body fat and slowing your physical performance.

** USING TOO MUCH ALCOHOL INTERFERES WITH CREATING A PHYSICALLY ACTIVE LIFESTYLE BY: **

- decreasing your energy level
- causing feelings of discomfort, fatigue, and poor coordination
- harms your motivation and drive to exercise
- increasing body fat and slowing physical performance

3. **(New Slide)** Regularly engaging in moderate physical activity, while avoiding too much alcohol and cigarettes, will help you be a physically active young adult, and reach your fitness goals of keeping slim and trim.
Regularly engaging in moderate physical activity, while avoiding too much alcohol and cigarettes, will help you continue to reach your fitness goals of keeping slim and trim.
InShape Prevention Plus Wellness
Group Interactive Exercise

When: You may decide to implement this optional exercise after the goal setting strategy.
Length: 45 minutes.
Materials: paper, pencils, white board, marker.

Goals:
1) To cue positive peer images and future self-images associated with being physically active and exercising regularly.
2) To link concrete health enhancing behaviors and behavior goal setting with achieving positive health images and behaviors, and health damaging/risk behaviors with interfering with positive image and behavior achievement.

Objectives:
At the end of the lesson, youth will be able to:
1) List 5 positive characteristics of peers and 5 of themselves in the future, associated with exercising regularly and being physically active.
2) Identify 3 specific behaviors that help to achieve an active lifestyle and image.
3) Describe 3 specific behaviors that hinder or interfere with achieving an active lifestyle and image.
InShape

Section 5:
Evaluation Materials
### InShape Prevention Plus Wellness Feedback Survey

**Directions:** Please check one answer for each question below. We really want to know what you think about InShape. Please answer honestly. Thank you for your help!

<table>
<thead>
<tr>
<th>Question</th>
<th>Strongly Agree</th>
<th>Agree</th>
<th>Disagree</th>
<th>Strongly Disagree</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Overall, how would you rate InShape? □ Excellent □ Good □ Fair □ Poor</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2. I think InShape will help young adults make healthy choices.</td>
<td>□</td>
<td>□</td>
<td>□</td>
<td>□</td>
</tr>
<tr>
<td>3. InShape will help me increase my physical activity next month.</td>
<td>□</td>
<td>□</td>
<td>□</td>
<td>□</td>
</tr>
<tr>
<td>4. If I drank alcohol, InShape would help me avoid over-drinking alcohol next month.</td>
<td>□</td>
<td>□</td>
<td>□</td>
<td>□</td>
</tr>
<tr>
<td>5. InShape will help me eat more healthy foods next month.</td>
<td>□</td>
<td>□</td>
<td>□</td>
<td>□</td>
</tr>
<tr>
<td>6. InShape will help me get more sleep next month.</td>
<td>□</td>
<td>□</td>
<td>□</td>
<td>□</td>
</tr>
<tr>
<td>7. InShape will help me to control stress in my life next month.</td>
<td>□</td>
<td>□</td>
<td>□</td>
<td>□</td>
</tr>
<tr>
<td>8. If I smoked cigarettes, InShape would help me cut back or stop smoking.</td>
<td>□</td>
<td>□</td>
<td>□</td>
<td>□</td>
</tr>
<tr>
<td>9. If I used marijuana, InShape would help me cut back or stop using it.</td>
<td>□</td>
<td>□</td>
<td>□</td>
<td>□</td>
</tr>
</tbody>
</table>
InShape Prevention Plus Wellness
Implementer Self-Evaluation Lesson Chart

Directions: Circle one response for each item and provide comments.

1. Wellness instructor’s comfort level while providing the lesson:
   4 = A lot
   3 = Some
   2 = A little
   1 = None
Comments on comfort level:

2. Use of active listening and presenting (i.e., eye contact, body position, changing tone of voice, listening):
   4 = A lot
   3 = Some
   2 = A little
   1 = None
Comments on active listening/presenting:

3. Smoothness or continuous flow in delivery of the lesson:
   4 = A lot
   3 = Some
   2 = A little
   1 = None
Comments on smoothness or continuous flow of lesson:
Prevention Plus Wellness Program
Fidelity Checklist

Implementation

1. □ Implemented the screen to participants in a private or semi-private setting.
2. □ Read the screening survey instructions to participants prior to implementation.
3. □ Implemented the lesson using the script as provided.
4. □ Maintained good eye contact during each lesson.
5. □ Did not ad lib during any lesson.
6. □ Used an upbeat and varied voice during each lesson.
7. □ Covered all messages in the script during each lesson.
8. □ Showed the PowerPoint slides during each lesson.
9. □ Read the goal plan and helped participants complete it.
10. □ Had participants sign while you co-signed each contract.
11. □Asked participants to take home their goal plan and post it.
InShape Fitness & Health Survey (Short Version)

The purpose of this survey is to determine what young adults are thinking and doing about their fitness, alcohol and drug use, and other health habits. Your answers will be kept confidential. Your name will not be placed on this survey. The code number on this survey will allow us to keep your identity confidential. We want to know what you really think, so please be honest with your answers. Clearly mark ONE answer for each question, unless otherwise indicated. Thank you for your time.

Code: _______________  Date: ______________

1. Are you...
   ○ Male
   ○ Female

2. How do you describe yourself?
   ○ Hispanic/Latino
   ○ American Indian or Alaska Native
   ○ Asian
   ○ Black or African American
   ○ Native Hawaiian or Other Pacific Islander
   ○ White or Caucasian
   ○ Other (please specify) ________________________

3. How old are you?
   ○ 18 years old
   ○ 19 years old
   ○ 20 years old
   ○ 21 years old
   ○ Other (please specify) ________________________

4. During the past 30 days, on how many days did you drink alcohol?
   ○ 0 days
   ○ 1-2 days
   ○ 3-5 days
   ○ 6-9 days
   ○ 10-19 days
   ○ 20-29 days
   ○ All 30 days

5. During the past 30 days, on how many days did you smoke cigarettes?
   ○ 0 days
   ○ 1-2 days
   ○ 3-5 days
   ○ 6-9 days
   ○ 10-19 days
   ○ 20-29 days
   ○ All 30 days

6. During the past 30 days, on how many days did you use marijuana?
   ○ 0 days
   ○ 1-2 days
   ○ 3-5 days
During the past 30 days, how many alcoholic beverages did you usually drink on the days that you drank? 

- I did not drink 
- 1 drink per day 
- 2 drinks per day 
- 3 drinks per day 
- 4 drinks per day 
- 5 drinks per day 
- 6 drinks per day 
- 7 drinks per day 
- 8 drinks per day 
- 9 drinks per day 
- 10 drinks per day 
- 11 or more drinks per day