



IGI is designed to increase:

- Sports & physical activities
- Healthy eating & weight
- Controlling stress
- Spiritual health habits
- Mental health habits
- Setting multiple health goals
- Positive self-images

IGI was also created to delay or reduce:

- Alcohol use
- Cigarette smoking
- Marijuana use
- Other drug abuse

What is *In God's Image*?

- ❖ In God's Image (IGI) is a practical, easy to use and sustainable program that integrates substance use prevention with physical, spiritual and mental health promotion in a time and cost-saving three-lesson intervention for youth.
- ❖ Using evidence-based Behavior-Image Theory, IGI targets naturally motivating positive images of youth engaged in wellness enhancing habits and links them to avoiding substance use to promote the "whole health" of youth.
- ❖ IGI is customized to each youth's health habits and involves screening youth for their current health habits, providing tailored positive behavior and image feedback, and developing youth skills to set and monitor multiple behavior change goals.
- ❖ IGI is being used in faith-based and community settings.



IN GOD'S IMAGE PROGRAM

*Practical Physical,
Spiritual and Mental
Health for Youth*



IN GOD'S IMAGE PROGRAM

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Youth Epidemic of Multiple Health Risks

- The CDC recently reported that millions of American youth experience key risk behaviors known to harm their physical, mental and even spiritual health.
- Research also indicates that the majority of US youth experience multiple co-existing health risk behaviors and problems, like physical inactivity, unhealthy eating, lack of sleep and substance use.
- IGI is specifically designed to address these and other risks in a single holistic program, to cost-effectively enhance the positive development of youth.

“We created In God’s Image to help young people grow in grace and power to do the sometimes challenging things in life. Those things which will result in developing into our best possible selves as God planned for us.”

*Chudley Edward Werch, PhD
In God’s Image Developer,
Founder and President
Prevention Plus Wellness, LLC*



Programs and Services

- 1) **In God’s Image (IGI) Teacher’s Manual** with CD includes everything needed to implement and evaluate your program to an unlimited number of youth in one-on-one or group settings.
- 2) **IGI Implementer Training** a four-hour online or onsite workshop to learn how to implement IGI with fidelity.
- 3) **IGI Training of Trainers** a six-hour online or onsite workshop to learn how to train others to implement IGI.
- 4) **Grant Writing Services** including grant researching, writing and editing.
- 5) **Conference and Group Presentations** on how to plan your own wellness-based prevention program.