

What is SPORT?

- ❖ SPORT Prevention Plus Wellness (PPW) is a practical, easy to use and sustainable evidence-based program that integrates SA prevention with wellness in a time and cost-saving single-lesson intervention for youth.
- ❖ SPORT PPW enhances positive youth development by linking avoiding substance use with increasing wellness behaviors and images like participating in sports, physical activity and healthy eating.
- ❖ SPORT PPW 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.
- ❖ SPORT PPW is being used in 48 states and abroad, in schools, hospitals, youth organizations, juvenile justice, sports and rec leagues, and more.

SPORT PREVENTION PLUS WELLNESS

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SPORT PPW increases:

- Sports & physical activities
- Healthy eating
- Getting adequate sleep
- Controlling stress
- Setting multiple health goals
- Positive self-images

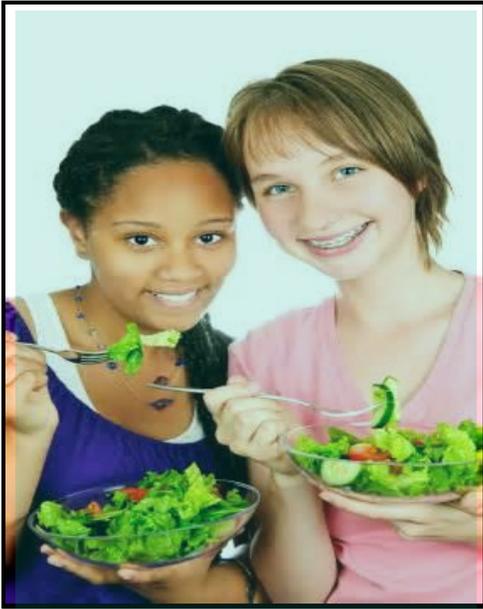
SPORT PPW prevents:

- Alcohol use
- Cigarette smoking
- Marijuana use
- Substance abuse problems



SPORT PREVENTION PLUS WELLNESS

*Practical Evidence-based
Prevention with Wellness
Programs for Youth*



Youth Epidemic of Multiple Health Risks

- The CDC recently reported that millions of American youth experience key risk behaviors known to harm their physical and mental health and well-being.
- 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.
- SPORT PPW is specifically designed to address these risks in a single program and setting, to cost-effectively improve the “whole health” of youth.

“Our staff found SPORT Prevention Plus Wellness easy to use and very entertaining for youth. I recommend this program for anyone working with youth who wants to address multiple issues connected to choosing and maintaining a healthy lifestyle.”

Debra McKenzie., Senior Vice President, Associated Youth Services, Kansas City, KS

“We have been implementing the SPORT Prevention Plus Wellness Program now for two years and it is great! Staff are finding that it is simple and easy to implement, and kids are responding with engagement.”

Bhavana Pahwa, MA, LCSW-R, PhD, White Plains Youth Bureau, White Plains, NY



PPW Programs & Services

- 1) **SPORT Program Manual** with digital downloads includes everything needed to implement and evaluate your program with an unlimited number of youth in one-on-one or group settings.
- 2) **PPW Implementer, Trainer & Youth Leadership Workshops** providing live one-day or less online or onsite training.
- 3) **SPORT 2, InShape PPW and In God’s Image Prevention Programs.**
- 4) **Marijuana Awareness Training, Media Campaign, and Quizzes.**
- 5) **Parent Wellness Pep Talks.**
- 6) **PPW Recovery Programs.**
- 7) **PPW books & more!**