



INSHAPE PREVENTION PLUS WELLNESS

*Preventing Substance Use &
Promoting Wellness among
Young Adults*

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“We have been very pleased with the InShape Prevention Plus Wellness program...and we are excited for next year! I feel it is very important to reach this demographic of young adults and there are very few quality programs out there that address this age group.

That is why we are so pleased with InShape PPW, along with the fact that your customer service and relationship with the providers are excellent. I never hear from any of the other vendors that we purchase curriculums from, but I regularly communicate with you and it makes everything much smoother.”

*Kristinia Love, Morgan County
Substance Abuse Council (MCSAC),
Martinsville, IN*

“We are pleased with InShape Prevention Plus Wellness. Our young people love it. ExcellentEBP.”

*Dr. Elliott Butler, Morris Brown
College, Atlanta, GA*



**InShape Prevention Plus
Wellness (PPW)**

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FAMILY SERVICES
Hope Starts Today.

What is InShape PPW?

InShape (Alcohol/Drug) Prevention Plus Wellness (PPW) is a one session evidence-based program that prevents substance use and promotes physical activity, healthy nutrition, sleep and stress control among young adults in college, community and military settings.

- InShape PPW cues naturally motivating peer and desired future wellness behavior images and links substance use as harming personal goals to achieve positive behaviors and identity.
- InShape PPW is a unique 60-minute screening and brief intervention in which young adults learn to set and monitor goals to avoid substance use and increase protective wellness behaviors improving mental and physical health and self-regulation skills.



InShape PPW delays/reduces:

- Alcohol use & heavy use
- Marijuana use & heavy use
- Alcohol & drug problems
- Driving after drinking

InShape PPW promotes:

- Physical activities
- Healthy eating
- Getting adequate sleep
- Controlling stress
- Setting multiple health goals
- Positive self-identity
- Health-related quality of life

Protecting Young Adults from Multiple Health Risks

- Research indicates that most US youth and young adults experience multiple co-existing health risks and problems, like physical inactivity, unhealthy eating, lack of sleep, uncontrolled stress and substance use.
- InShape PPW is specifically designed to address these risks in a single program and setting, to cost-effectively improve the “whole health” of young adults.
- InShape PPW screens young adults for their current health habits, provides feedback and positive image messages, and helps them set multiple health behavior goals.

Programs and Training

- The InShape PPW Program includes a manual with scripts to provide an in-person or online individual or group lesson, digital downloads with slides and reproducible program materials and pre-post program surveys.
- **2-Hour Online and Onsite Training Workshops** allow professionals and youth leaders to quickly learn how to implement the program to young adults.
- **Other PPW Programs** include SPORT PPW and Vaping, Marijuana and Opioid PPW programs.

Get In Touch, preventionstaff@farnhaminc.org

