

Questions Asked During Live Webinar Broadcast on 1/20/2021



Wellness and Recovery in the Addiction Profession Part One: Integrating Wellness Into Substance Use Disorder Prevention

Presenter: Chudley Werch, PhD

Is this data for individuals in a Medical Marijuana program or recreational use?

A: Not sure what data this question is referring to. It was likely national data of high school youth general population.

As a Family Recovery Coach and interventionist that is trying to work more closely with the schools in my area, what is the best way to approach these administrators to find out what is already in place, or what opportunities exist to work with them on prevention strategies?

A: Contact local substance use coalitions, public health departments and behavioral health organizations, or contact school counselors or nurses.

Where are all the 8 health behaviors located?

A: Not sure what this question is asking.

Adult population is a real challenge with creating motivation - any other suggestions?

A: I agree. I believe the Behavior-Image Model has potential to be used to create integrated substance use prevention with wellness behavior promotion messages and strategies for all age groups. Some organizations have used the evidence-based single-session InShape (Alcohol/Drug) Prevention Plus Wellness program, which is designed for young adults, for older adult populations.

How do you address body image with the pictures for those who are unable to lose weight?

A: Prevention Plus Wellness program goal plans have a statement that the overall goal is to have a healthy body image by avoiding unhealthy behaviors. That said, we show a wide range of different body images in our program PowerPoint slides and these can be tailored by you and your organization.

How could I extrapolate this message towards older adult? Prevention wise?

A: By adjusting the goals for individual substance use and health behaviors to reflect the evidence-informed content and by showing images of healthy, active older adults modeling wellness behaviors.

What would you add or subtract for adults/older adults?

A: Perhaps different types of physical activities, nutritional patterns, sleep and stress control more appropriate to adults/older adults.

Which intervention(s) might you recommend for clients who state that they get energized by their MJ (or other substance) use?

A: We have a Marijuana Prevention Plus Wellness program for adolescents and the InShape (Alcohol/Drug) Prevention Plus Wellness program for young adults that provide messages that counter those myths by providing accurate effects of cannabis on brain function and cognition.