



The Employee Guide and Facilitator's Manual offer participants engaging and interactive sessions.

Young Adults in the Workplace: National Health Promotion Associates Project

YIW Overview:

The Young Adults in the Workplace (YIW) initiative is a multisite collaborative project with six multidisciplinary SAMHSA-funded grant teams implementing and evaluating workplace-based substance abuse prevention and early intervention programs for young workers. Young adults are at increased risk for developing chronic substance use-related problems, and few interventions are available for them, particularly in workplaces. The YIW program was designed to provide the nation's employers, unions, and organizations with empirical information about the efficacy of a diverse set of approaches to prevention and early intervention of substance abuse and comorbidity.

Industry:

Retail (supermarket chain)

Location:

Upstate NY

Demographics:

1,600 employees ages 16 to 24

Early Findings:

- Significant numbers of program participants have found the *LifeSkills Training Wellness Program* to be useful, engaging, and appropriate.
- Participants have indicated that they will use the activities and materials both at work and in their personal lives.

Program Description:

- NHPA has developed the *LifeSkills Training Wellness Program (LST-WP)*, a workplace wellness program.
- *LST-WP* embeds substance abuse prevention in a comprehensive life skills intervention.
- *LST-WP's* primary goal is to improve tobacco, alcohol, and drug use behaviors and attitudes, by teaching skills related to risky behavior, stress management, problem solving, communication, conflict resolution, goal setting, and time and financial management.
- Other goals of *LST-WP* are to increase job performance and satisfaction and to reduce absenteeism, turnover, customer complaints, and product loss.



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