

Primary Prevention Project Work Plan 2024

Project Goal: To share wellness methods for stress management, pain relief and general well-being with AMMA Therapy, Tai Chi Kung and wellness products with participants. The main objective of Primary Prevention Project is to collaborate with people to invoke greater responsibility for self-care, to share information but to dive deep to see what motivates and holds the motivation for self-care. Primary Prevention Project was created to engage people with being pro-active in creating and maintaining good health.

Objective 1. Implement and collect outcomes and evaluations from target group participants and individuals coming to office

Activities	Deadlines	Deliverables	Person(s) Responsible	
Identify evaluation tools and individual that can assist with technical setup aspect of project for all outcomes and evaluations		Data to be shared with Tribal Health Director	AOD Coordinator	
Prepare paperwork and electronic means for gathering client information		Data to be shared with Tribal Health Director.	Massage Therapist AOD Coordinator	
Identify target groups		Data to be shared with Tribal Health Director.	Massage Therapist AOD Coordinator	

Objective 2:

Activities	Deadlines	Deliverables	Person(s) Responsible	
Activity 1:1 Interview individuals and begin gathering information from pre survey questions		Data to be shared with Tribal Health Director	Massage Therapist AOD Coordinator	
Activity 1.2 Share educational and interactive content with individuals weekly and monthly and document outcomes in SOAP notes		Data to be shared with Tribal Health Director	Massage Therapist	
Activity 1:3 Connect individuals who would like to practice together and create support groups with participants		Data to be shared with Tribal Health Director	Massage Therapist AOD coordinator	