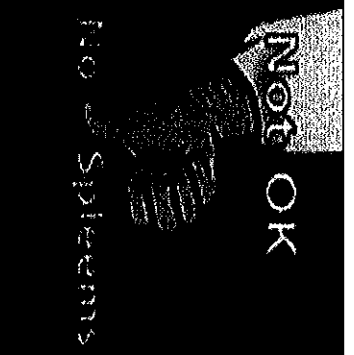
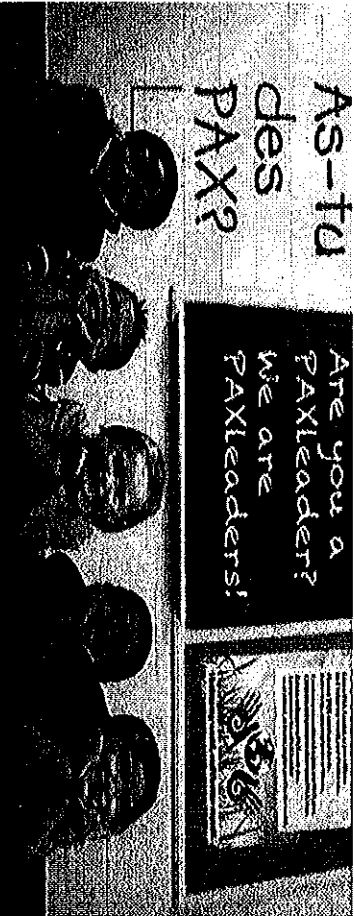
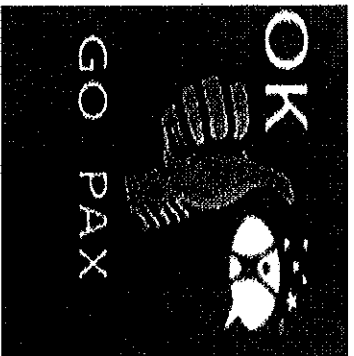
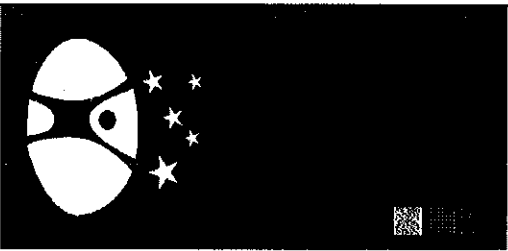


PART II:



The PAX Good Behavior Game

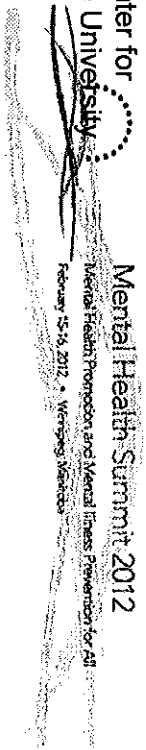
Presentation for Mental Health America Webinar – May 31, 2012



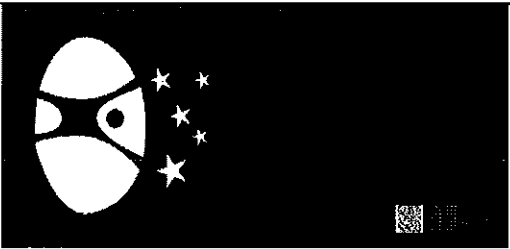
The PAX Good Behavior Game A Non-Pharmaceutical Behavioral Vaccine for Promoting Wellbeing and Preventing Mental and Related Illnesses

Dr. Dennis D. Embry, president/senior science, PAXIS
Institute;
Co-investigator at Johns Hopkins University Center for
Prevention, the University of Manitoba, and Yale University

Adapted from the:



Mental Health Summit 2012
Mental Health Promotion and Mental Illness Prevention for All
February 15-16, 2012 • Venues: Valencia

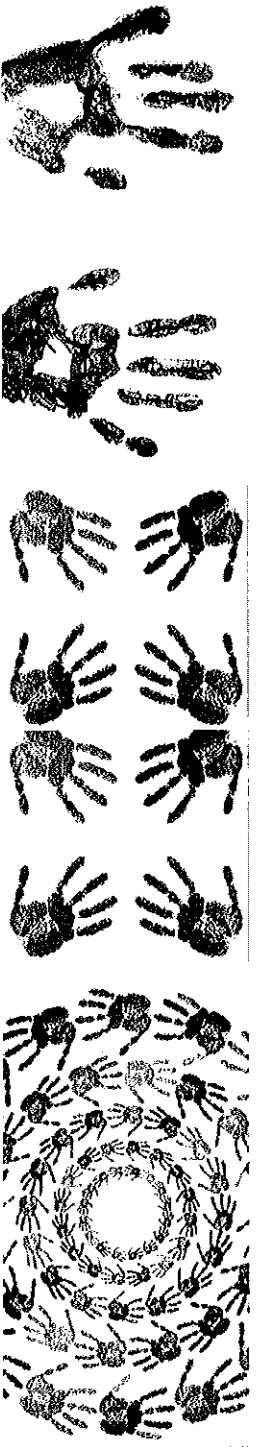


What is a behavioral vaccine?

A behavioral vaccine is a repeated simple behavior that:

- ⓐ decreases morbidity,
- ⓑ decreases mortality,
- ⓒ or increases wellbeing.

Embry, D. D. (2011). Behavioral Vaccines and Evidence-Based
Kernels: Non-pharmaceutical Approaches for the Prevention of
Mental, Emotional, and Behavioral Disorders. *Psychiatric Clinics
of North America*, 34(March), 1-34. doi:
10.1016/j.psc.2010.11.003



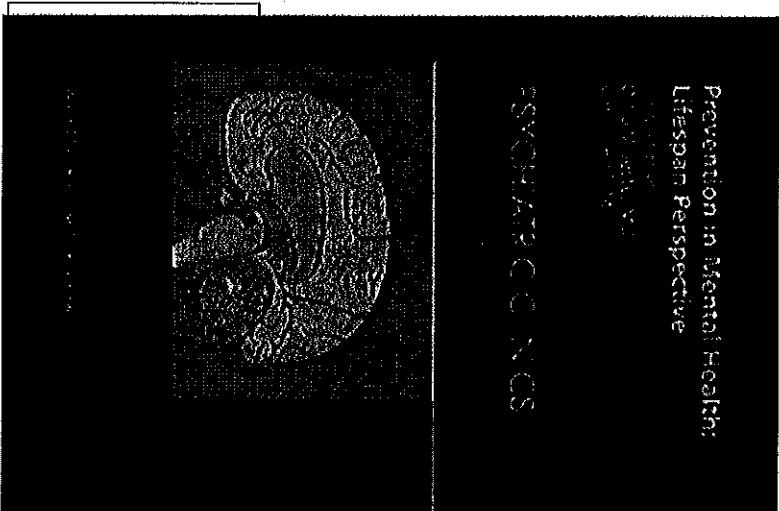
Behavioral vaccines can be used by:

- ② By Individuals
- ② By organizations
- ② By governments



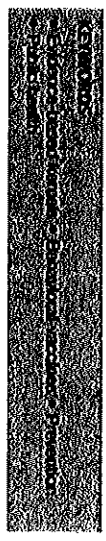
personal, family, group, or public health/safety



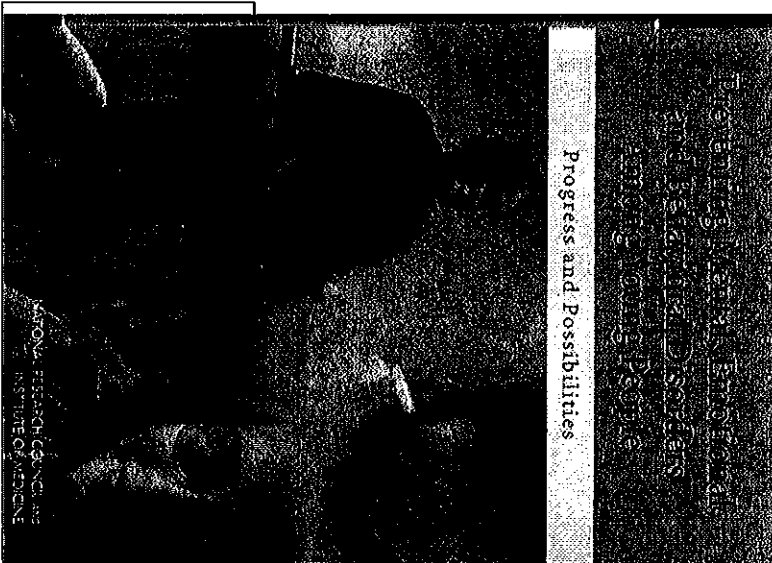
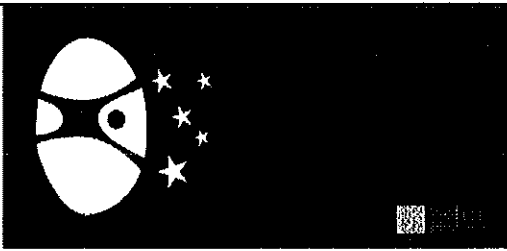


Behavioral Vaccines and Evidence-Based Kernels: Nonpharmaceutical Approaches for the Prevention of Mental, Emotional, and Behavioral Disorders

Dennis D. Embry, PhD

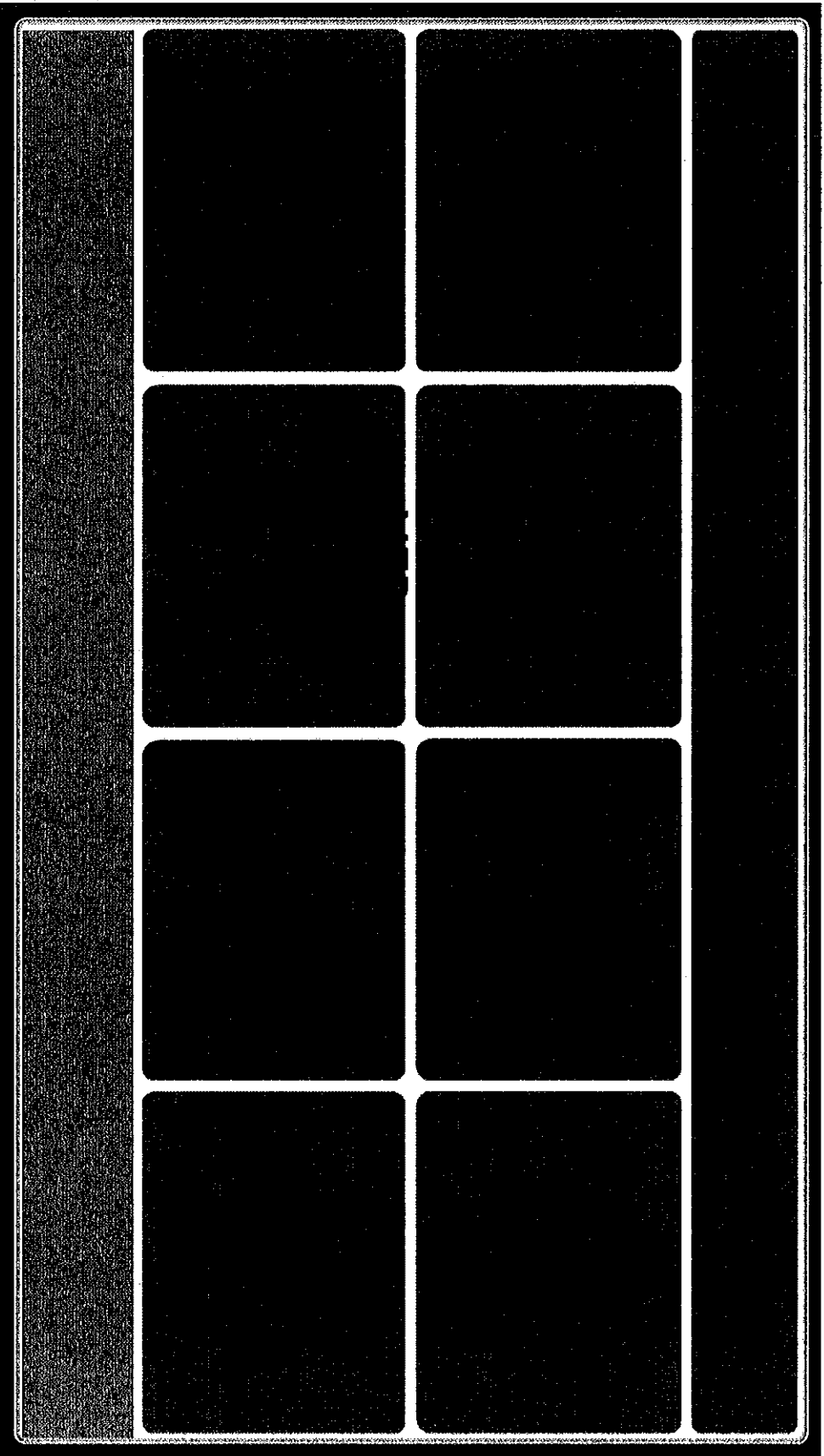


Available at:
www.slideshare.net/drdenisembry

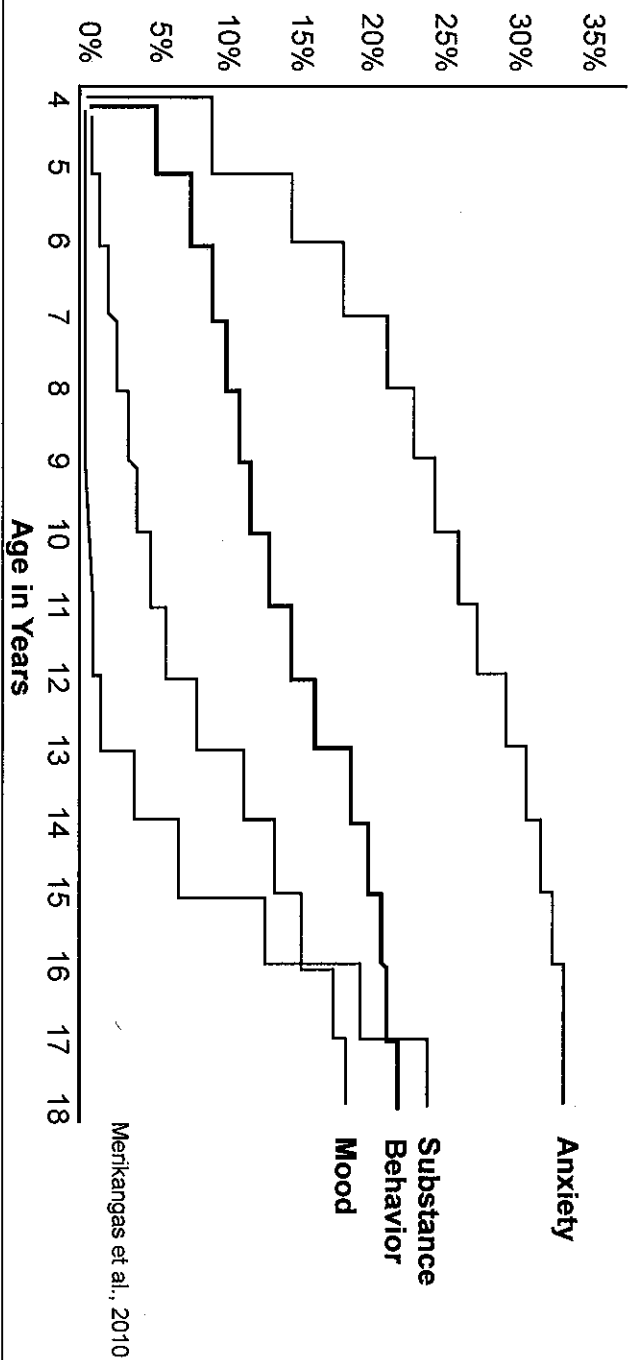


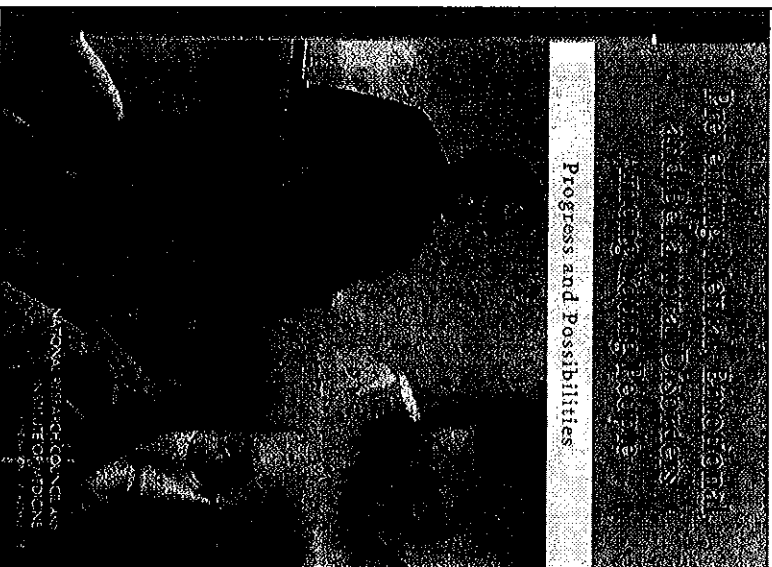
Mental, Emotional and Behavioral Disorders = MEBS





Lifetime Prevalence of Disorders in US Adolescents (N=10,123)





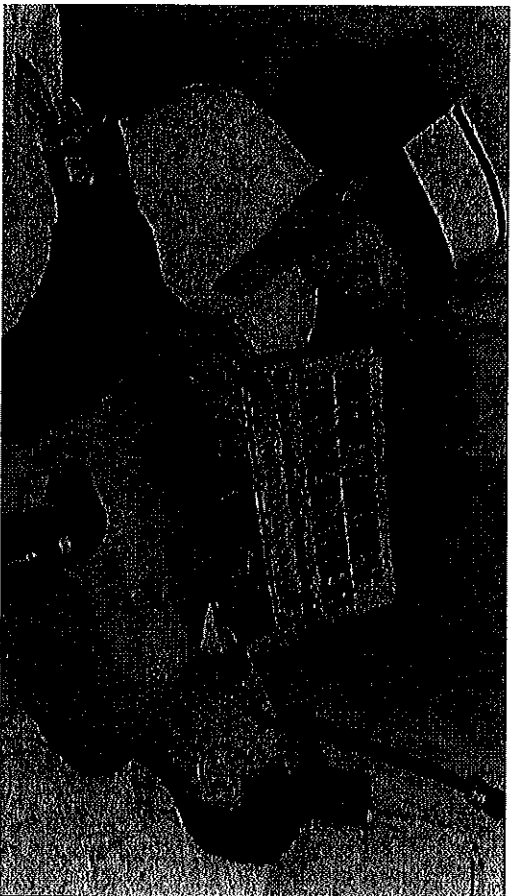
A key difference exists in the report from past practices....

We must stop “rationing” prevention based on risk and protective factor analyses and logic models.

Why?

This risk is nearly universal, and it is more efficient and cost effective to use a true public-health universal protection strategy—just like we did for the polio epidemic in North America in the 1950s.





We possess behavioral vaccines that can avert the epidemic of mental, emotional, behavioral, and related physical illnesses—like we stopped the Polio Epidemic...

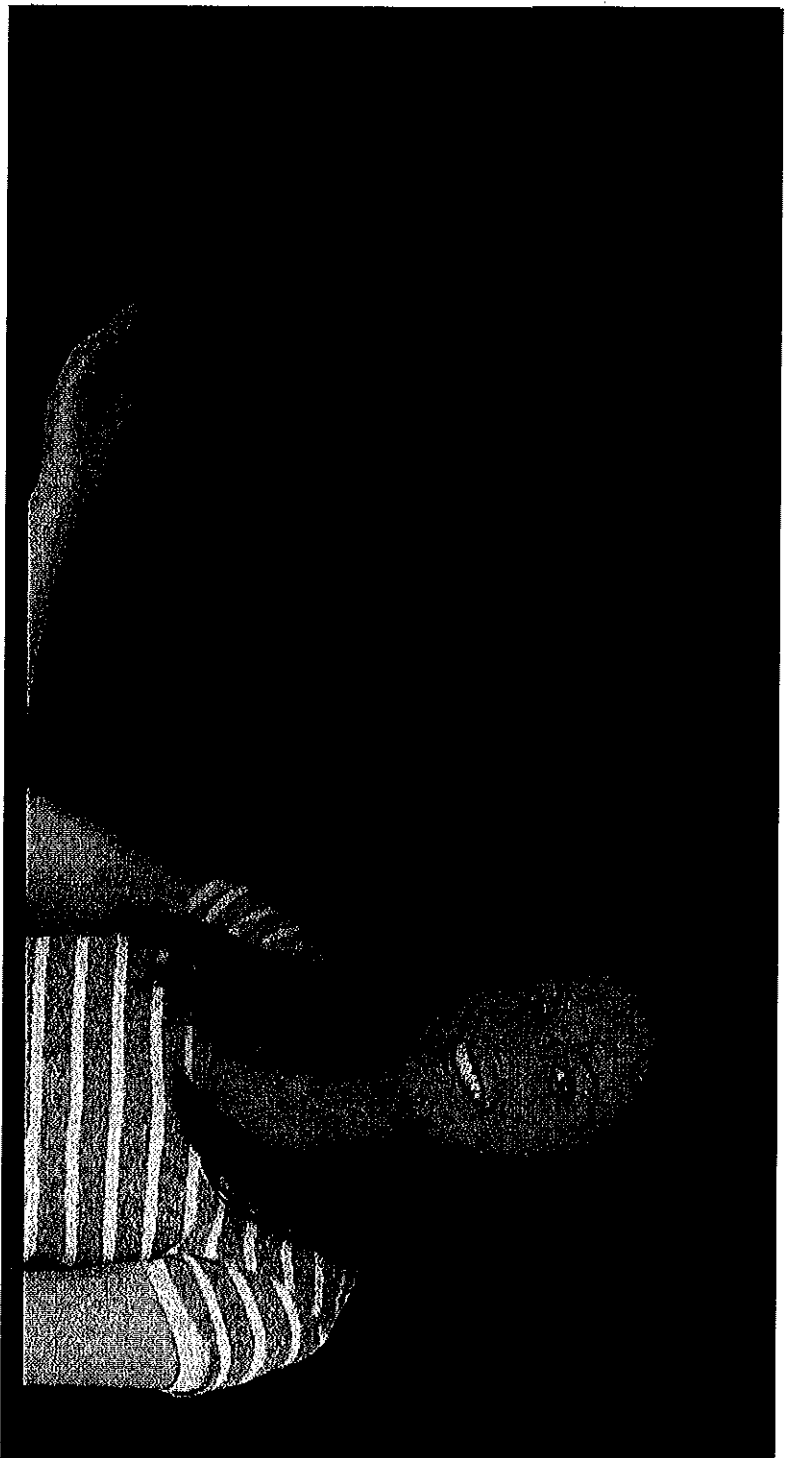
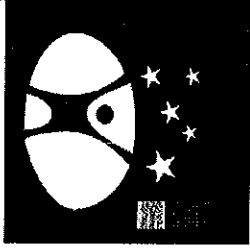


Muriel Saunders



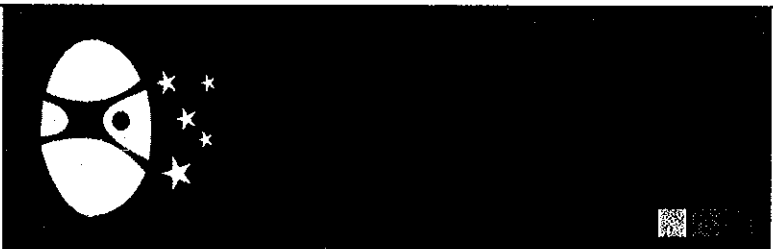
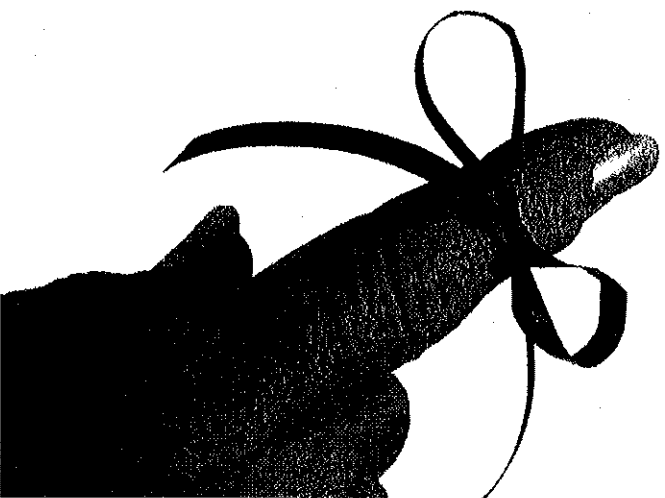
PAX GBG: An Example Behavioral Vaccine

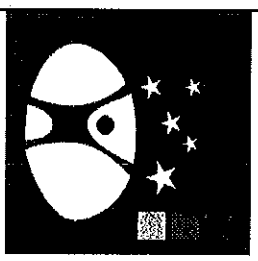
Read about multiple scientific studies on the "Good Behavior Game" at www.pubmed.gov



Something to remember about PAX...

- ③ It is used during NORMAL instruction, for any subject.
- ③ It is NOT a prevention curriculum.
- ③ It is NOT a “classroom management” program per se, but it provides better classroom management than virtually any “classroom management program.”
- ③ PAX gets rid of hundreds of daily, weekly and monthly stressors for teachers and students.
- ③ PAX is one of the single most proven strategies a teacher can use to promote the highest aspirations that most teachers hold as their deepest values for being a teacher—securing a positive future for their students lifetimes.

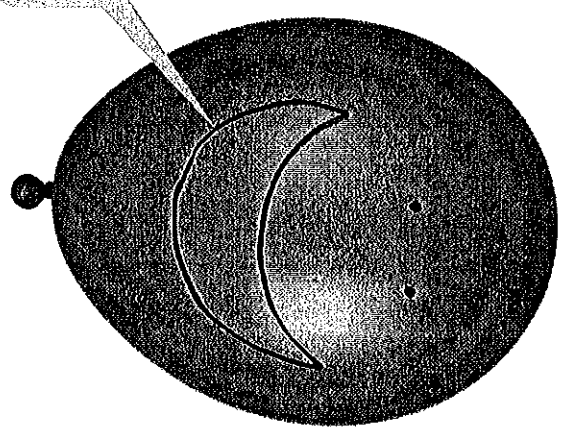




PAX "Dose" during normal, everyday instruction

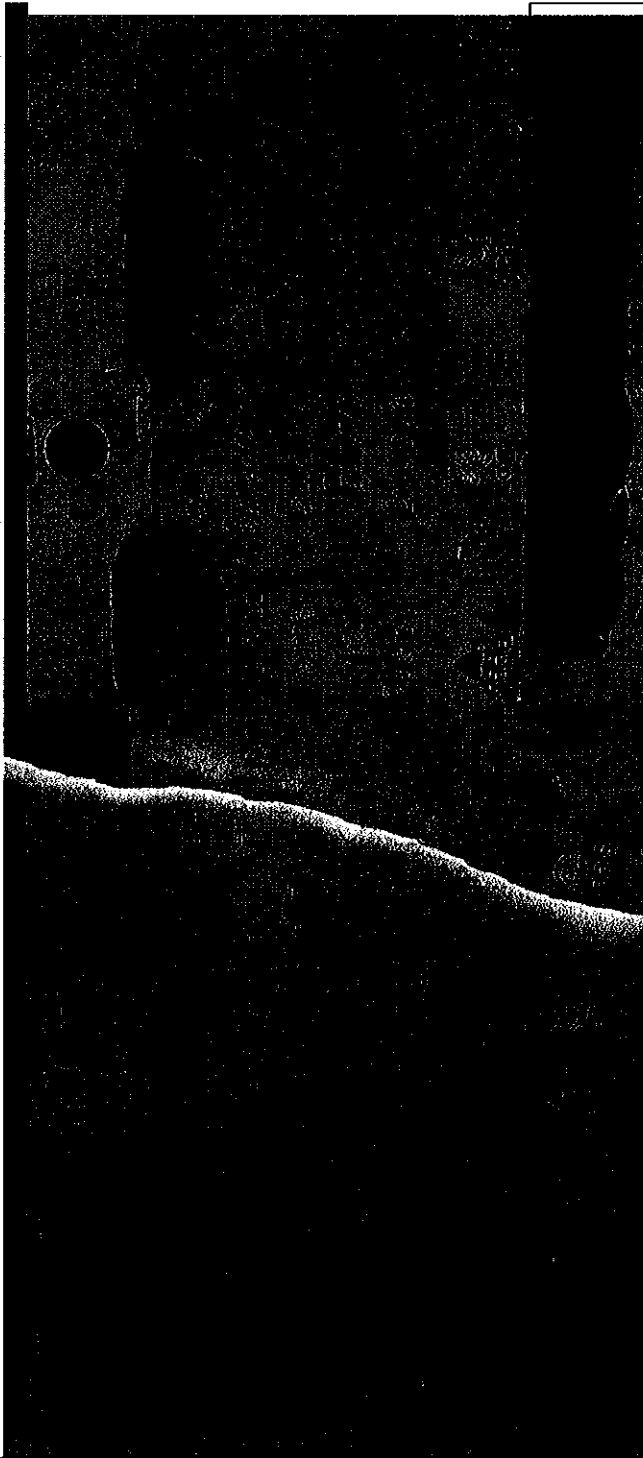
- Three announced games a day keep Spleems away
- One "secret" game a day makes PAX grow
- PAX Cues everyday keep Spleems at bay
- Oodles of tootles all day make Spleems zero

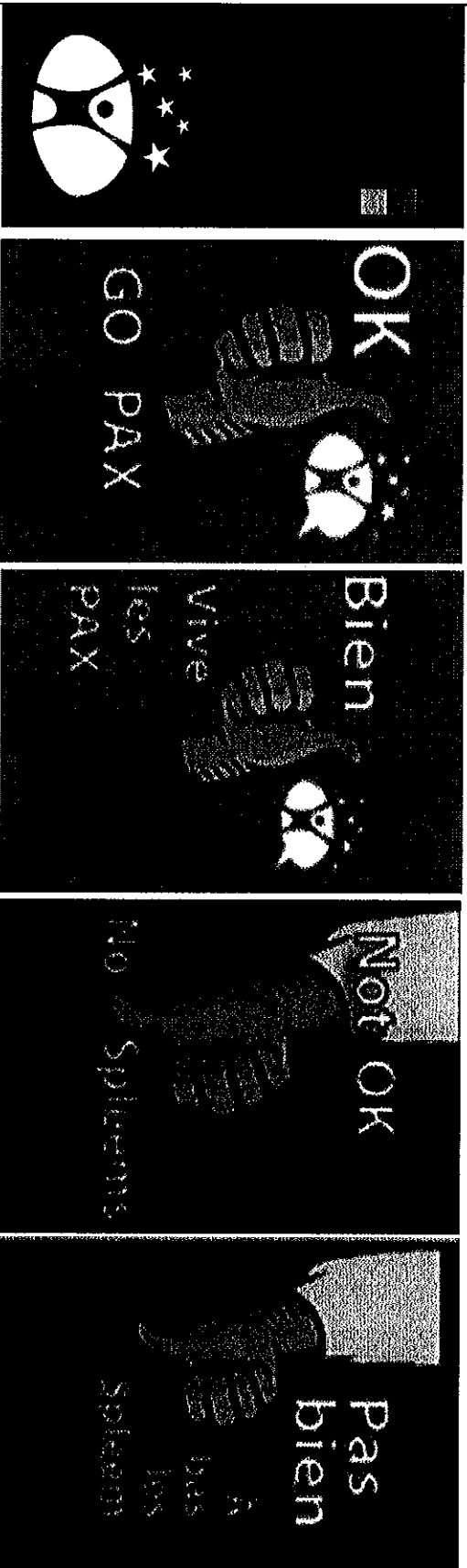
Got PAX?





They teach children a vision of a wonderful school

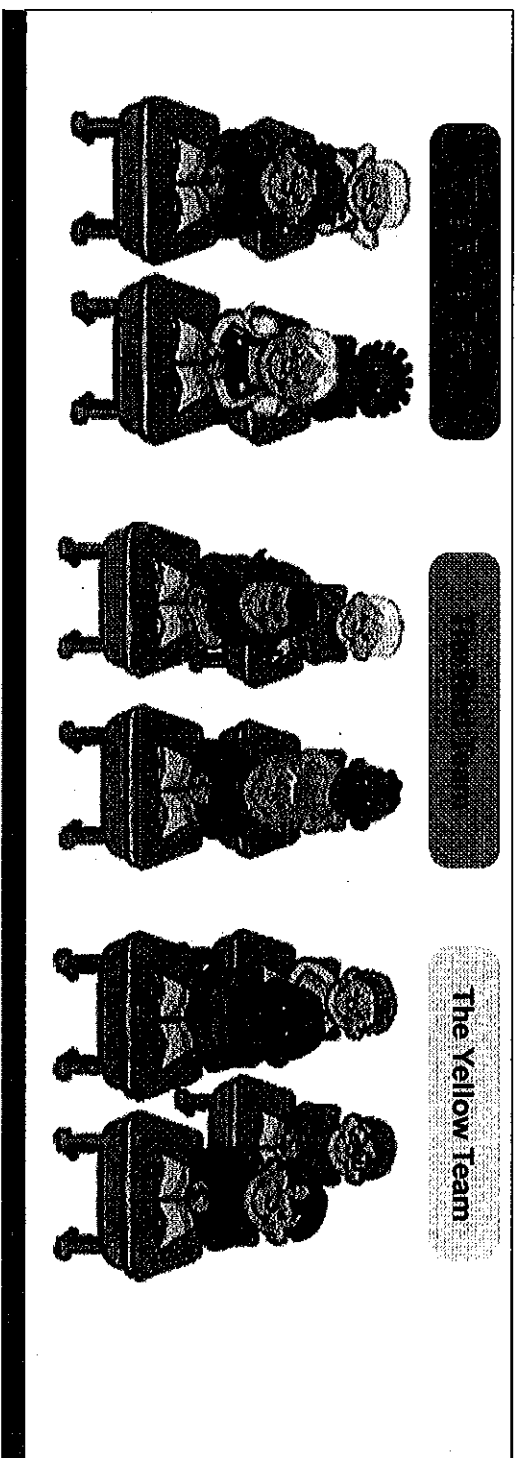


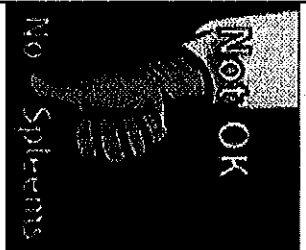



To create more good, By sweeping away the
called "PAX" "bad", called "Spliems"



Playing the PAX Game by Teams:
During any regular teaching & learning activity





Their Team Aim:  **SPLEEMS** ..
Sweep Away **to Win PAX**

 **pax** | Good Network Game **Scoreboard**

Teacher/Class Ms. Dow Week of Jan 23

Team

Team	Game 1	Game 2	Game 3	Game 4	Game 5
Blue	///	///	///		
Yellow	///	///	///	///	///
Orange					
Green					
Red					
Grey					
White					
Black					
Other					
Winning Teams	20	20			
Losing Teams	40	60			

★ Total PAX Minutes: 40 60

Team

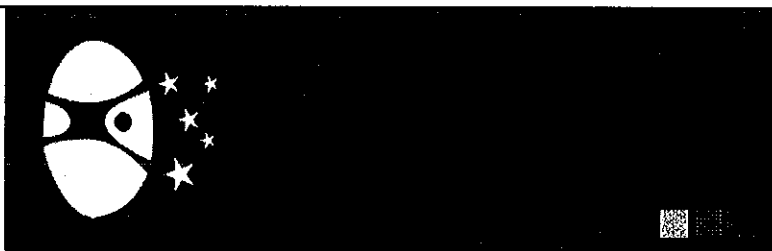
Team	Game 1	Game 2	Game 3	Game 4	Game 5
Blue					
Yellow					
Orange					
Green					
Red					
Grey					
White					
Black					
Other					
Winning Teams					
Losing Teams					

★ Total PAX Minutes: 0 0

- ③ Spleems are counted and marked with neutral tone for the team, not the individual child.
- ③ Teams who have 3 or fewer Spleems win.
- ③ Winning teams earn a "Granny's Wacky Prize".
- ③ Team having 4 or more Spleems lose that game.
- ③ PAX Minutes = winning teams x minutes played.

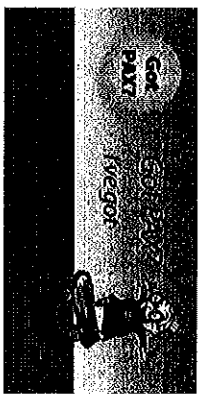
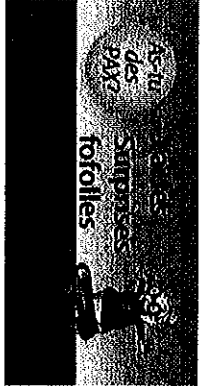
US 1718. Please use one and select prize appropriate for you. Show and keep this piece with PAX Cards.

<p>Wacky Sun Giggle Fest</p> <p>Playing teams take 20 giggles and laugh as much as possible in the time set. (The last 100 giggles only).</p> <p>Suggested Time: 7-10 minutes</p>	<p>Wacky Sun Giving Cuts in Line</p> <p>Playing teams are given cuts for a goal for one cut line or determined by the teacher.</p> <p>Suggested Time: One hour or 45-60 min.</p>
<p>Wacky Sun Mumble, Grumble & Gowl</p> <p>Playing teams get to mumble, grumble and growl as much as possible during the set time.</p> <p>Suggested Time: 7-10 to 20 minutes</p>	<p>Wacky Sun Play Hangman</p> <p>Playing teams are allowed to play a game of hangman for a time set by the teacher.</p> <p>Suggested Time: 1-2 students, one or 45-60 min.</p>
<p>Wacky Sun Jokerster</p> <p>A job is read for each sitting team. Teacher may read and hear or, team captain may read the job. Teacher needs to have several jobs (bookends). Suggested Time: 1-3 students, depending on job book.</p>	<p>Wacky Sun Making Faces</p> <p>Playing teams may make faces of each other or the teacher.</p> <p>Suggested Time: 10-20 minutes.</p>
<p>Wacky Sun Nerf Toss or Nerf Basket</p> <p>Playing teams get to toss or shoot a Nerf ball into a net, bin or some basketball hoop.</p> <p>Suggested Time: About 1-2 hours, based on set/field.</p>	<p>Wacky Sun Paper Airplane Toss</p> <p>Playing teams get to make airplanes and later throw them. (Can be done at the end of the day/year)</p> <p>Suggested Time: A few minutes to make, few min to throw.</p>
<p>Wacky Sun Pencil Tapping</p> <p>Playing teams tap pencils loudly.</p> <p>Suggested Time: 20-30 minutes or 10.</p>	<p>Wacky Sun Penny or Poker Chip Flipping</p> <p>Playing teams get to flip pennies or poker chips into the air and catch them. (Can be done at the end of the day/year)</p> <p>Suggested Time: 1-2 students or 20</p>



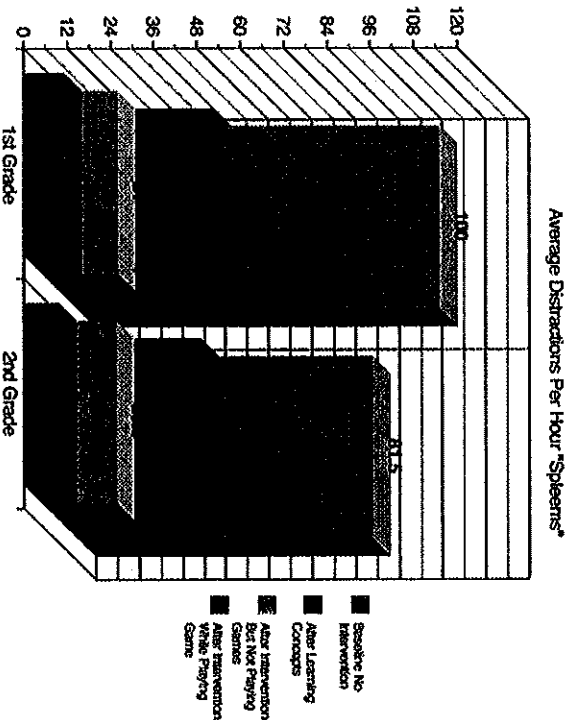
“Winning teams get Granny’s Wacky Prizes”

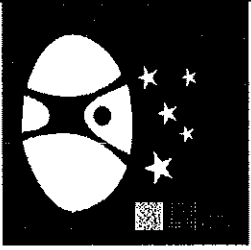
- ③ Brief (30 seconds or so) activity rewards for winning game
- ③ Start and stop with non-verbal cue
- ③ Based on mystery motivator and Premack Principle
- ③ Function as “intrinsic motivators”



PAX creates immediate measurable effects

Example data from
one of 18
Substance Abuse
and Mental Health
Services
Administration
(SAMHSA) PAX
GBG grantees

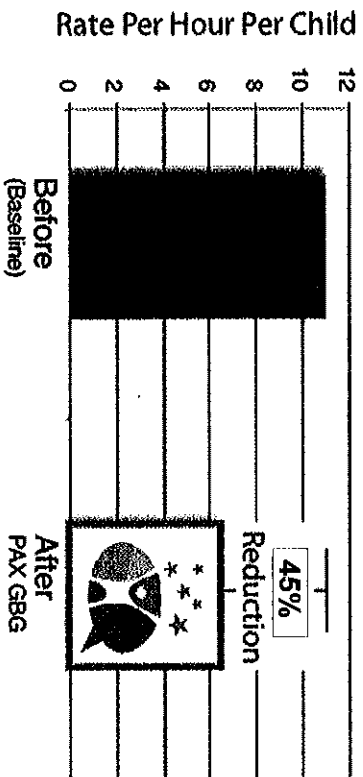


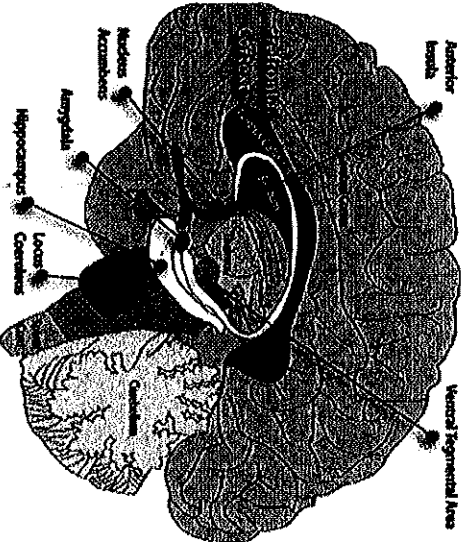


Seine River Manitoba Pilot Demonstration

- April, 2011 – Principals and key staff trained for two days for all 12 schools.
- April, 2011 – First grade classrooms then trained that week
- April through May – Each successive month other grades trained, including 8th grade classes.

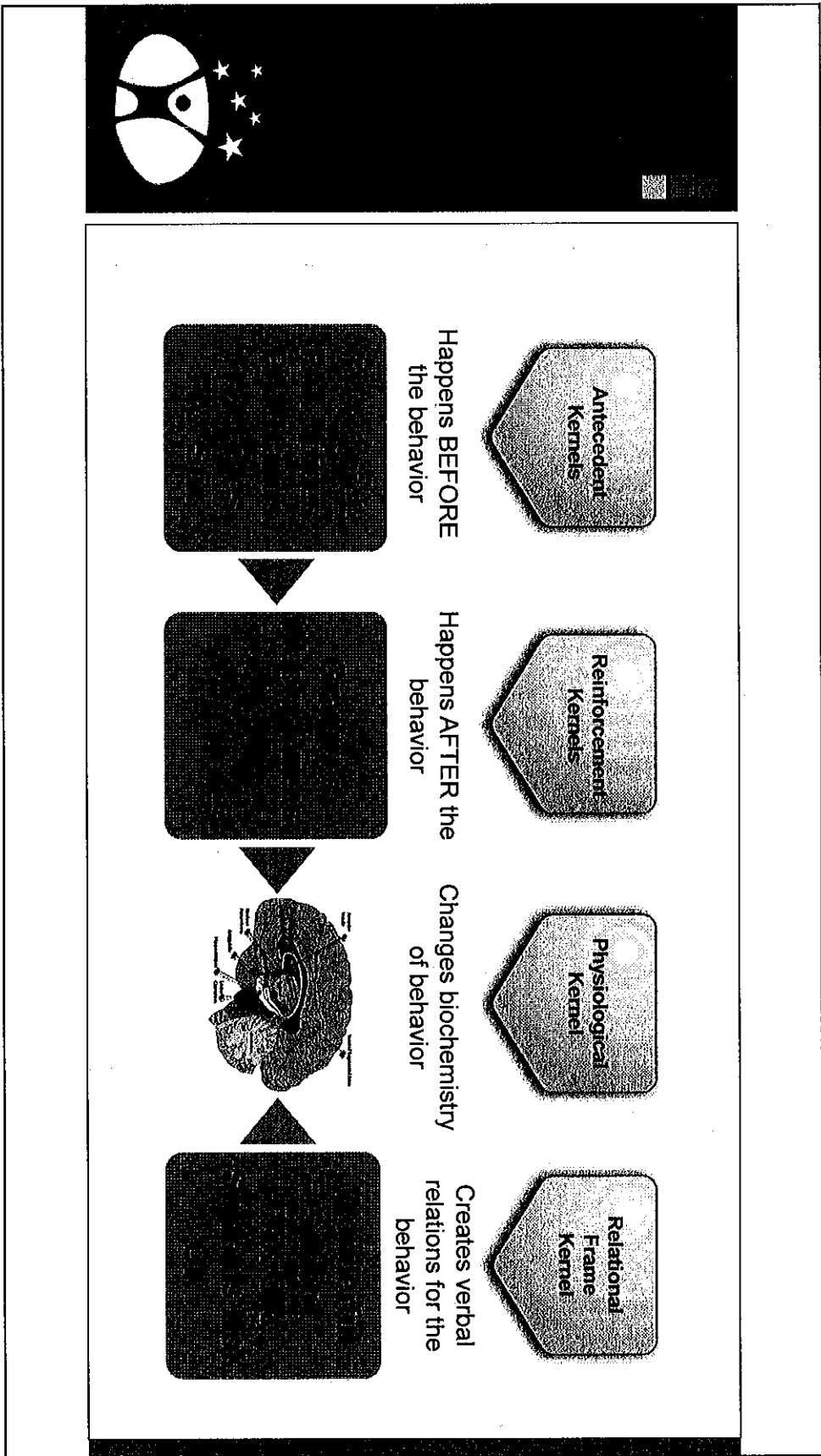
Disruptions by All Seine River First Graders



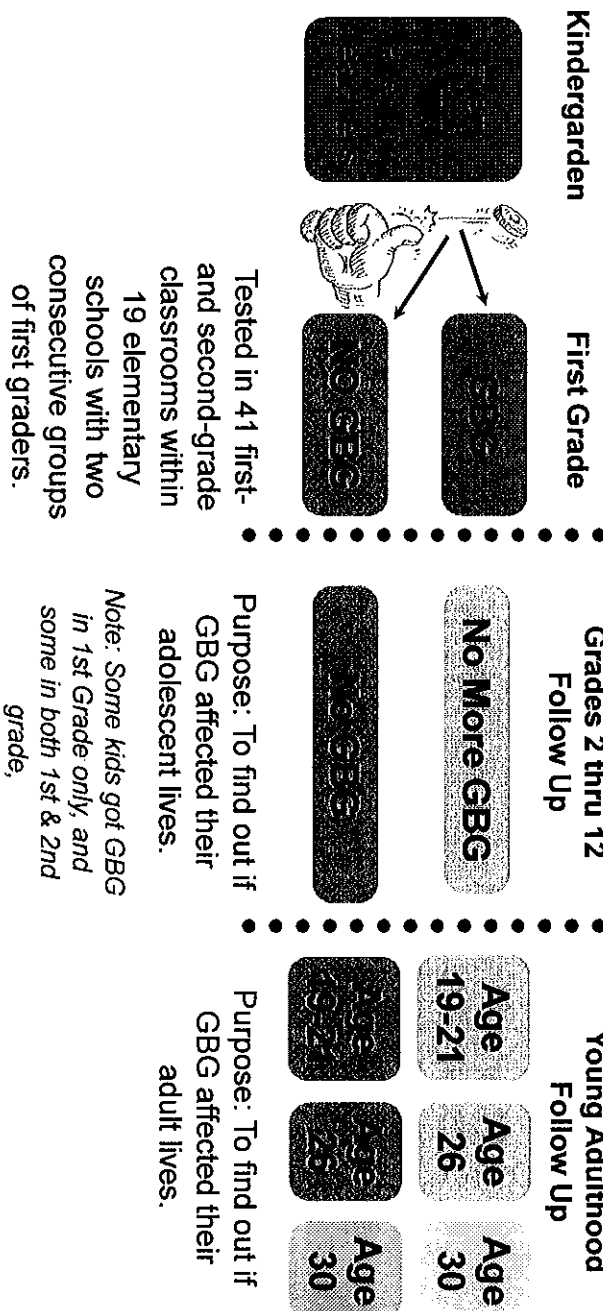


The PAX Game teaches

- ③ Individual and group goal orientation/dependency
- ③ Voluntary control over attention
- ③ Self-regulation, self-calming under excitement
- ③ Self-regulation during failure or disappointment
- ③ Delay of gratification
- ③ Cooperation to achieve a bigger goal
- ③ How to ignore accidental attention to negative behavior from peers
- ③ Mild sanctions for anti-social acts by others



Longitudinal Johns Hopkins Studies of GBG

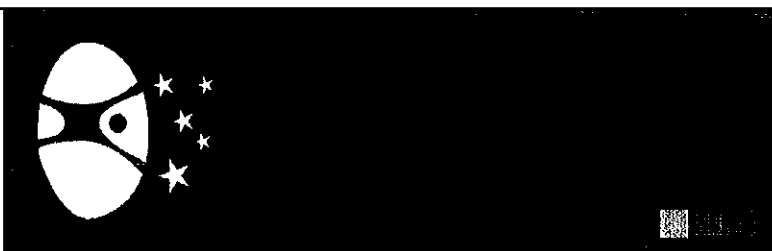


Tested in 41 first- and second-grade classrooms within 19 elementary schools with two consecutive groups of first graders.

Purpose: To find out if GBG affected their adolescent lives.

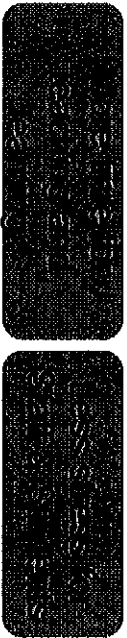
Note: Some kids got GBG in 1st Grade only, and some in both 1st & 2nd grade.

Purpose: To find out if GBG affected their adult lives.



Timeline of Benefits...

First Month



First Year

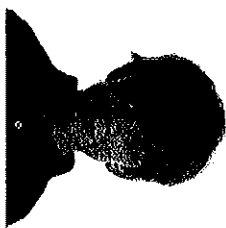


2nd & 3rd Years

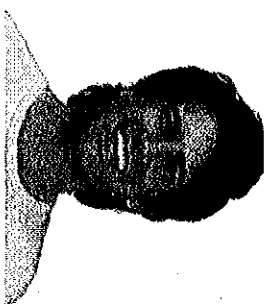


5-15 Years





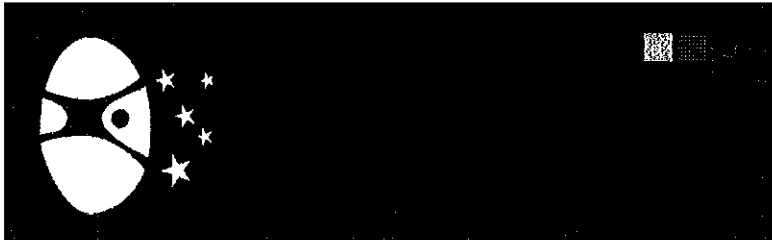
First graders exposed to GBG for one year had these benefits at age 21.



OUTCOMES	STUDENT GROUPS	GBG CLASSROOM	STANDARD CLASSROOM
Drug abuse and dependence disorders	All males	2	38 percent
	Highly aggressive males	2	83 percent
Regular smoking	All males	2	19 percent
	Highly aggressive males	2	40 percent
Alcohol abuse and dependence disorders	All males and females	2	20 percent
	Highly aggressive males	2	100 percent
Antisocial personality disorder (ASPD)	Highly aggressive males	2	50 percent
Violent and criminal behavior (and ASPD)	All males	2	42 percent
	All females	2	19 percent
Service use for problems with behavior, emotions, drugs, or alcohol	All males	2	24 percent
Suicidal thoughts	All males	2	

SOURCE: Kellam, S. G., Mackenzie, A. C., Brown, C. H., Poduska, J. M., Wang, W., Petras, H., & Wilcox, H. C. (2011). The good behavior game and the future of prevention and treatment. *Addict Sci Clin Pract*, 6(1), 73-84.

Read this and other studies about the Good Behavior Game at www.pubmed.gov



How much might PAX GBG save for America's future?

To do PAX GBG will cost about \$150 to protect our children for life from mental illnesses, behavioral problems, drug addictions, becoming a criminal, trying suicide, dying from tobacco or alcohol related illnesses. And, it increases their academic success—including university entry.

PAX GBG pays back \$4637 to individuals, taxpayers, and others per student exposed in First Grade over 15 years.

Assuming 4,000,000 First Graders each year in the US, that saves **\$18 billion** every First Grade cohort by age 21, after an investment of \$600 million (less after first five years)

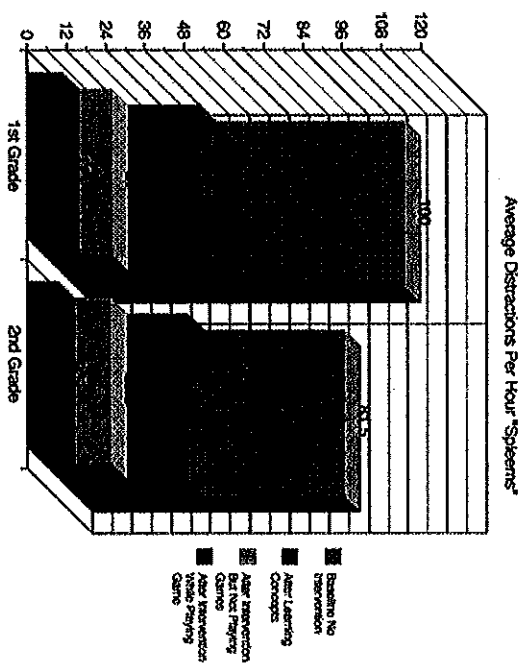


Source: Aos, S., Lee, S., Drake, E., Pennucci, A., Klima, T., Miller, M., et al. (2011). Return on Investment: Evidence-Based Options to Improve Statewide Outcomes. (July), 8. Retrieved from <http://www.wisnlp.wa.gov/rifiles/1-07-1201.ppt>



Action steps to bring PAX to your jurisdictions

- Create a rapid pilot in your area with willing and able school partners like the Seine River Rapid Pilot in Manitoba.
- Use independent "Before" and "After" observations of impact like 18 SAMHSA sites in America.
- Capture video testimonials from participating teachers, students, parents, and administrators.
- Take civic leaders and stakeholders on "tour" to see PAX in action.
- Give leaders & stakeholder research summaries, including cost savings for each first-grade cohort by age 21.





Thank You

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