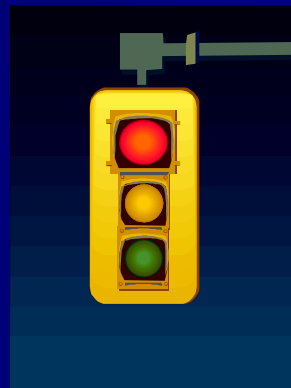


PATHS

Promoting
Alternative
Thinking
Strategies



What is PATHS?

Research-based program designed to facilitate the development of

- Self-control
- Emotional awareness
- Interpersonal problem-solving skills

What is research-based?

- Program has been used in numerous settings and rigorously evaluated to verify positive outcomes.
- Programs can earn ratings through evaluation system, PATHS has earned the following ratings:
 - Model Program by the CSPV, University of Colorado
 - Model Program-Substance Abuse and Mental Health Services Administration
 - Select Program-Collaborative for Social and Emotional Learning

Other noteworthy items

- PATHS has been translated into numerous languages and is used in schools around the world including: United Kingdom, Scotland, Australia and the Netherlands.

PATHS

- PATHS is taught in grades K-5.
- Lessons are taught several times a week in the classroom.

Skills Development

- Emotional literacy
- Self-control
- Positive Peer relations
- Interpersonal problem-solving skills

Outcomes

- Improved self-control
- Increased understanding and recognition of emotions
- Increased ability to tolerate frustration
- Use of more effective conflict-resolution strategies
- Improved thinking and planning skills
- Decreased report of conduct problems

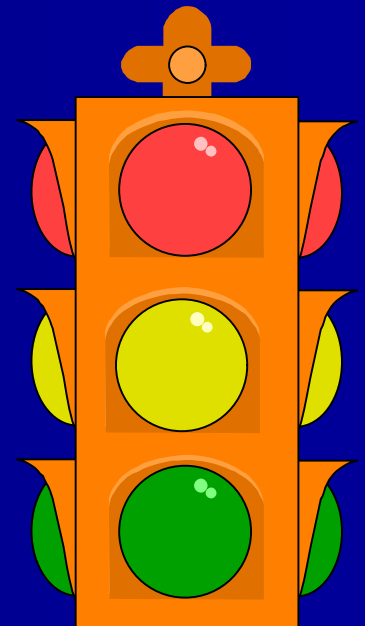
Three major units

Unit 1: The Turtle Unit

- Focuses on introducing PATHS and on helping children gain better self control.
- The Turtle Story is told through a series of lessons

Unit 2: Feelings and Relationships

- Lessons related to emotional and interpersonal understanding
- Anger Management
- Control Signals Poster



Unit 3: Interpersonal Cognitive Problem-Solving

- Teaches interpersonal problem solving skills.
 - **What's the problem?**
 - **What are my alternatives?**
 - **Which alternative is the best?**
 - **Trying my plan**
 - **How did it work?**

Paths Ideas

- When we are upset, it is important to calm down so we can think!
- Sometimes talking to ourselves can help us calm down.
- Feelings are very important signals. They give us important information if we pay attention to them.
- All feelings are OK to have. Some feelings are Comfortable and some feelings are Uncomfortable.
- Feelings are different from behaviors. All feelings are OK to have. But, some behaviors are OK and some are not OK.

Paths Ideas

- Sometimes people want to keep their feelings private. Other times it really helps to tell someone how you are feeling.
- It's important to think about how everybody feels in a situation.
- When we have a problem, we need to think of lots of solutions.
- When we try to solve a problem, we should think about what might happen next. That way, we can pick the best solution.
- Learning to be good problem-solvers is fun! It makes us feel strong and smart when we try to solve our problems!

Where else is PATHS?

- PATHS posters are displayed in the hallways and cafeteria.
- Building Principals reinforce key concepts with students and have posters in their offices

Summary

PATHS has been shown to improve protective factors and reduce behavioral risk across a wide variety of types of elementary school-aged children.

- Reductions in negative attitudes/behaviors
- Improvements in positive attitudes/behaviors
- Increase in students vocabulary for and identification of emotions