



Using Indigenous PAX Good Behavior Game as a Prevention Strategy in Classrooms

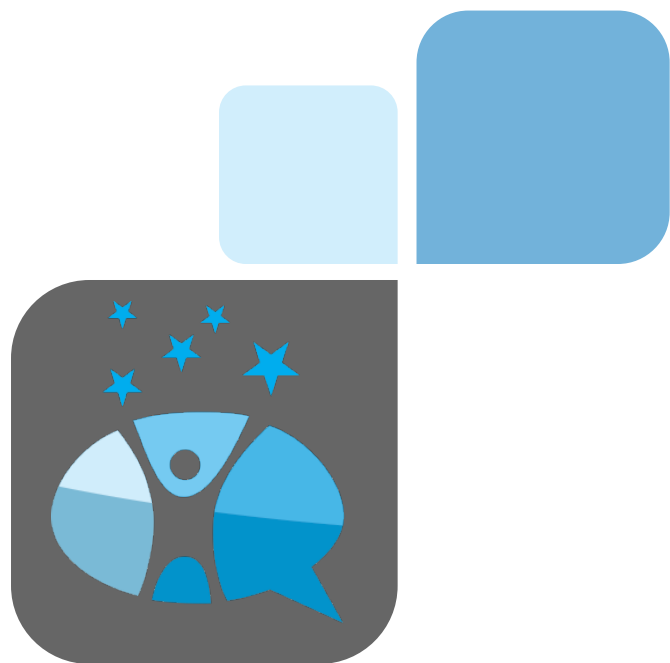
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Antonette Silva-Jose, Prevention Staff Manager, New Mexico Human Services Department
Nancy Fiander, PAX Trainer on Special Assignment, PAXIS Institute,

“If the heart is hurting, the mind can’t learn.”

Let the journey begin.



How are the children?



What is PAX?



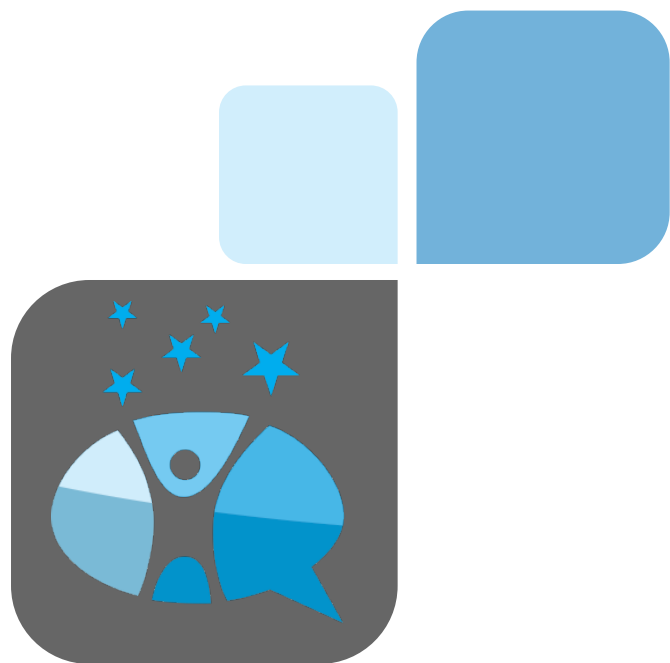
◆ **Some PAX Language you need to know to start:**

PAX

Spleem

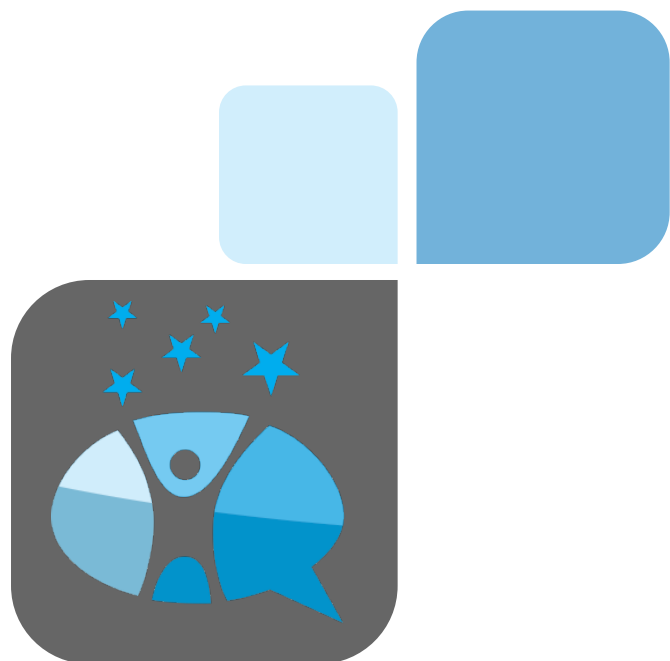
Kernel

Visioning

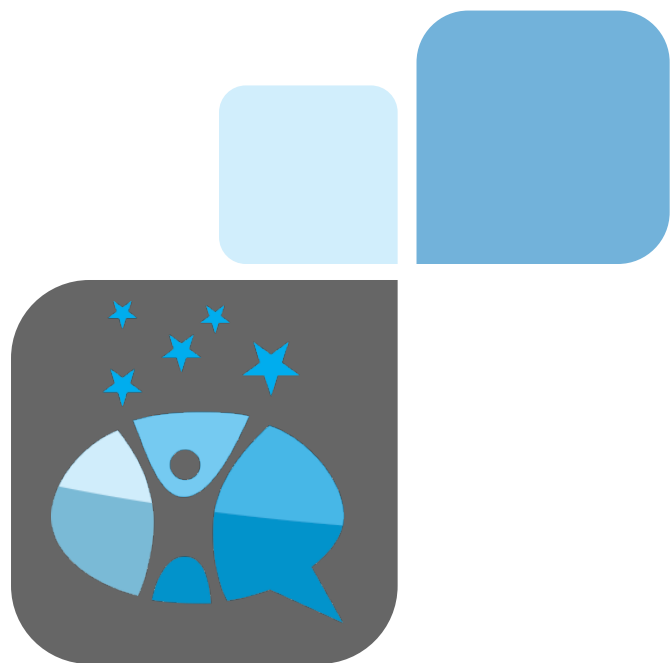


PAX Good Behavior Game

- PAX is peace, productivity, health, and happiness.
- Develops self-regulation through competence, comprehension, and cultural memes
- Benefits of PAX GBG implementation

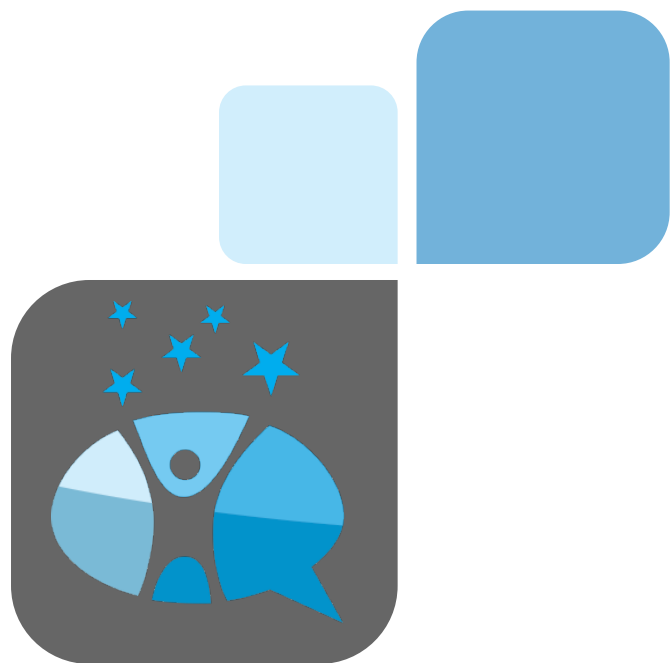


New Mexico Indigenous Communities



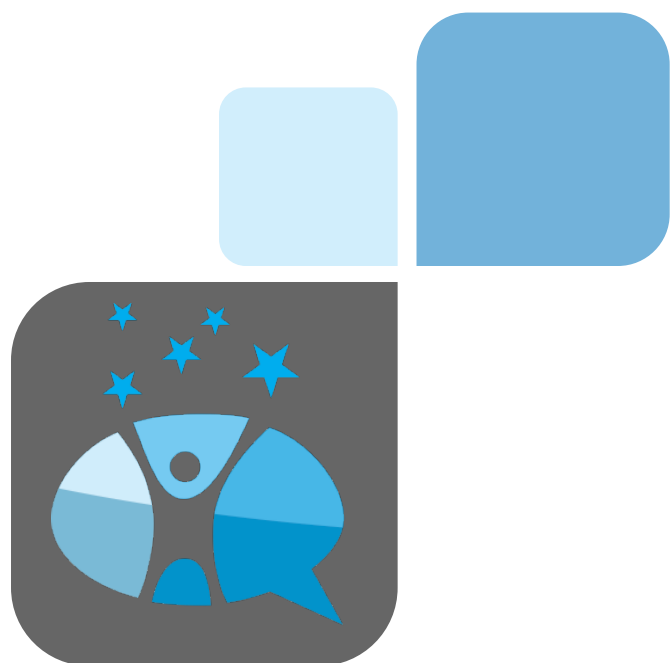
Tribal Nations in New Mexico

- 23 Distinct Tribal Nations
- 20 Pueblos
- 2 Apache tribes
- 1 Navajo nation



Things to consider when working with Tribes

- What are the first steps with working with tribal communities?
- Leadership approval
- Trust
- Culture/Language
- Religious Beliefs
- Historical Trauma

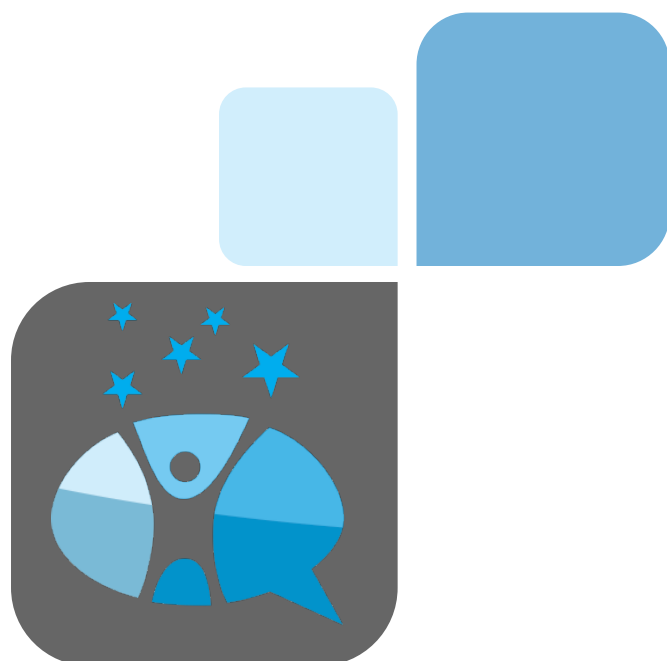
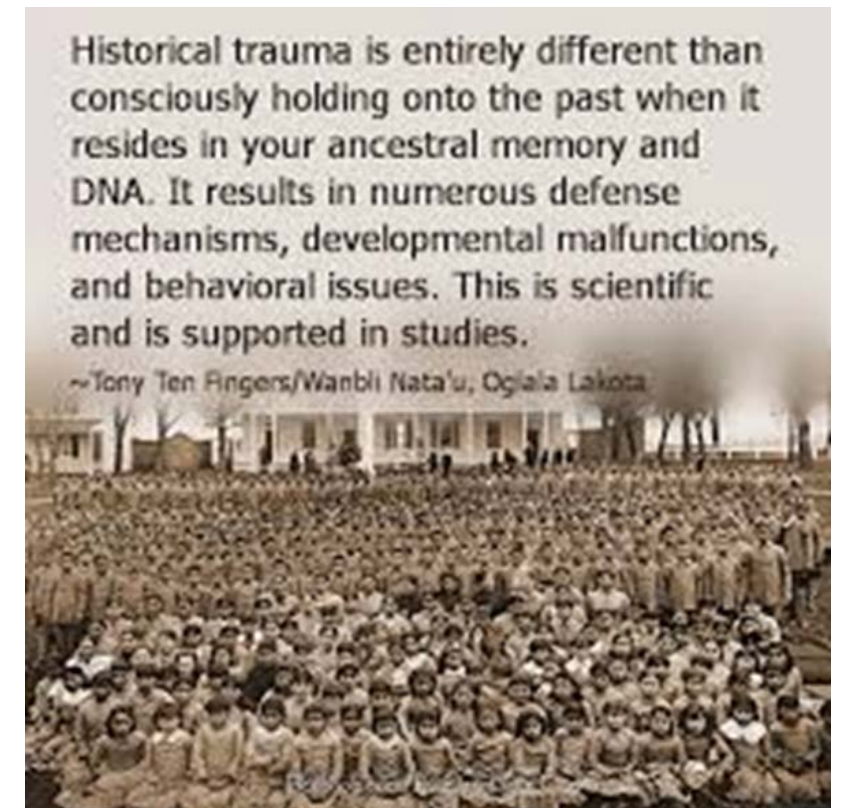


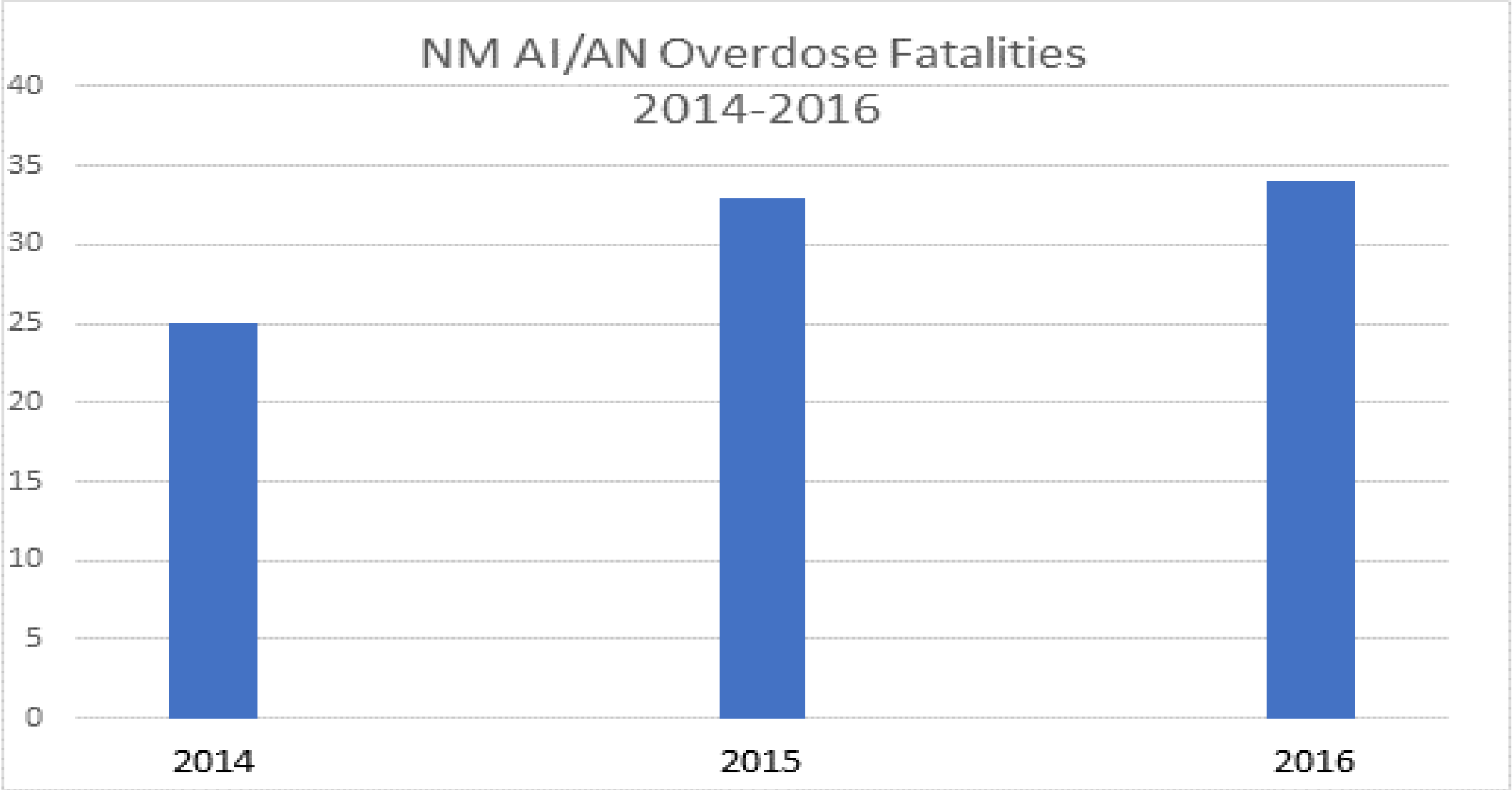
Historical Trauma – Understanding the impacts of history

- What is Historical Trauma
 - Indian Removal/Allotment Acts- Loss of homes
 - Boarding School Era- Loss of culture
 - Sexual and Physical Abuse- Loss of self esteem
 - Reservation Boundaries- Loss of freedom
 - Rations- Loss of health

<https://www.youtube.com/watch?v=GsoiwY6YjSk>

<https://www.youtube.com/watch?v=Unm563Eeq-c>

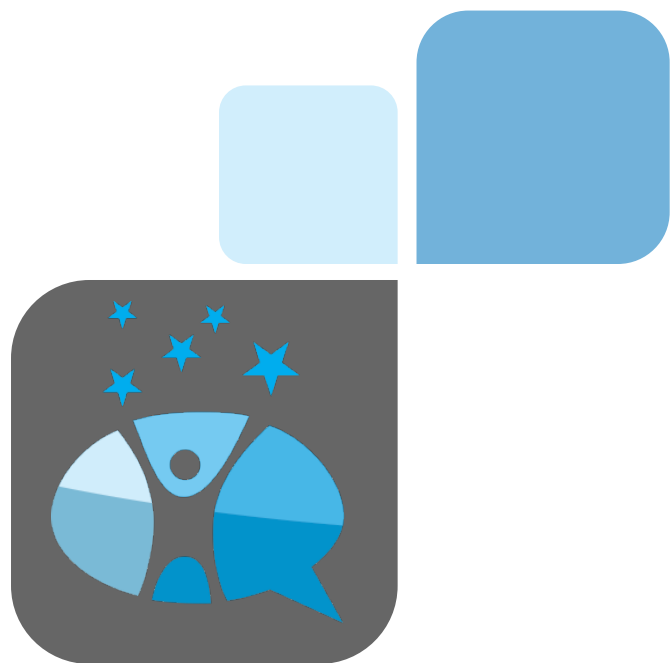




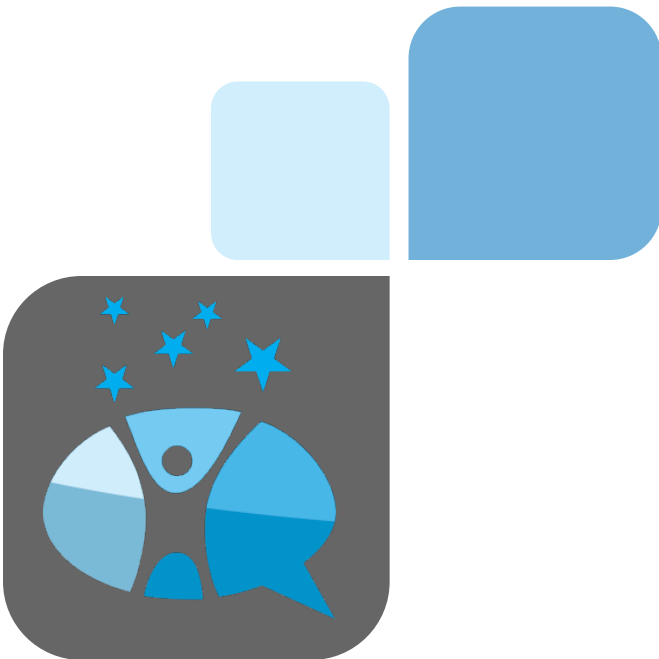
NM Department of Health, Epidemiology and Response Division

How New Mexico has addressed the Opioid Crisis

- Grant funding
- Naloxone Distribution
- Prevention Education
- Indigenous PAX

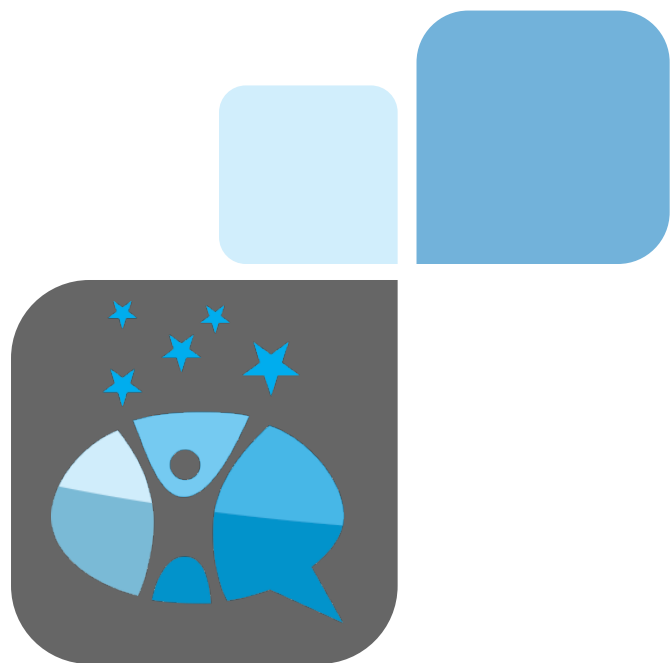


Launching Indigenous PAX in New Mexico



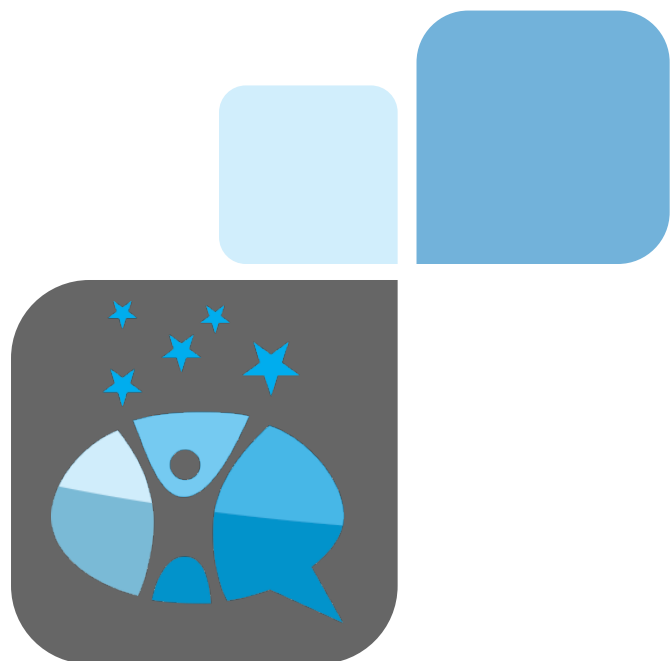
Indigenous PAX GBG

- Tribal representation of the three main groups
 - Pueblo
 - Navajo
 - Apache
- Recruitment efforts
 - BIE & Tribal Schools
 - Tribal leadership
 - Varying levels of school personnel
 - Communities receiving Naloxone training



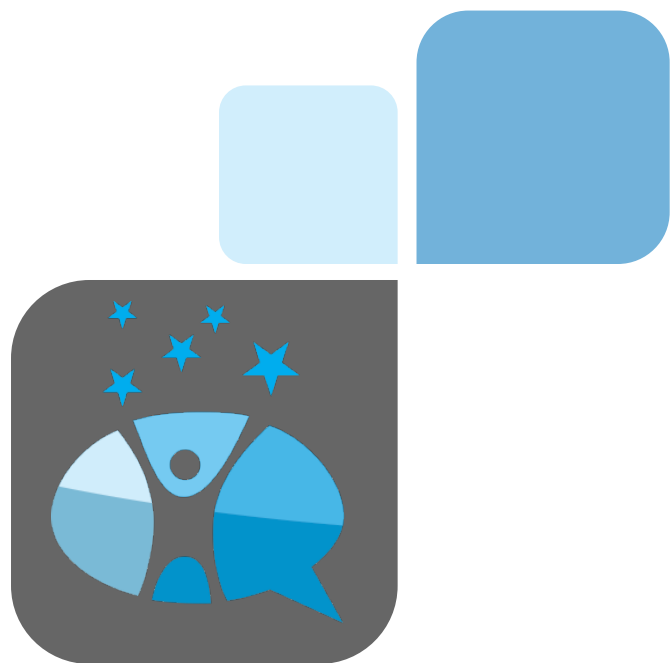
NM Indigenous PAX GBG Logistics

- PAXIS Institute/ Dr. Embry for training and consultation
- A second with local consultant (e.g. Coop Consulting) for on the ground day to day management of schools, teachers, administrations, trainings, logistics, technical assistance, support, etc.
 - Provision and management of school stipends, negotiated separately with each school system as incentives/support to incorporate PAX into school/classroom
 - Support of data collection for teacher student evaluations and spleem counts
 - Initial analysis of spleem county evaluation
 - Shipping of evaluation tools to PAXIS Institute for in-depth analysis
- NM PAX GBG Tribal Liaison for culturally centered support and technical assistance



Sustainability

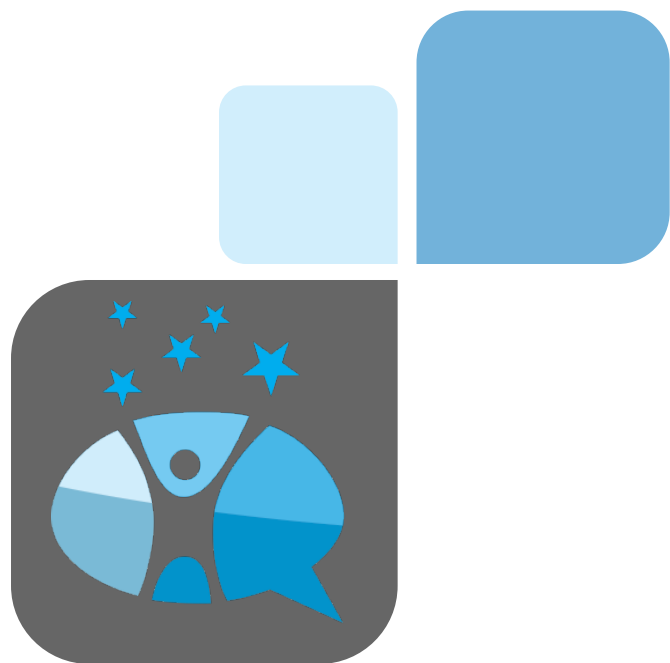
- PAX Good Behavior Game is designed to require few resources to maintain after initial trainings
 - Cost for classroom supplies are minimal
- Teachers who have implemented say they prefer to continue than return to what they did before

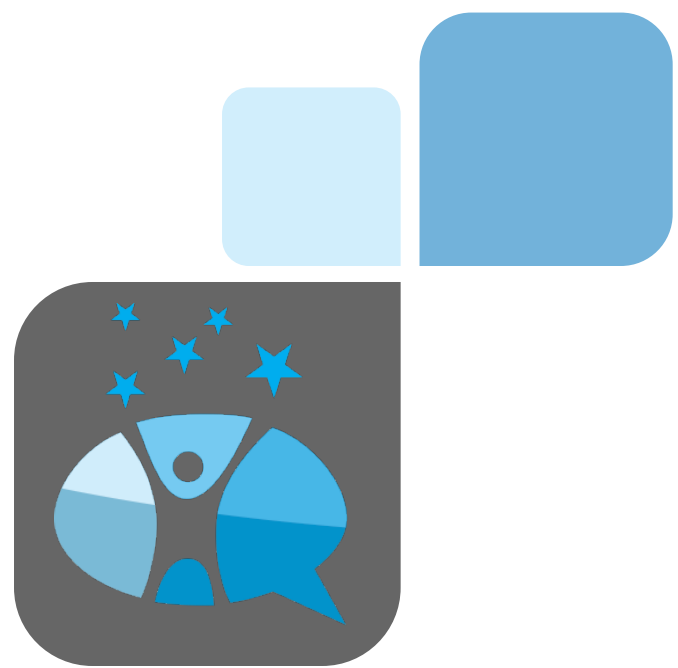


Acknowledgements

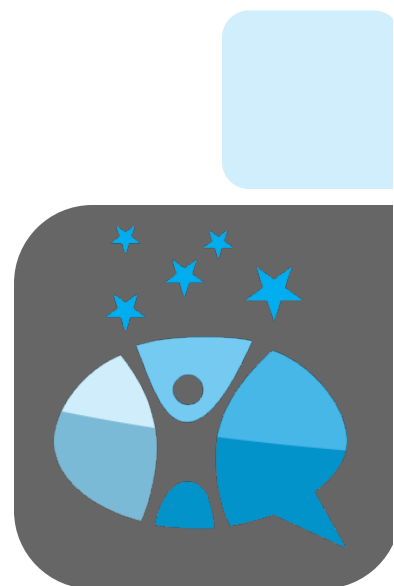
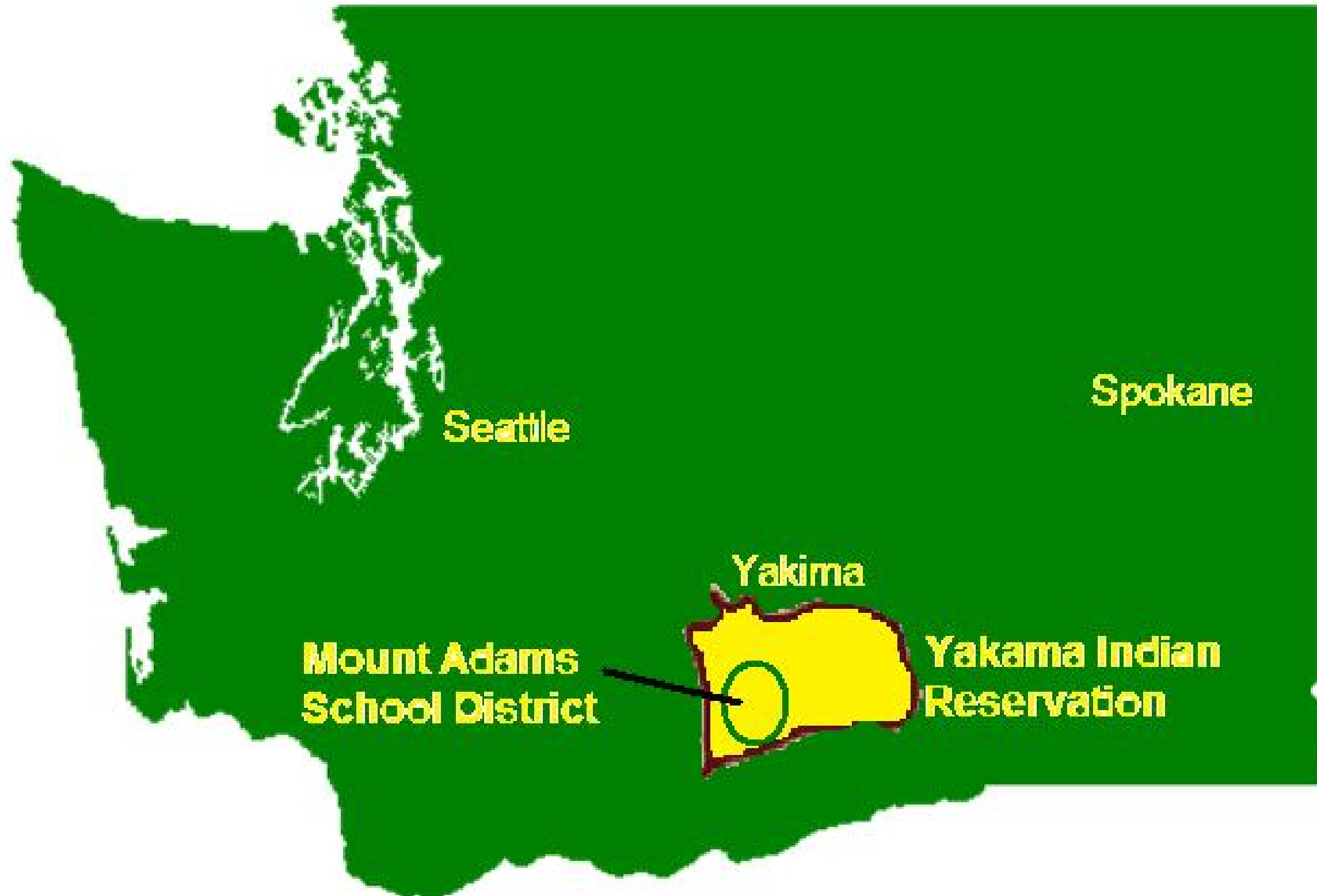
New Mexico Department of Health, Epidemiology and Response Division NM
Substance Use Epidemiology Profile:

<https://nmhealth.org/data/view/substance/2201/>





Mt. Adams School District



Timeline of Benefits...

First Month

More time for teaching and learning

Less stress for Staff & Students

Read the science of PAX GBG at www.pubmed.gov

First Year

Better Attendance

Fewer Referrals

Fewer Service Needs

Less Illness

Happier Families

Less Vandalism

Better Academics

2nd & 3rd Years

ADHD Averted

Oppositional Defiance Averted

Special Education Averted



5-15 Years

No Tobacco

Less Alcohol

Fewer Conduct Disorders

Less Depression

Less Crime, Violence, Suicide

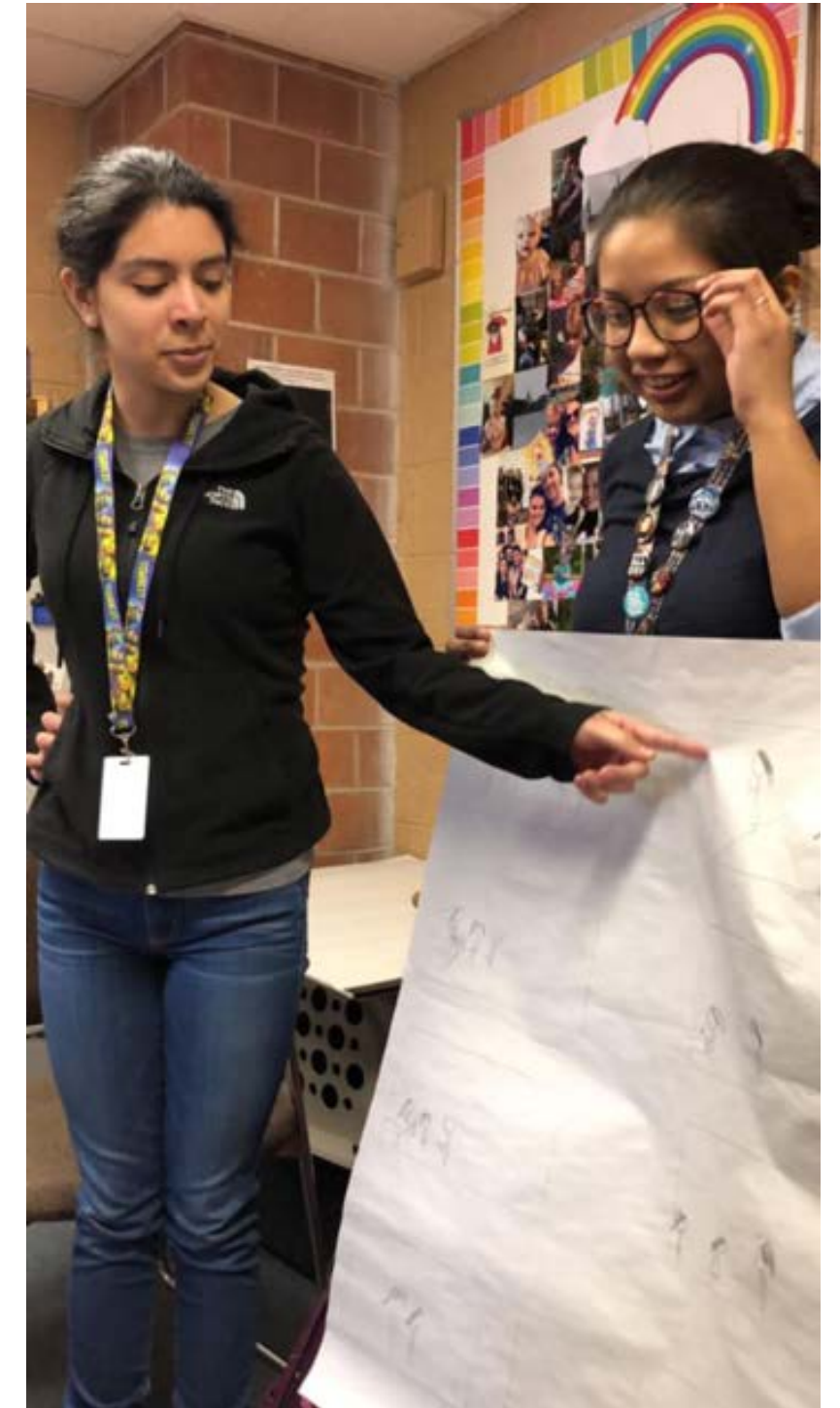
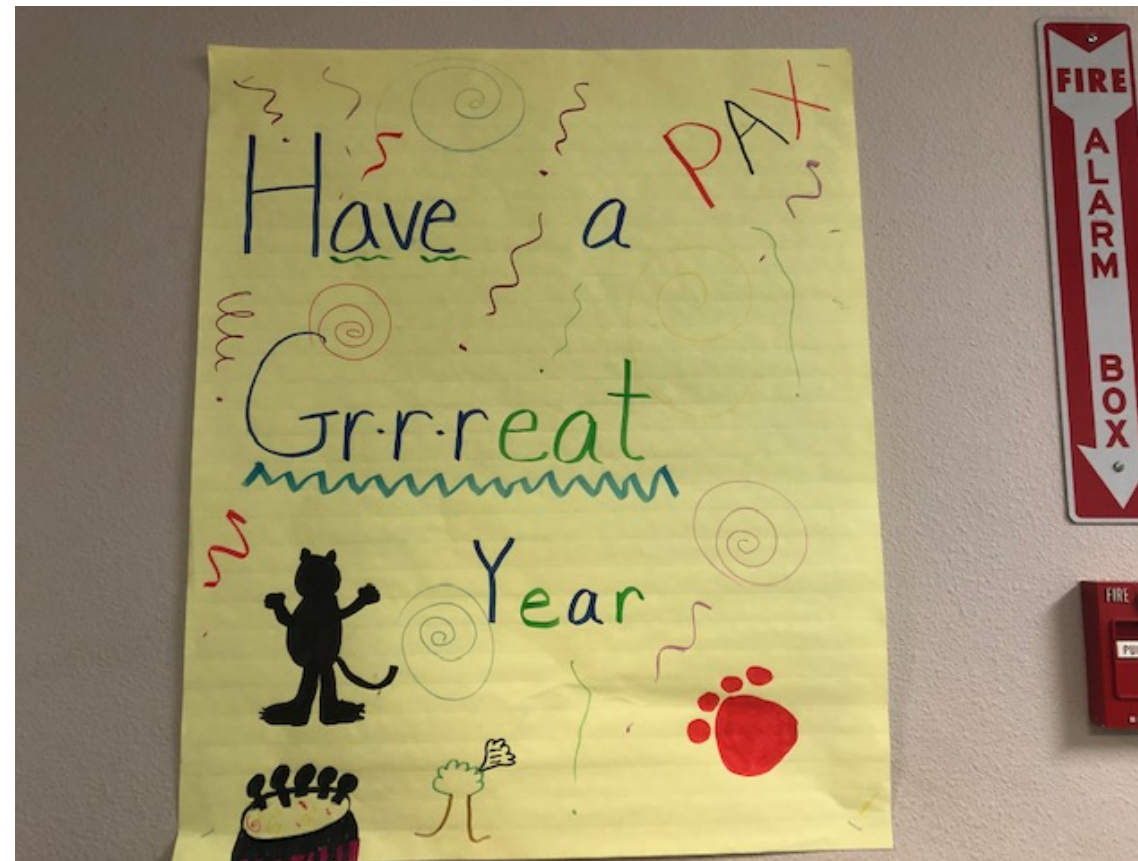
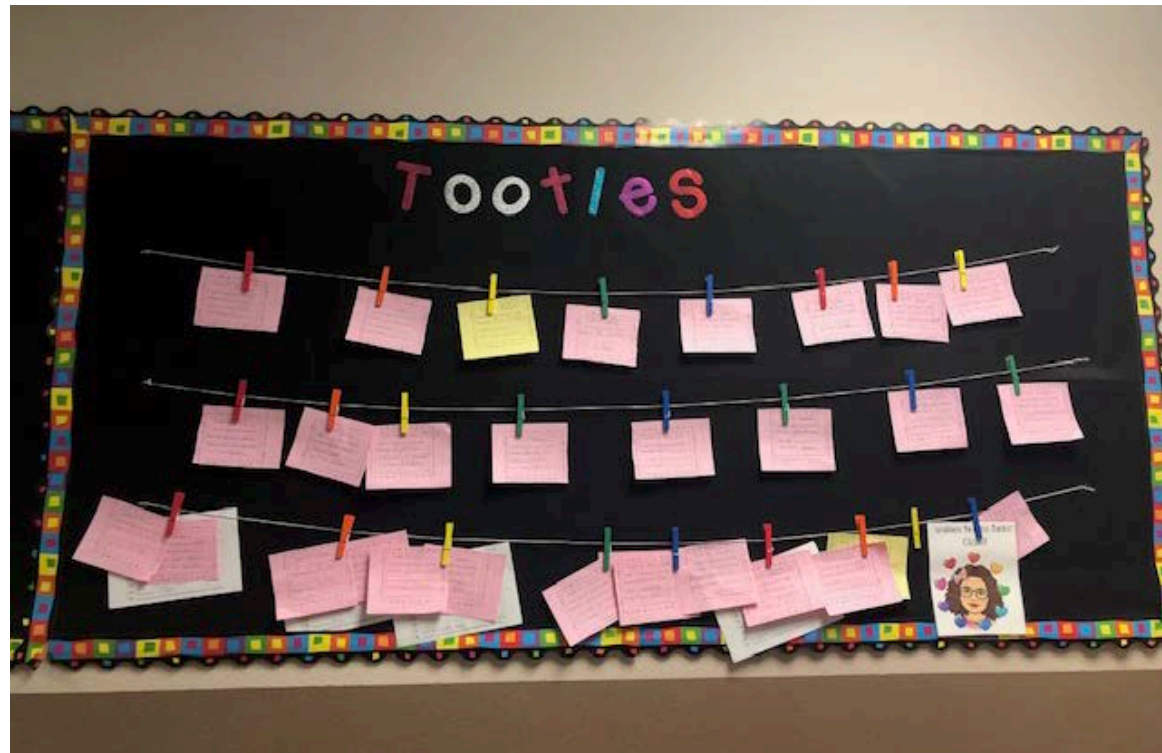
High School Grad & University

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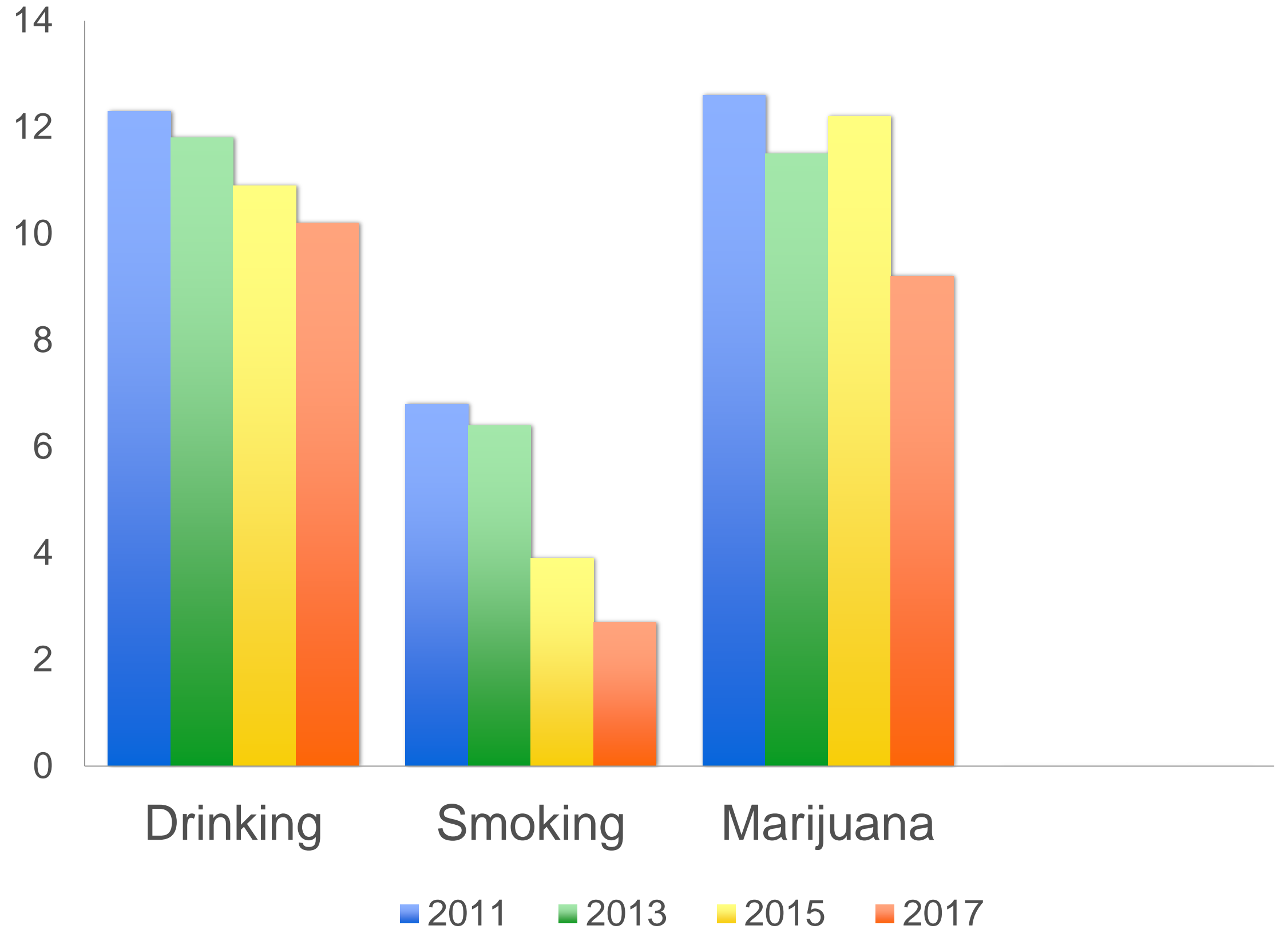
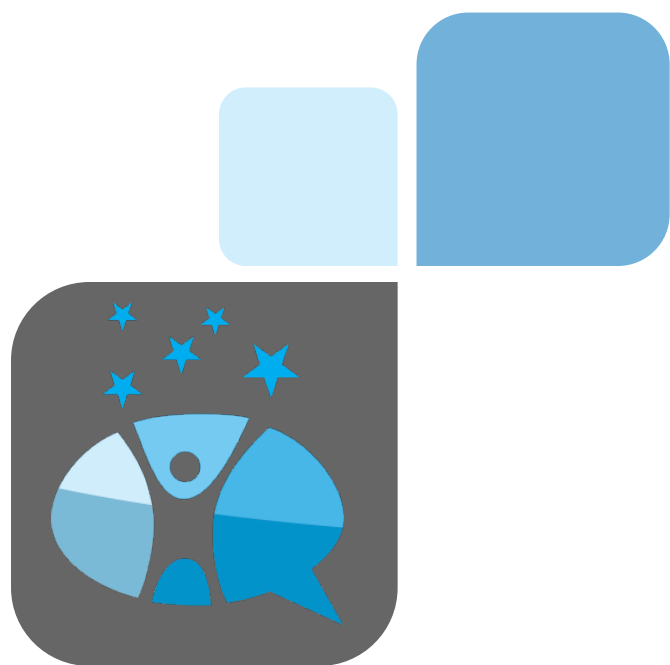


Classroom Impact

- Increased time on task
- Decreased transition time
- Decreased disruptive behavior
 - Decreased referrals
- Improved classroom climate
- Students helping each other
 - Decreased bullying
- Students working hard on assignments
- Increased attendance



Mt. Adams School District 7th- 12th grade 30 Day use rate

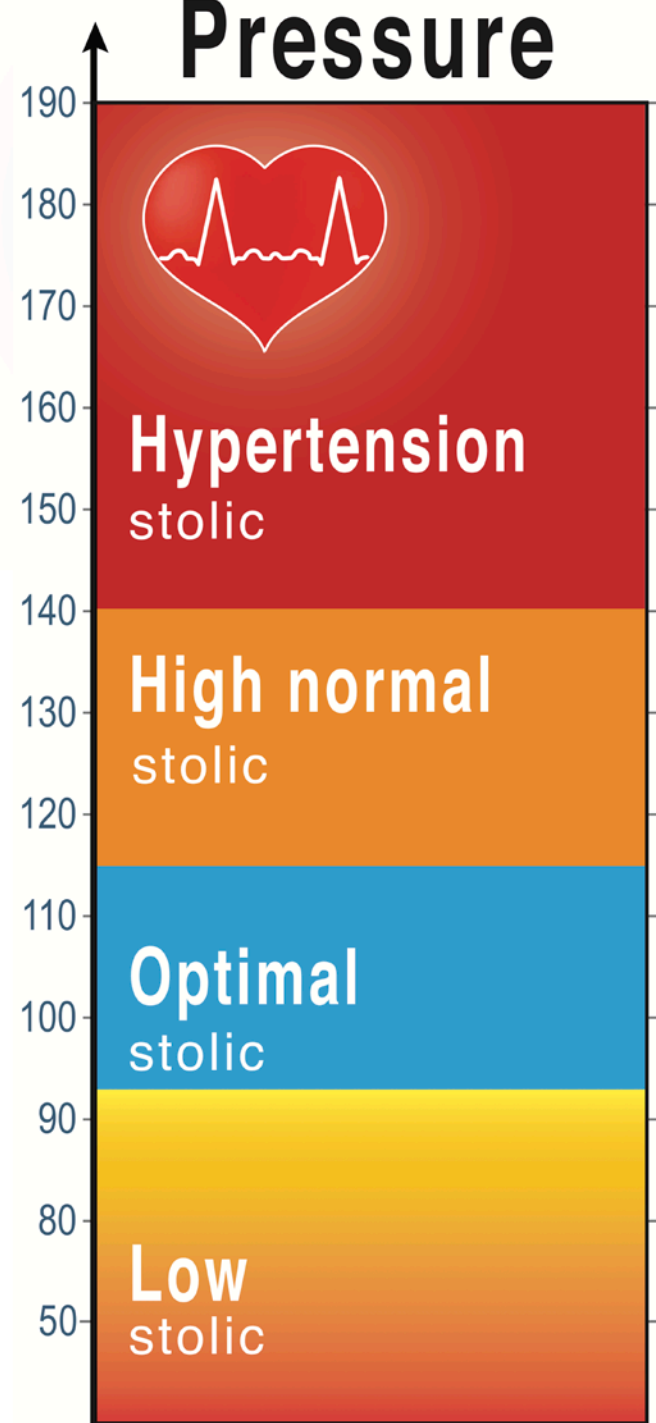


Too high or too low blood pressure can disable or kill humans.

High or very low “behavioral pressure” in classroom and schools impairs both children and teachers, with adverse effects on peace, productivity, health and happiness for all.

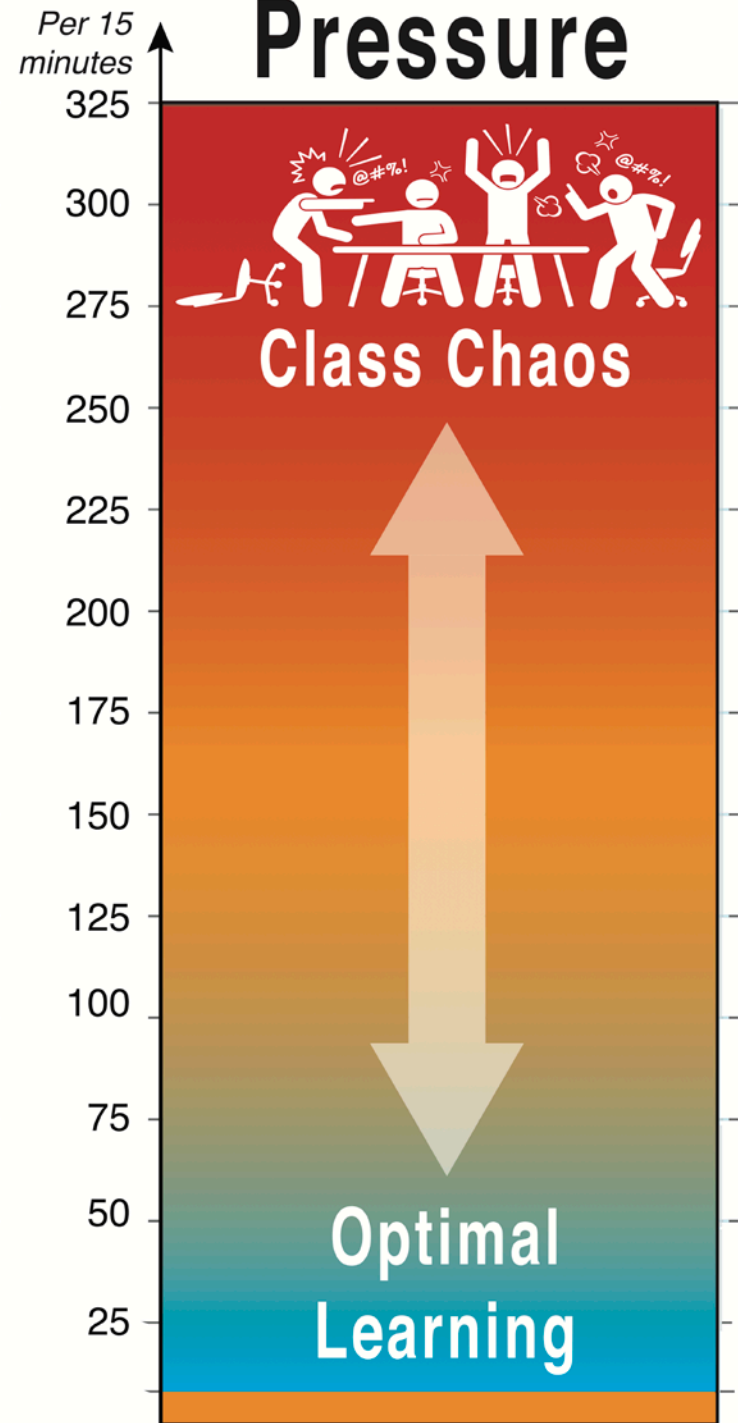
PAX optimizes “behavioral pressure” in classrooms and schools.

Individual Blood Pressure



Measured Often by Blood Pressure Cuff

Classroom Behavioral Pressure



Measured often for 15 minutes with PAX Up!™ App, included for PAX Trained Teachers & Pax Partners

Classroom behavioral pressure counts students’ off-task, inattentive or problematic behaviors using 1-minute intervals for 15-minute observations using the PAX Up! App. Such behaviors are not necessarily “bad” but can distract or worsen learning, academics, behavior, and health.

Criminal Activity, School Closure, Lawsuits, Assaults, Weapon Use, Violent Injuries, Drug Use

Academic Failure, Violent Injuries, Anxiety Attacks, Maletreatment, Vandalism, Theft, Sickness

Discipline Problems, Referral Increases

Peace, Productivity, Health & Happiness
(for students, staff and families)

Fear, Freezing, Numbing

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Unit 4: Strengthening PAX

More Strategies for PAX

Unit 3: Living PAX



10. OK / Not Ok

9. PAX Hands-Feet

8. PAX Voices

7. Tootles

6. PAX Stix

5. Beat the Timer

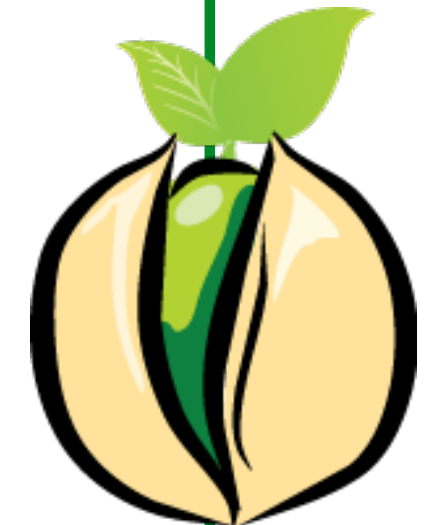
4. Wacky Prizes

3. PAX Quiet

2. PAX Leader

1. PAX Vision

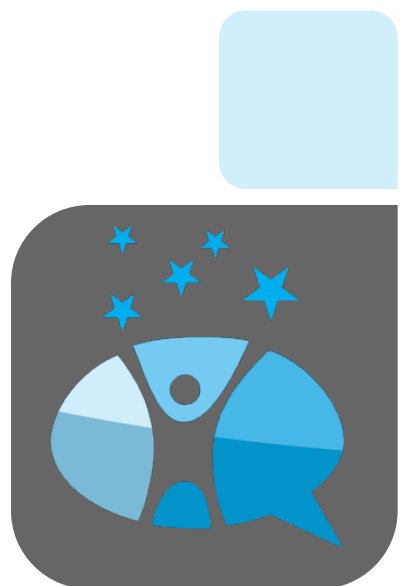
Evidence
Based
Kernels

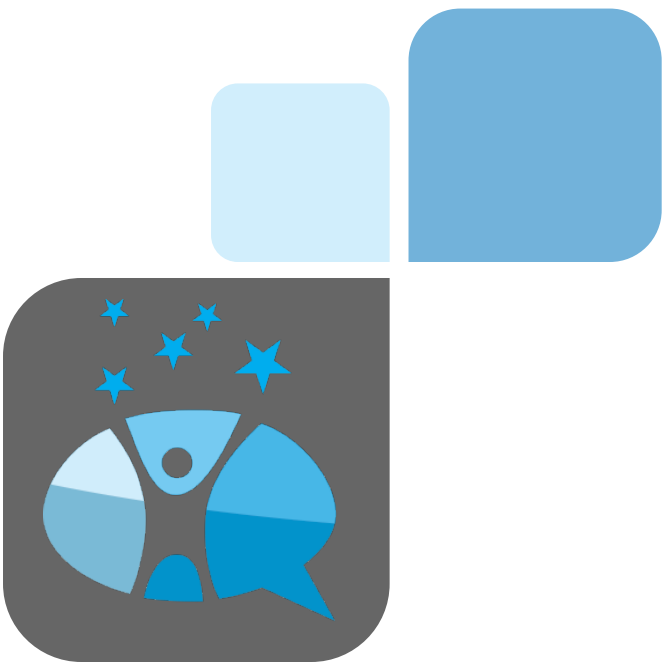
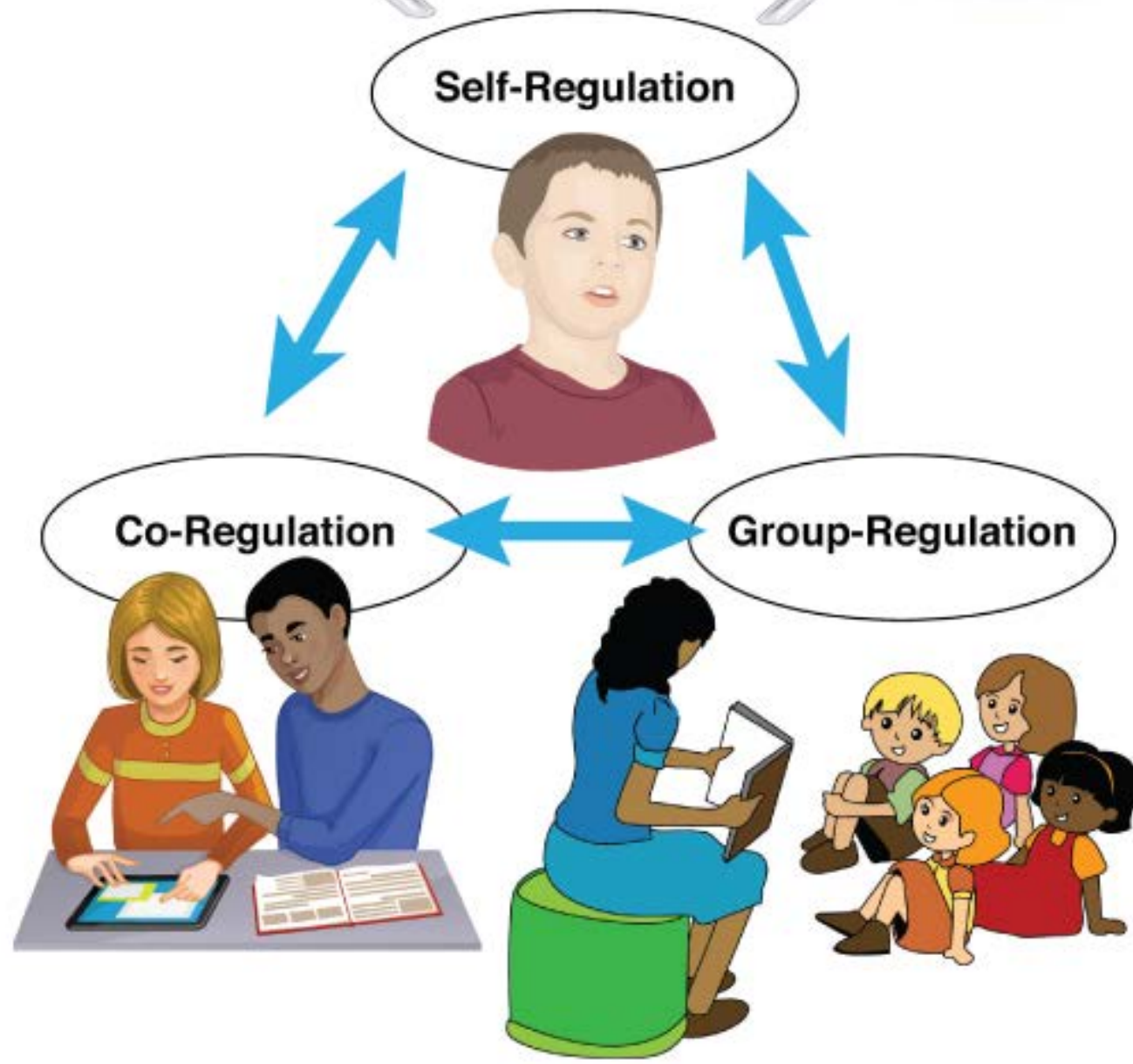
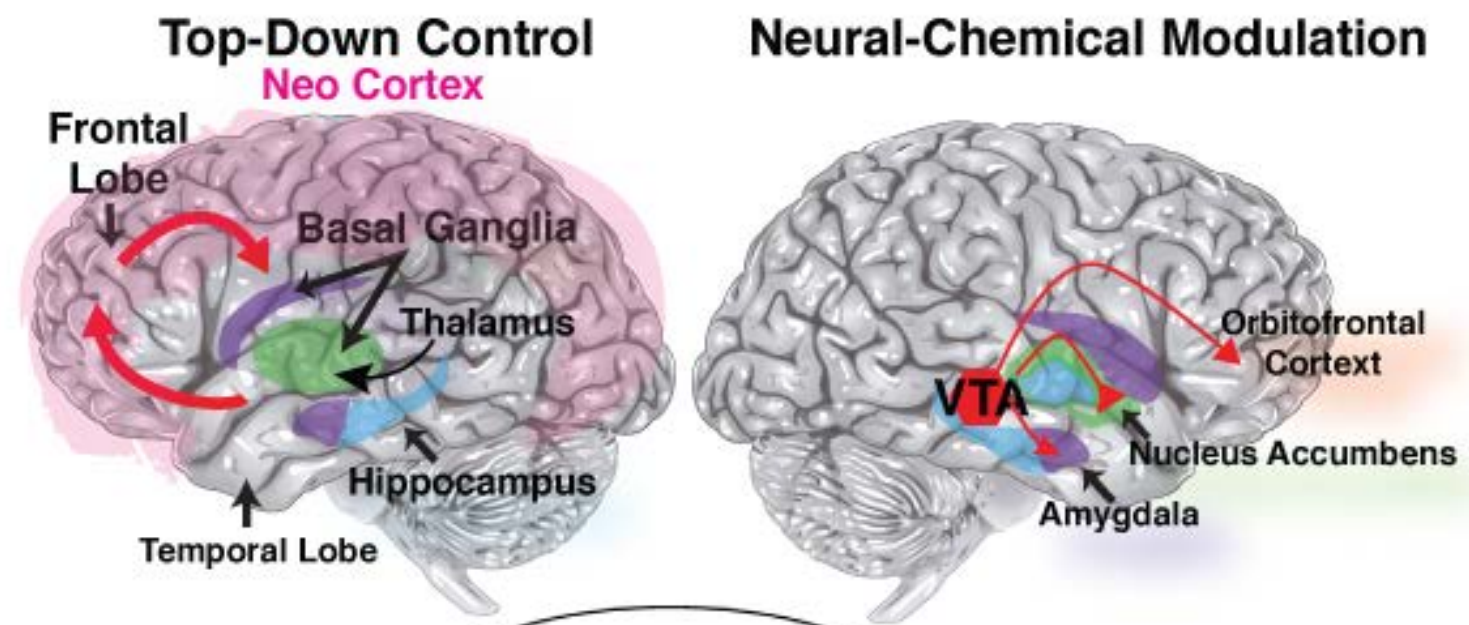


Unit 2: Launching PAX

Unit 1: Learning PAX

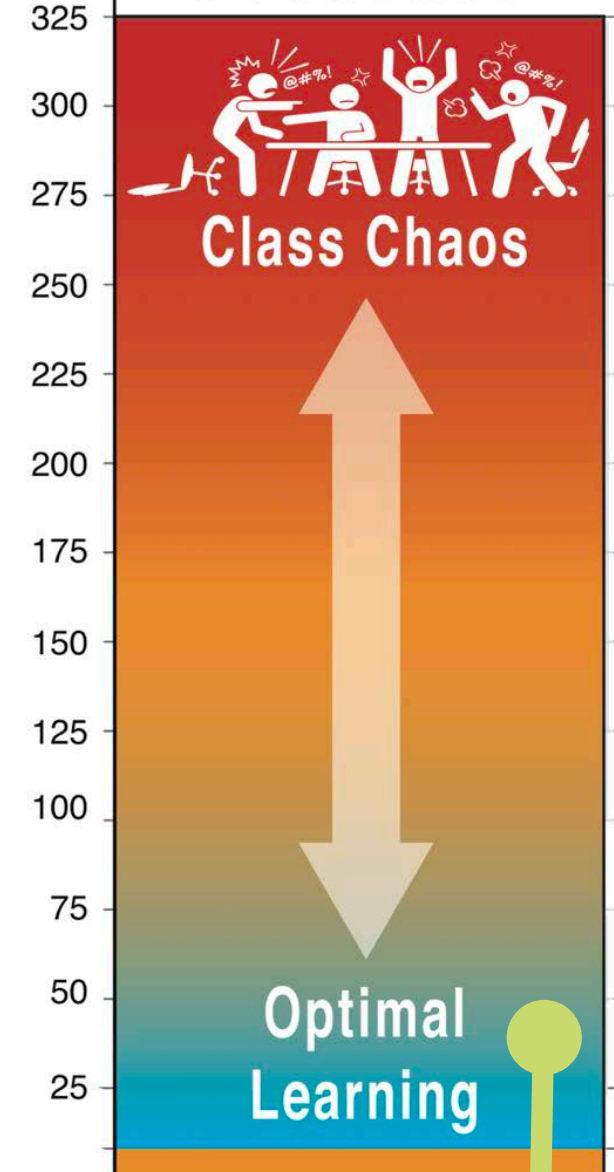
Key Foundations & Rationale



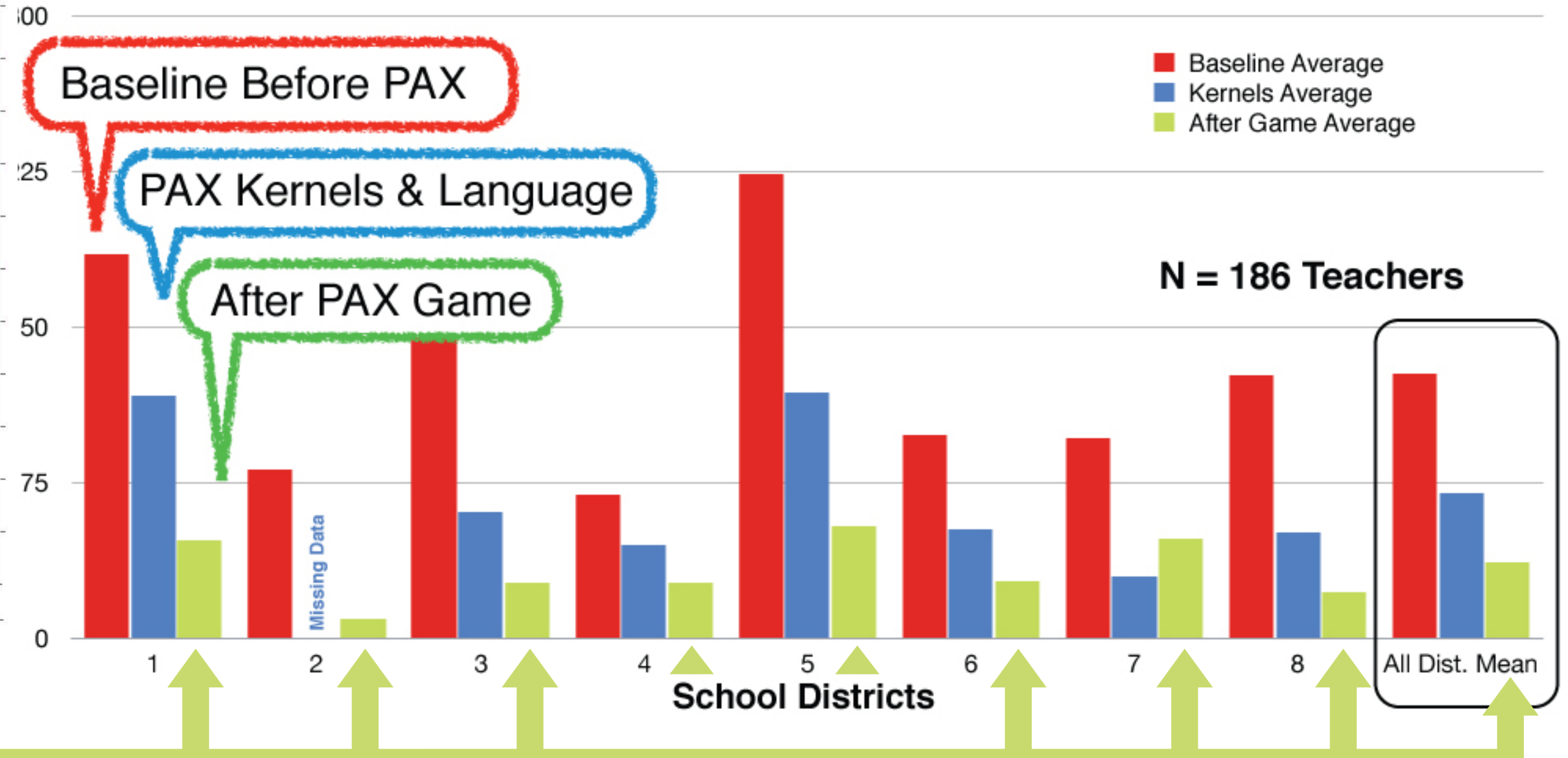


Classroom Behavioral Pressure

Per 15 minutes



3-Month Impact of PAX in Eight US School Districts on Disturbing, Disruptive, and Inattentive Behaviors Per 15 minutes



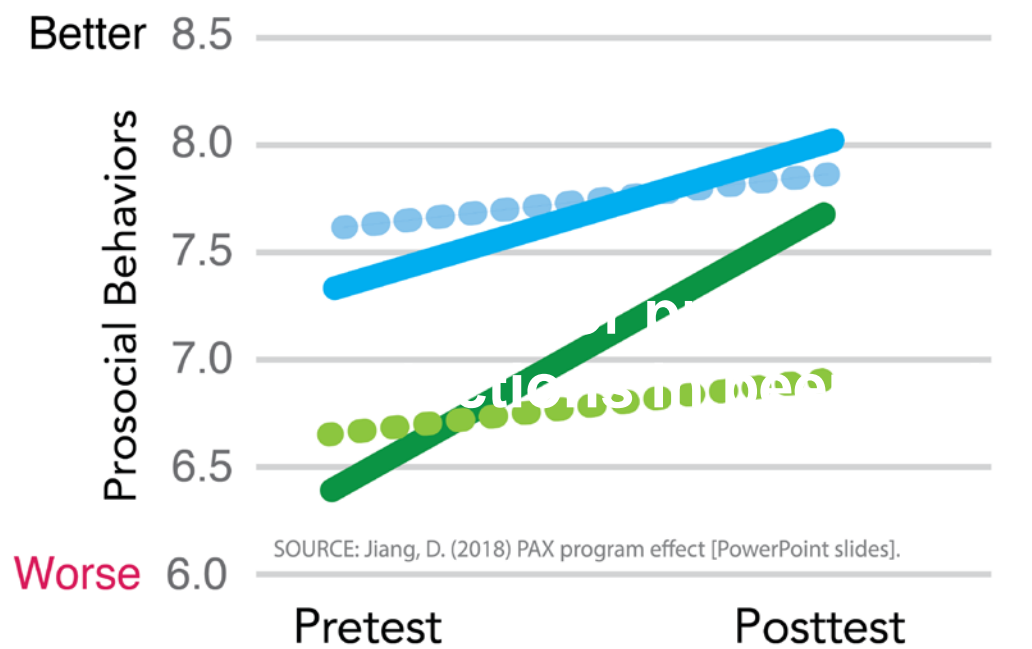
N = 186 Teachers

PAX Kernels and Language PLUS using PAX Game 3-Times Per Day Optimize Learning
 (Note: Site 7 had staff changes who were not fully trained in PAX GBG)

Effects of One-Semester Population-Level Prevention: Indigenous Students Benefit the Most from PAX

(Study Conducted with 5,000 First Grade Students in Manitoba, Canada)

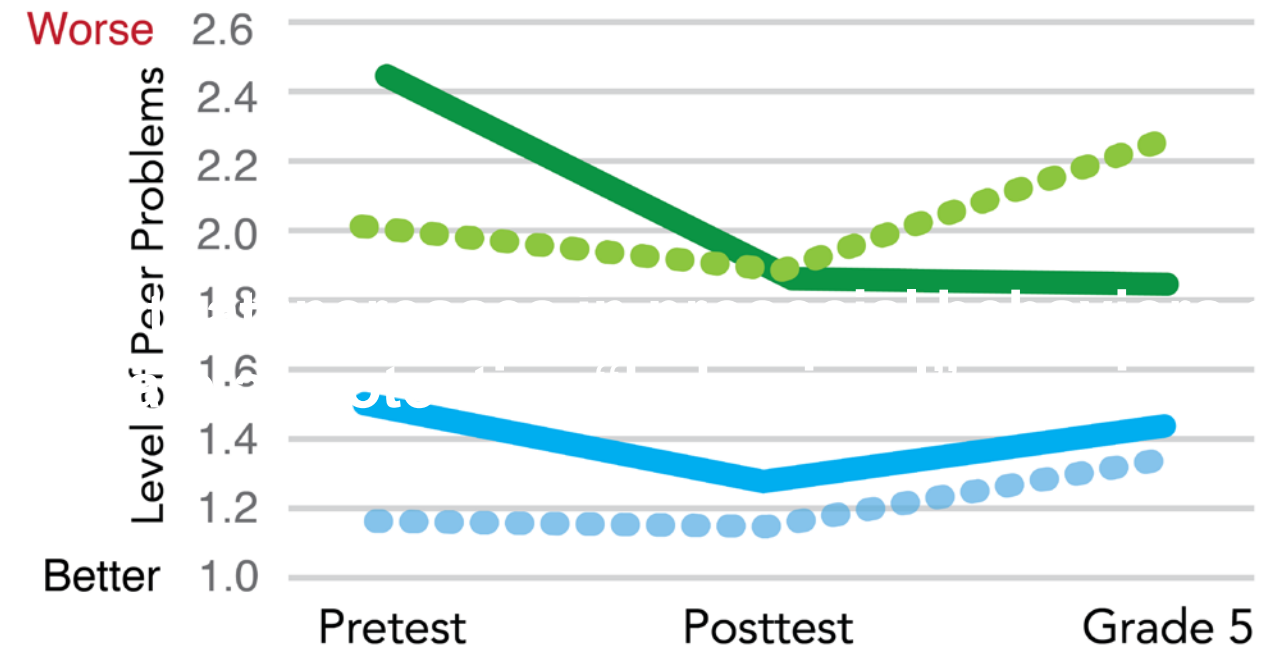
PAX Increases Prosocial Behaviours



Worse

Non-Indigenous ● PAX ● Control

PAX Reduces Peer Problems



Worse

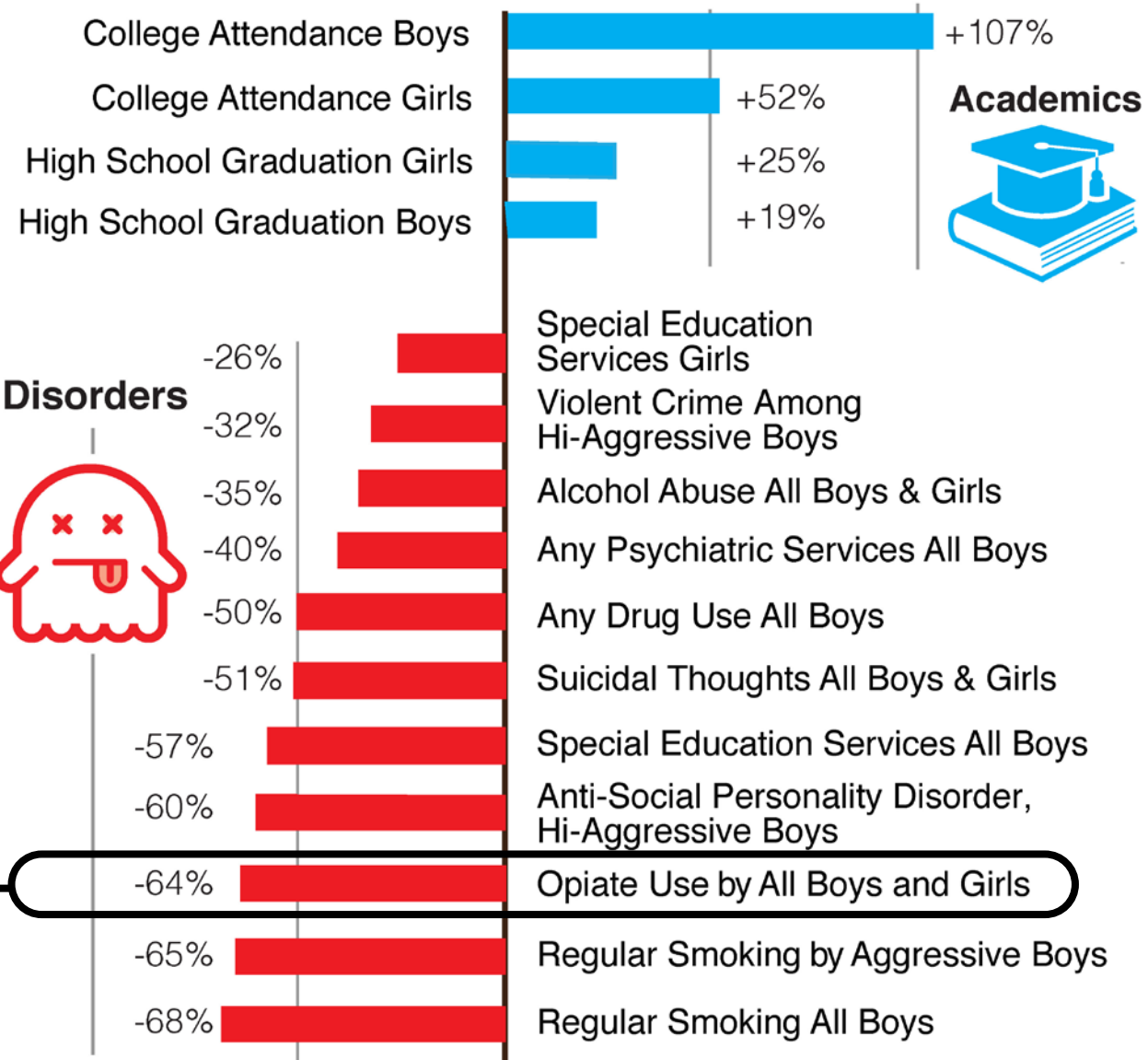
Indigenous ● PAX ● Control





Snapshot of PAX Good Behavior Game® Benefits

Computation of Relative Difference = (GBG/Control)-1



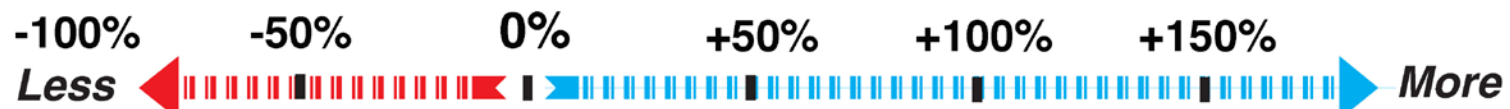
THE COST OF PAX

The cost of protecting a child's lifetime with PAXGBG is the price of taking a child to a movie, buying popcorn, a soda, and getting a pizza and dessert after the movie. For the price of a nice time with a child, that same child can have a *good and better life*.

THE VALUE OF PAX

The net-economic benefit for the child and society is \$10,850 at age 19, with a return on investment (ROI) of more than 70-to-1. The change in quality of lives and communities is priceless.

Visit: <http://www.wsipp.wa.gov>
Search "Good Behavior Game"



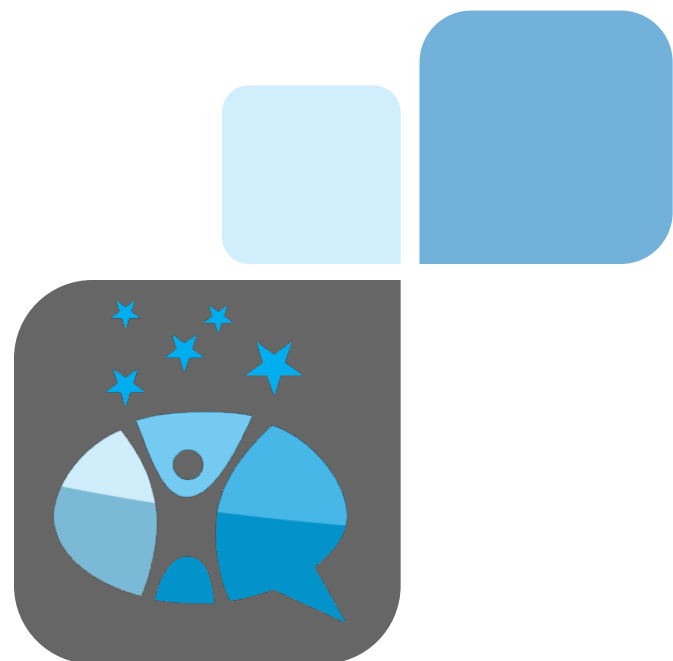
Note: These calculations are based on two prior studies of 1,500 students by Johns Hopkins with long-term follow up. Please visit www.goodbehaviorgame.org for study results and publications. PAXIS Institute is the official provider of Good Behavior Game® based on Johns Hopkins' studies and current replications at Hopkins. Relative difference calculation takes into account that some groups may have higher or lower "risk" changing the absolute numbers of students who may benefit from a preventive strategy. The graph illustrates the potential widespread benefits of the strategy. Two new longitudinal studies, involving 10,000 students, have significant positive initial outcomes. Another randomized study shows positive benefits in afterschool settings. Also note that the "recipe" used in the past and current replications at Hopkins are much more sophisticated than the simple descriptions in journals or in the early applied behavior analysis studies. Further, some entities construed the Hopkins recipe as rigid rules (e.g. sit in your seat, only speak with permission from teacher) with tokens, stickers, and tangible rewards. That conception is wrong and yields no positive or lasting results.

PAX Good Behavior Game is a well-proven behavioral vaccine that can prevent multiple behavioral and psychiatric disorders both in the short term and well into adolescence and young adulthood.



Who are the PAX Dream Makers

- Elementary, middle, and high school students
 - Any student can be a Dream Maker
 - Become leaders-you are never too young
- Bring about positive change self and community
 - Brought out the good kid in me
- Increased our mood and gave a sense of belonging
- Spreading PAX to other communities, states, and countries



<https://youtu.be/3cXPxSs#8160A4>