The PAX Good Behavior Game

PART II:
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Adapted from the

and Preventing Mental and Related Illnesses
A Non-Pharmacological Behavioral Vaccine for Promoting Wellbeing

The PAX Good Behavior Game
What is a Behavioral Vaccine?

• Decreases morbidity,
• Decreases mortality,
• Increases well-being.

A Behavioral Vaccine is a repeated simple behavior that:

Behavioral vaccines can be used by:

- By governments
- By organizations
- By individuals

Personal, family, group, or public health/safety
Available at:

www.slideshare.net/derdenisemby

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

6/15/2012
Mental, Emotional and Behavioral Disorders = MEBS
Lifetime Prevalence of Disorders in U.S. Adolescents

(N = 10,923)

Mood
Behavior
Substance
Anxiety

Age in Years

0% 5% 10% 15% 20% 25% 30% 35%

4 5 6 7 8 9 10 11 12 13 14 15 16 17 18

Menkenas et al., 2010
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 stopped the Polio Epidemic.

Behavioral and related physical illnesses—like prevent the epidemic of mental, emotional.

We possess behavioral vaccines that can
Read about multiple scientific studies on the "Good Behavior Game" at www.pubmed.gov.

**PAX CGE: An Example Behavioral Vaccine**
Something to Remember

About PAX...
Got Pax?

C0odles of tootles all day make spleems zero
PAX Cues everyday keep spleems at bay
One secret game a day makes Pax grow
Three announced games a day keep spleems away

normal, everyday instruction

PAX "Dose" during
They teach children a vision of a wonderful school...
To create more good, by sweeping away the "bad" called "Spieems" called "PAX".
During any regular teaching & learning activity:

Playing the Pax Game by Teams:
PAX Minutes = Winning teams x minutes played.

2. Team having 4 or more Spleems lose that game.

2. Winning teams earn a "Grumpy's Weddy Prize!".

2. Teams who have 3 or fewer Spleems win.

Spleems are counted and marked with neutral.

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Spleems

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Their Team Aim: Sweep Away Spleems

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6/15/2012
"Granny's Wacky Prizes"
Winning teams get
Example data from

PAX creates immediate measurable effects

GBG grantees
SAMHSA PAX
Administration Services
and Mental Health
Substance Abuse
one of 18
Seine River Manitoba Pilot Demonstration

Disruptions by All Seine River First Graders

Rate Per Hour Per Child

Before

After

Reduction 45%
The PAX Game Teaches

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

As-Tu

Are you a Paxleader?

We are Paxleaders
Longitudinal Johns Hopkins Studies of CBG

Purpose: To find out if

Follow up: Grades 2 thru 12

Follow up: CBG affected their
adolescent lives.

Follow up: CBG affected their
adult lives.

Age: 30
Age: 26
Age: 19-21
Age: 19
No More CBG

Purpose: To find out if

Tested in 4th, 1st, and 2nd grade

Consecutive groups

Kinder garden

Elementary school

First grade

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

Grade: some in 2nd grade only, and
some in 1st grade only.

GBG affected their

Young adulthood

0-15
Read this and other studies about the Good Behavior Game at www.psyched.gov.


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| Age 21 | Benefits after Exposed to GBS
<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>55%</td>
<td>Drug abuse and smoking</td>
</tr>
<tr>
<td>40%</td>
<td>Conduct disorder and ADHD</td>
</tr>
<tr>
<td>30%</td>
<td>Antisocial personality disorder</td>
</tr>
<tr>
<td>25%</td>
<td>Dependent personality disorder</td>
</tr>
<tr>
<td>15%</td>
<td>Alcohol abuse and suicide</td>
</tr>
<tr>
<td>12%</td>
<td>Depression</td>
</tr>
<tr>
<td>6%</td>
<td>Suicide thoughts</td>
</tr>
<tr>
<td>4%</td>
<td>Physical aggression</td>
</tr>
<tr>
<td>1%</td>
<td>Sexual abuse</td>
</tr>
</tbody>
</table>

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**Student Groups: GBS Classroom**

**Outcomes:**

- Drug abuse and smoking
- Conduct disorder and ADHD
- Antisocial personality disorder
- Dependent personality disorder
- Alcohol abuse and suicide
- Depression
- Suicide thoughts
- Physical aggression
- Sexual abuse

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**Standard Classroom:**

- Drug abuse and smoking
- Conduct disorder and ADHD
- Antisocial personality disorder
- Dependent personality disorder
- Alcohol abuse and suicide
- Depression
- Suicide thoughts
- Physical aggression
- Sexual abuse
How much might PAX GBG save for America's future?
Action steps to bring PAX to your jurisdictions

- By age 21, including cost savings for each first-grade cohort
- Give leaders a stakeholder research summary
- See PAX in action
- Take civic leaders and stakeholders on a tour to teacher, student, parent, and administrator;
capture video testimonials from participating
- American
- Observations of impact like 18 SAMHSA sites
- Use independent "Before" and "After"
- Pilot in Manitoba
- Able school partners like the Skein River Rapid
- Create a rapid pilot in your area with willing and
Adapt Healthy Child Marriage Act to your state.

- Involving parent advocacy groups like CHADD.
- Effective.
- Work with insurance carriers (especially S-CHIP)
- Exposure.
- Oppositional-Defiant Disorder or Trauma.
- Classroom.
- Invites civic clubs or individuals to sponsor a PAX

Sample Action Steps for Sustainable PAX:

- Lift County Ohio.
- This part of their effort has worked in many other local funders can make a difference.
- United Ways and other local funders can make a real difference.

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