



## **PATHS® (Promoting Alternative Thinking Strategies)**

**Program Summary:** The **PATHS®** (Promoting Alternative Thinking Strategies) program is an evidence-based violence prevention program that gives children in grades Pre K-6 the skills they need to promote social and emotional development and find positive, nonviolent solutions to social problems. The **PATHS®** program focuses on teaching children how to express emotions, control their emotions as appropriate, develop effective conflict-resolution strategies, and increase social competency. PATHS® is a universal approach to social emotional skill instruction in a grade-level developmentally appropriate format for children from preschool to Grade 6.

The PATHS® program is designed to be taught by preschool and elementary school teachers and generalized throughout the school day. In each grade level, lessons are to be taught two times per week and PATHS® Kid for the Day (compliments) completed every day. The PATHS® program is most effective with school wide staff and administrative support. The PATHS® program concepts should be used by all staff in the school including principals, guidance counselors, and support staff. This provides a school-wide common language for emotional awareness, self-control, and problem solving.

During research studies, the PATHS® program has been shown to:

- Increase self-control
- Increase understanding and recognition of emotions
- Increase ability to tolerate frustration
- Increase more efficient conflict-resolution strategies
- Increase thinking and planning skills.
- Decrease in externalizing symptoms (aggression, hyper-active disruptive behavior)
- Decrease in internalizing (anxiety/depressive symptoms)
- Improvement in peer relations and academic engagement in the classroom.

### **What kind of outcomes can be expected from PATHS?**

In rigorous clinical studies\*, the PATHS® program has been shown to:

- reduce teachers' reports of students exhibiting aggressive behavior by 32%
- increase teachers' reports of students exhibiting self-control by 36%
- increase reports of prosocial peer relations
- significantly improve students' ability to tolerate frustration
- increase students' scores on cognitive skills tests by 20%
- increase students' vocabulary for emotions by 68%
- increase students' ability to use effective conflict resolution strategies
- reduce depression and sadness among special-needs students.

\*at one- or two-year follow-up, compared to matched-comparison children

### **Cost Savings\*:**

- For every dollar invested, **\$21.24** estimated savings

**\*Benefit-Cost Analysis conducted by the Washington State Institute Of Public Policy (July 2015)**

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## **PATHS® Program Recognition**

The **PATHS®** program received the highest possible rating from the elite Blueprints Project of the Center for the Study and Prevention of Violence, University of Colorado. The **PATHS®** program is one of only 11 violence-prevention programs to receive this recognition -- over 900 programs have been reviewed to date. The **PATHS®** program is the **ONLY** universal classroom-based social and emotional learning curriculum to achieve this rating.

### **NATIONALLY AND INTERNATIONALLY RECOGNIZED**

- **Model Program**  
Highest possible rating  
Blueprints Project of the Center for the Study and Prevention of Violence, University of Colorado  
The **PATHS®** program is the **ONLY** universal classroom-based social and emotional learning curriculum to achieve this rating.
- **Model Program**  
Highest possible rating  
Substance Abuse and Mental Health Services Administration (SAMHSA)  
The **PATHS®** program was one of only 12 SAMHSA Model Programs that had documented Academic Achievement outcomes -- and one of only two programs designed for children ages 5-12.
- **Perfect score -- program materials**  
SAMHSA's National Registry of Evidence-based Programs and Practices (NREPP)
- **Near perfect score -- dissemination**  
3.6 points out of 4 in SAMHSA's National Registry of Evidence-based Programs and Practices (NREPP)
- **Select Program**  
Highest possible rating  
Collaborative for Academic, Social, and Emotional Learning (CASEL)
- **Effective Program**  
Highest possible rating  
Crime Solutions of the U.S. Department of Justice's Office of Justice Programs (OJP). The **PATHS®** program is the **ONLY** universal classroom-based social and emotional learning curriculum to achieve this rating.
- **Model Program**  
Highest possible rating  
National Dropout Prevention Center/Network  
The **PATHS®** program is listed as showing strong evidence of effectiveness!
- **Best Practices Program**  
Centers for Disease Control and Prevention (CDC)
- **Promising Program**  
U.S. Dept. of Education, Safe and Drug-Free Schools Program's Expert Panel

The **PATHS®** program has also been recognized for its effectiveness by the National Institute on Drug Abuse and the Office of Juvenile Justice and Delinquency Prevention.