MONTANA DPHHS
Healthy People. Healthy Communities.
Department of Public Health & Human Services

PAX Good Behavior Game

Updated 10.26.21

The PAX Good Behavior Game®
The PAX Good Behavior Game (PAX GBG) is a school-based universal preventive intervention used to teach self-regulation, self-management and self-control in children. PAX GBG provides educators with strategies to teach social-emotional and behavioral skills along with academics creating a trauma informed nurturing environment. In fact, PAX GBG has been proven to change student brain chemistry with life-long effects that dramatically impact mental health, substance abuse, graduation rates and suicide in our children and communities.

Goal: To improve classroom behavior and academics, and provides a lifetime of benefits for every child by improving self-regulation and co-regulation with peers, social and emotional learning, mental health, as well as preventing substance use and suicide, among other benefits.

Outcomes: The strategies in PAX GBG have been subjected to multiple randomized control trials and numerous peer-reviewed studies, which have resulted in compelling evidence that PAX provides numerous short-term and lifetime benefits. The 2016 Surgeon General's Report, [2] *Facing Addiction* "showing a measurable difference in substance use or substance use-related outcomes" and the report noted that for every $1 spent on the program, $64 is realized in return of benefit. In addition to teaching self-regulation in young people with dramatic effects on behavior and academics, PAX GBG has also documented long-term outcomes including increased high school graduation rates and a 64% reduction in lifetime opiate abuse among students who have had PAX.

Trainings completed

1. 1,811 teachers in the PAX GBG
2. 147 professionals as PAX Partners to support, sustain, and expand Montana schools' use of the PAX GBG
3. 30,787 Students experienced PAX GBG strategies in the classroom

Among the students observed in Montana's classrooms teachers saw

1. Increase in pro-social behavior for K-1st, 2nd and 4th grades
2. Decrease in internalizing behaviors in Kindergarten, 1st, and 3rd grade students
3. Decrease in concentration problems in, Pre-K, Kindergarten, 1st, 2nd, 3rd, and 4th grade students
4. Decrease in externalizing behaviors in Kindergarten, 1st, 2nd, 3rd, and 4th grade students
5. Decrease in social problems in Pre-K, Kindergarten, 1st, 3rd, 4th, and 5th grade students

Predicted benefits of PAX GBG*

1. 1,512 fewer Montana young people will develop serious drug addictions
2. 557 fewer Montana students will develop serious alcohol addictions
3. 763 fewer young women will likely contemplate suicide
4. 1,035 fewer young men will likely attempt suicide

REFERENCES:

1. Washington State Institute for Public Policy. Good Behavior Game". Washington University. March 2018, http://www.wsipp.wa.gov/BenefitCost/Program/82
2. U.S. Department of Health and Human Services (HHS)," Facing Addiction in America". The Surgeon General's Report on Alcohol, Drugs, and Health, HHS, November 2016 https://addiction.surgeongeneral.gov/sites/default/files/surgeon-generals-report.pdf#_blank
3. *Figures based on Aos, S, Dake, E, Pennucci, A., Klima, T, Miller, M,...Burley, M. (2013) Good Behavior Game, Return on Investment: Evidence Based Options to Improve Statewide Outcomes (July), 8 Retrieved from http://www.wsipp.wa.gov//BenefitCost/Program/182.

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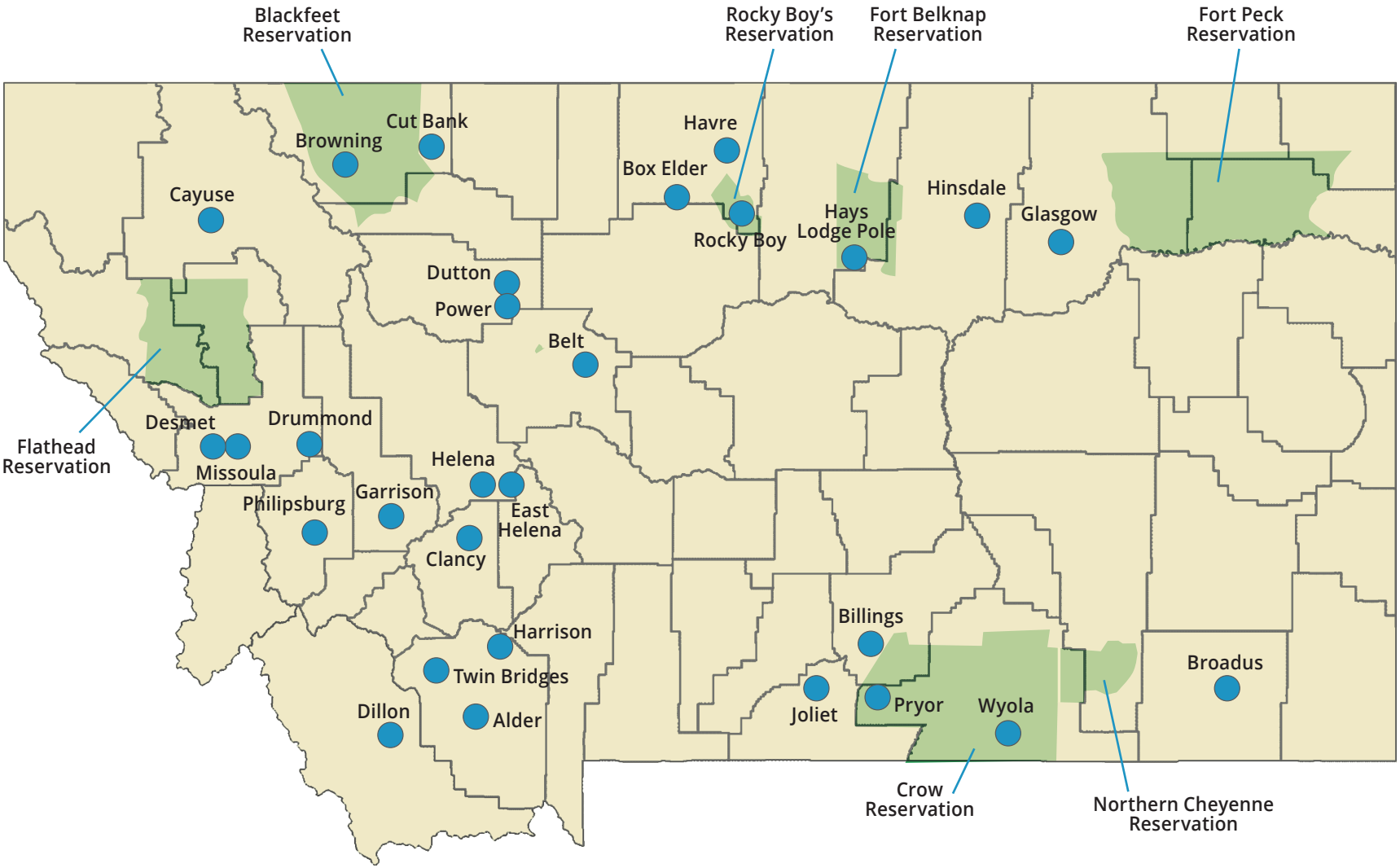
MONTANA **PAX SCHOOLS**



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