

Resource Brief

Promoting Alternative Thinking Strategies (PATHS)

Website:

<http://www.pathstraining.com/main/curriculum/>

Grade Level:

Pre K- Sixth

Time:

- 20 – 30 minute sessions, two to three times weekly
- Multi-year

Cost:

- On-site Workshops: 2 full training days, \$5,000, plus reimbursement for trainer expense (travel expenses, \$50 per diem) and cost of kit. Accommodates up to 30 people
- On-line training: Based on number of participants per training, \$650 for 1 – 2 people, \$450 for 3-4 people, \$350 per person, 5 + people

Additional supports:

- Additional coaching, technical assistance is available by phone and e-mail.
- Booster visits and retraining available

Summary

The Promoting Alternative Thinking Strategies (PATHS) and PATHS Preschool are school-based preventive intervention curriculum for children in elementary school or preschool. The interventions are designed to enhance areas of social-emotional development such as self-control, self-esteem, emotional awareness, social skills, friendships, and interpersonal problem-solving skills while reducing aggression and other behavior problems. Skill concepts are presented through direct instruction, discussion, modeling, storytelling, role-playing activities, and video presentations. Lessons are organized into grade specific kits. Objectives of this program and student learning outcome include:

- Prevent and reduce emotional and behavioral problems
- Facilitation of emotional literacy in students
- Improved student self-control
- Improved social competence
- Improved positive peer relations
- Improved social and interpersonal problem-solving skills

Considerations

PATHS was intended to be used as a universal prevention and should be implemented across all grades, through grade six. The program addresses the concept of wellness, personal responsibility and emotional literacy as a universal prevention/intervention approach. However, it does not include all recommended content for mental health education. Schools are encouraged to explore additional program options that include:

- The relationship between mental health, substance use and other negative coping behaviors.
- The concept of recovery and resiliency.
- Identifying risk and protective factors.
- The negative impact of stigma and cultural attitudes towards treatment seeking behaviors.