



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

### **Program Description**

The PATHS (Promoting Alternative Thinking Strategies) program is a research-based violence prevention program that gives children in grades K–6 the skills they need to find positive, nonviolent solutions to social problems. PATHS is designed to facilitate the development of self-control, emotional awareness, and interpersonal problem-solving skills in elementary school children.

The purpose of the PATHS curriculum is to enhance the social competence and social understanding of children, as well as to facilitate educational processes in the classroom. The PATHS program teaches children how to change behaviors and attitudes that contribute to violence and bullying, how to express and control their emotions, and how to develop effective conflict-resolution strategies.

### **Target Audience**

Preschool through elementary school children (grades K–6)

### **Special Populations/Available Adaptations**

PATHS has been translated into Dutch, French, and Hebrew. It is used in a variety of schools for normal, deaf, and other special needs children in The Netherlands, Belgium, Great Britain, Wales, Norway, Canada, Australia, and Israel.

### **Program Components**

PATHS is taught by a classroom teacher three times a week for at least 20 minutes. The program content becomes more complex as the students grow older. The Kindergarten program begins by emphasizing respect for self and others, motor control over behaviors, and giving compliments. Later stages of the program work toward solving social problems in groups and using self-control through cognition.

The curriculum consists of an instructional manual, six volumes of lessons, pictures and photographs, and additional materials. A research book is available, as well as materials to involve parents. PATHS covers five conceptual domains, including self-control, emotional understanding, positive self-esteem, relationships, and interpersonal problem-solving skills.

The curriculum consists of three major units:

- Readiness and Self-Control Unit: 12 lessons that focus on readiness skills and developing basic self-control
- Feelings and Relationships Unit: 56 lessons that focus on teaching emotional and interpersonal understanding
- Interpersonal Cognitive Problem-Solving Unit: 33 lessons that cover 11 formal steps to interpersonal problem solving

### **Program Costs**

Complete PATHS Program (Basic Kit and Turtle Unit)	\$699
PATHS Basic Kit (Grades 1-6)	\$609
PATHS Turtle Unit (Kindergarten)	\$179

**Training & Technical Assistance**

Training for K–5 teachers who plan to implement PATHS is optional, but strongly recommended. An on-site workshop for up to 30 participants lasts two days, either consecutively or with time in-between, if desired. PATHS also offers on-site workshops to train individuals in schools who will go on to train others in their system.

The program succeeds best with strong principal and administrative support. Parent and teacher support for the curriculum is also critical. Teachers must read and mentally prepare for each lesson as they would with any new curriculum. Preparation can take extra time in the beginning with teachers that don't have past training in social and emotional learning.

**Training & Technical Assistance Costs**

A training workshop for up to 30 people costs \$3,000, plus transportation, hotel stay, and per diem for the trainer. Additional costs may include space rental and teacher in-service pay.

Technical assistance is available over the phone, by email, or with on-site visits by a PATHS staff member. Technical assistance is offered at \$50 per hour over the phone or via on-site visits for \$1,500 per day plus travel expenses.

**Evaluation Results**

Four clinical trials conducted during the last 15 years have shown:

- 32% reduction in teachers' reports of aggressive student behavior
- 36% increase in teachers' reports of student self-control
- 68% increase in students' vocabulary for emotions
- 20% increase in students' cognitive skills test scores

**Recommended Evaluation Components**

The developer recommends the following evaluation components:

- Student Evaluation for teacher assessment of students' behavior before and after implementation
- Process Evaluation to assess of preparation, implementation, classroom successes and teacher satisfaction

**Agency/Institution Recognition**

- Blueprints Model Program
- Center for Mental Health Services- Greenberg et al: Effective Program
- Center for Substance Abuse Prevention (CSAP) Model Program
- Department of Education- Safe Schools: Promising Program
- Communities That Care- Developmental Research and Programs: Effective Program
- Mihalic & Aultman-Bettridge (2004): Exemplary Program
- Sherman et al. (1997): Effective Program
- Surgeon General's Report (2001): Promising 2
- Title V (OJJDP): Exemplary Program

**Contact Information**

Mark T. Greenberg, PhD

Email: mxg47@psu.edu  
Website: www.prevention.psu.edu/projects/PATHS.htm

For information on training and technical assistance, please contact:  
PATHS Training, LLC  
Carole A. Kusché, PhD  
Phone and FAX: (206) 323-6688  
[ckusche@comcast.net](mailto:ckusche@comcast.net)

Dorothy Morelli  
[dorothygm@hotmail.com](mailto:dorothygm@hotmail.com)  
(615) 364-6606

The PATHS curriculum may be obtained from:  
Channing Bete Company  
One Community Place  
South Deerfield, MA 01373-0200  
Phone: (877) 896-8532  
Fax: (800) 499-6464  
E-mail: [PrevSci@channing-bete.com](mailto:PrevSci@channing-bete.com)  
Website: [www.channing-bete.com](http://www.channing-bete.com)

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