

# Protecting Against Lifetime Psychiatric Disorders Through Nurturing Classroom Environments:

## The PAX Good Behavior Game

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**Track: School Climate and Universal Mental Health Promotion**

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wesley family services

## School Based Behavioral Health

- Community and School Based Behavioral Health Teams (CCBH)
  - School District Contracts
  - School Based Outpatient
  - Therapeutic Classroom Model
  - Student Assistance Program
  - Wesley Schools Partial Hospital
- 6 Funding Streams
  - 18 School Districts
    - 57 Schools
    - 44 Staff Members



# Behavioral Health is Essential To Health



Prevention Works



Treatment is Effective



People Recover



# Prevention Practices in Schools Grant: Lessons for Clinicians Partnering with Schools

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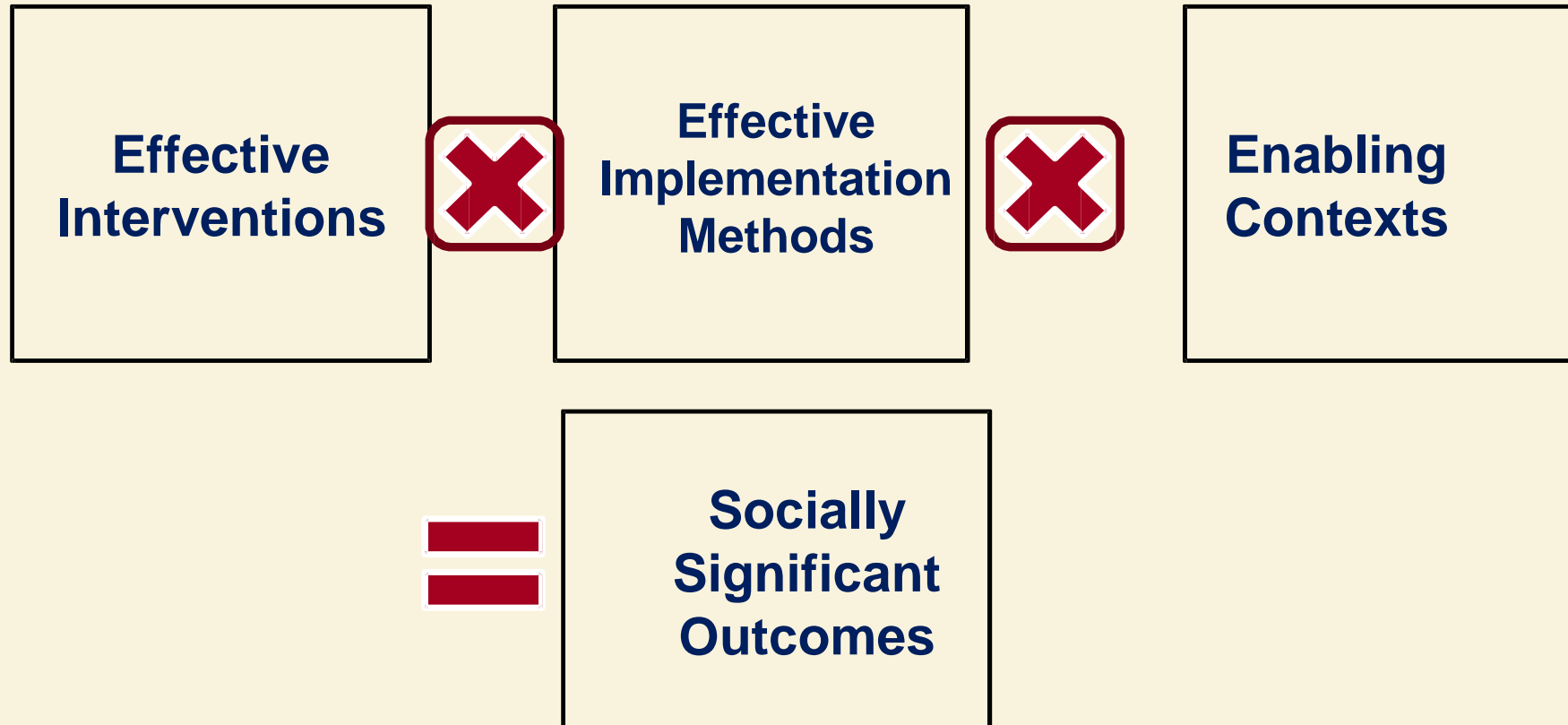


# The What without the How

**“The use of effective interventions without implementation strategies is like serum without the a syringe; the cure is available but the delivery system is not.”**

Fixsen, D. L., Blase, K. A., Duda, M. A., Naoom, S. F., & Dyke, M. V. (2010). *Implementation of evidence-based treatments for children and adolescents: Research findings and their implications for the future*. In J. R. Weisz & A. E. Kazdin (Eds.), *Evidence-based psychotherapies for children and adolescents* (2nd ed.). New York: Guilford Press

# Formula for Success- National Implementation Research Network at UNC- Chapel Hill



# Defining Prevention and Promotion

- Prevention of relapse, co-morbidity are considered treatment, not prevention
- Endorsed classification of prevention as universal, selective or indicated
- Added promotion as a complementary intervention approach



# Mental Health Promotion Aims to:

- Enhance individuals'
  - ability to achieve developmentally appropriate tasks (developmental competence)
  - positive sense of self-esteem, mastery, well-being, and social inclusion
- Strengthen their ability to cope with adversity

# Defining Prevention and Promotion

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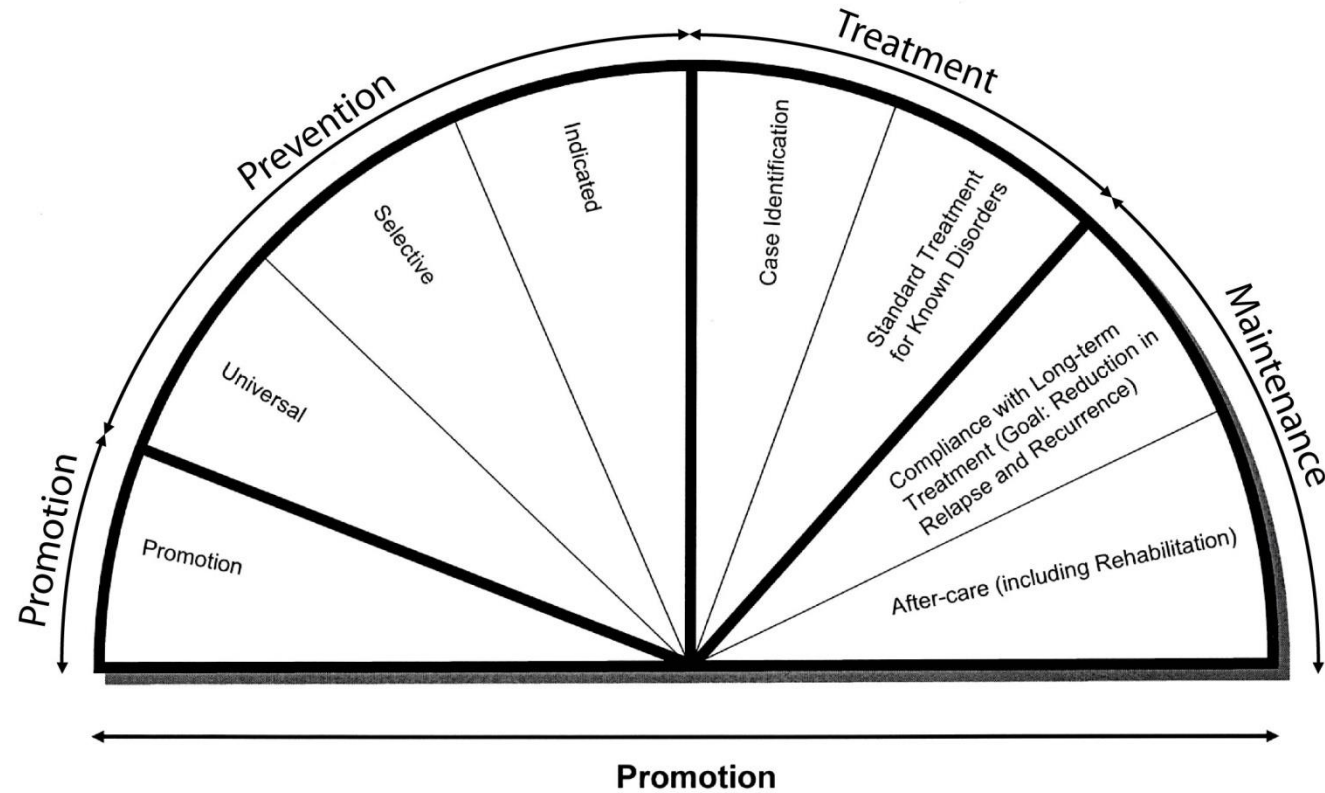
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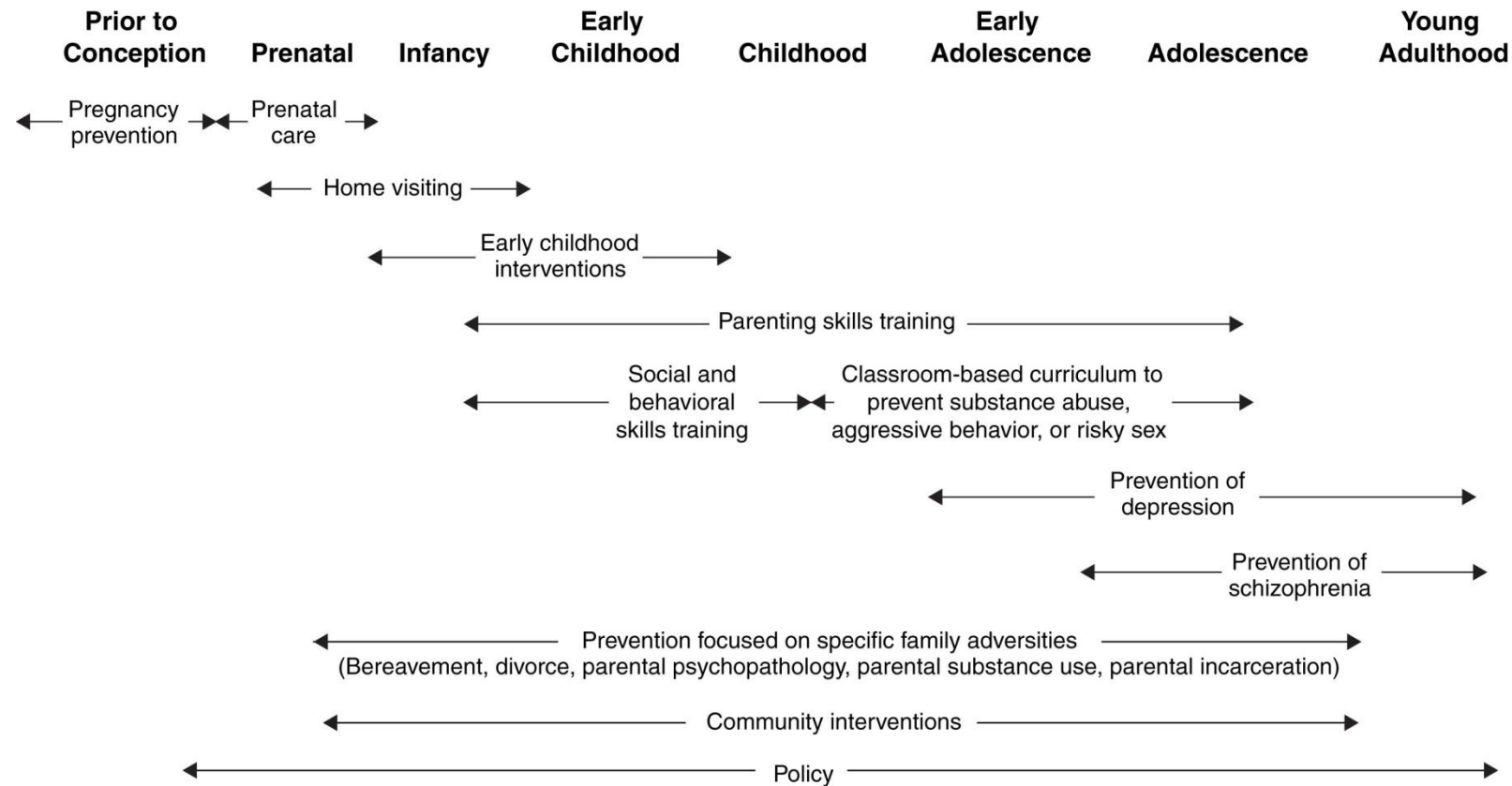
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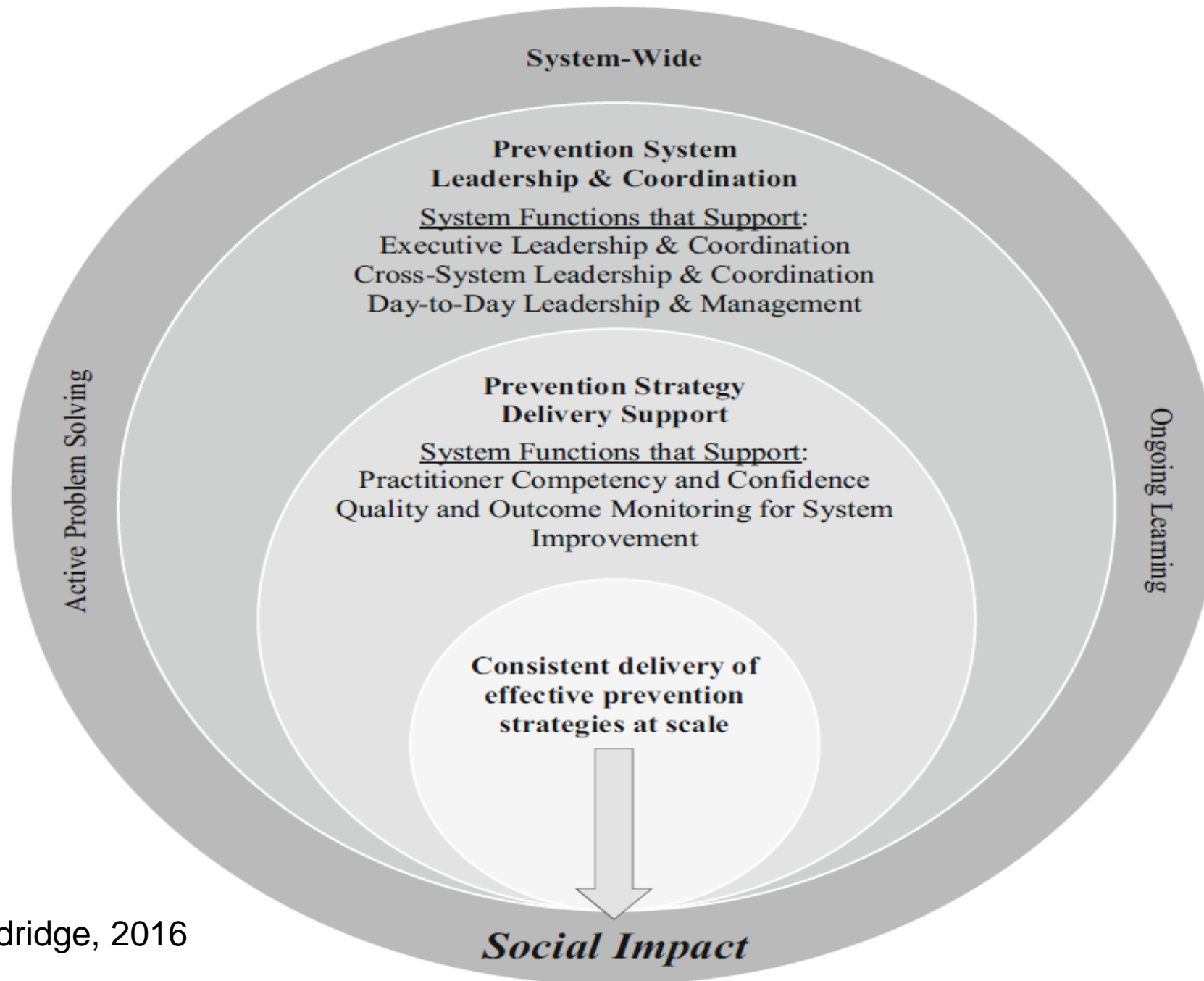
# Prevention AND Promotion



# Preventive Intervention Opportunities

## Interventions by Developmental Phase





Aldridge, 2016

Fig.1 | Nesting of the active implementation and scaling functions within community prevention systems to achieve social impact

# The Next Big Thing in Child and Adolescent Psychiatry

## Interventions to Prevent and Intervene Early in Psychiatric Illnesses

- Psychiatric Clinics of North America – Volume 38 Issue 23 - 2015

David A Baron, Lawrence S. Gross, Erica Z. Shoemaker, MD, MPH, et.al.

### **KEY POINTS**

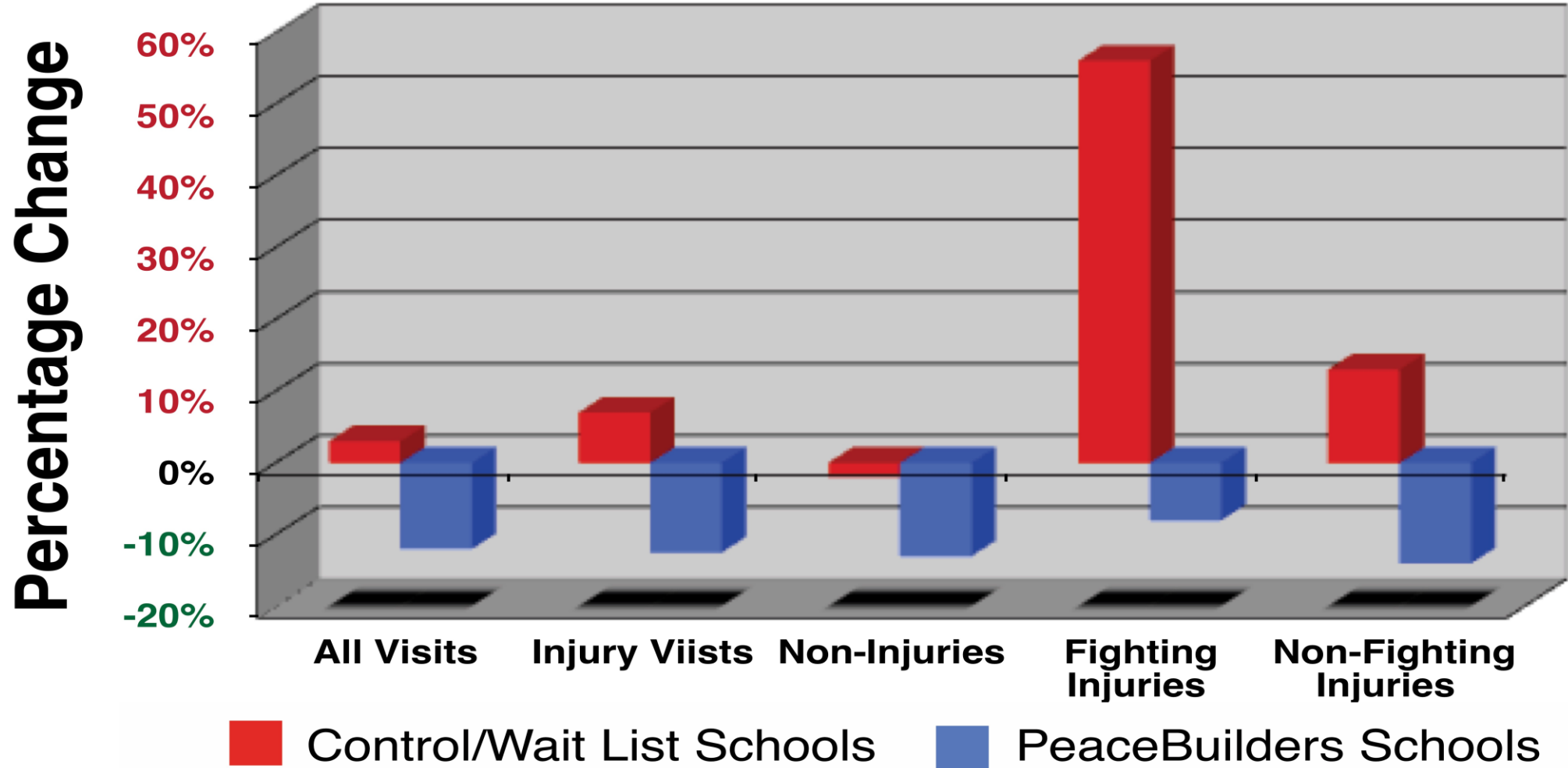
- Psychiatrists have long spent much of their time working to reduce symptom burden in chronic conditions in their patients. However, an era is beginning in which psychiatrists can aim to prevent mental illness, reducing the number of people affected by mental illness in their lifetimes.
- Universal prevention programs delivered by teachers in schools can reduce the numbers of children who grow up to abuse alcohol and illicit drugs
- Psychiatrists need to advocate strongly in their communities for the funding support and implementation of these programs.

# The effects of the GBG delivered in the first grade on male patients interviewed at age 19 to 21

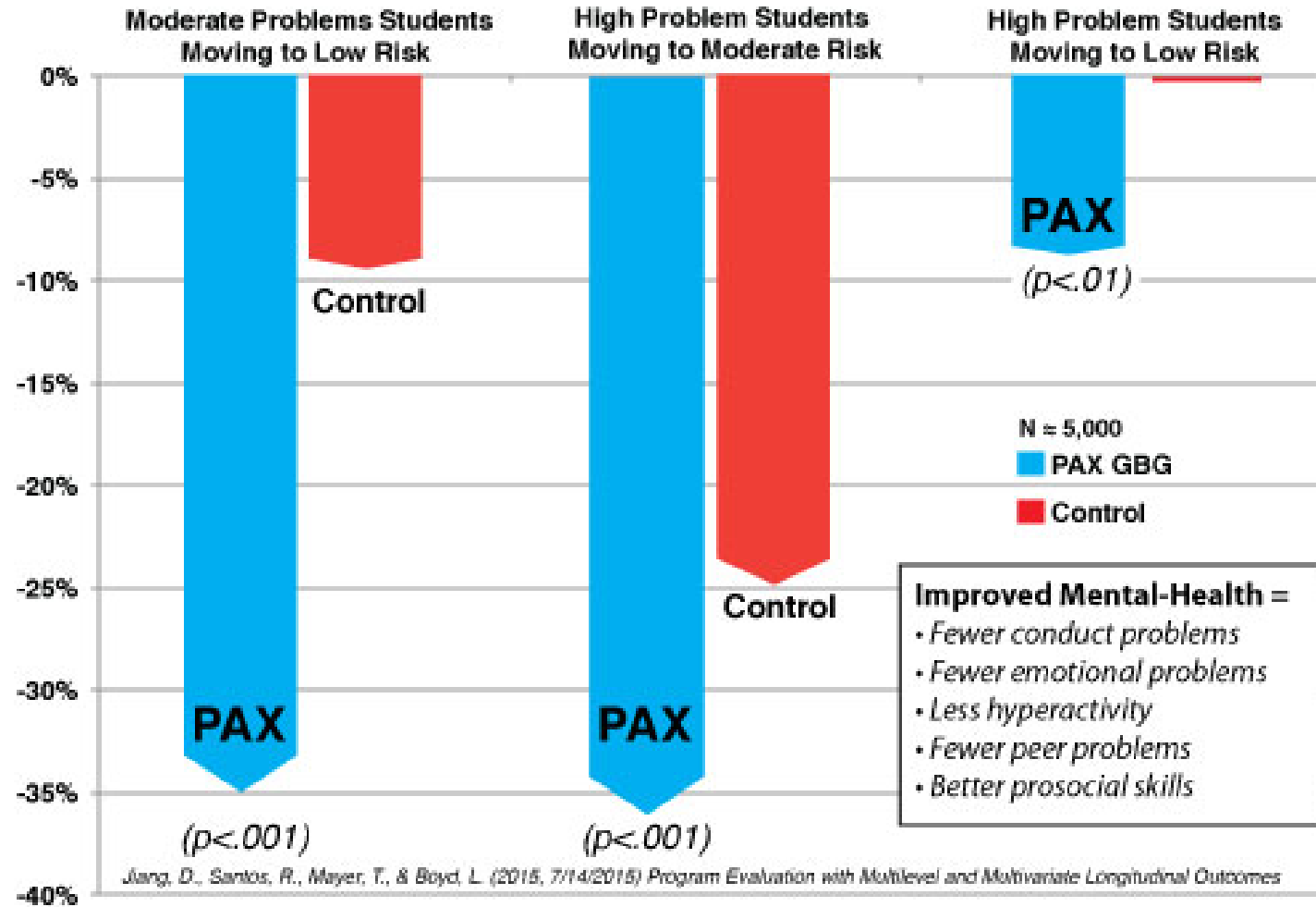
- For alcohol use disorders: GBG men had a 50% reduction in risk for alcohol use disorder compared with non-GBG men.
- For illicit drug use disorders: Nineteen percent of GBG men had a drug abuse/dependence disorder compared with 38% of control men.
  - Of men who had been highly disruptive in first grade, 29% of GBG men had a drug use disorder compared with 83% of men in non-GBG classrooms.



# CDC Nurses' Office Study



## One-Semester Benefits of Province-Wide Mental-Health Benefits of PAX GBG v. Control



# Prevention Strategy Delivery Support

- **Practitioner competency and confidence**
  - Engagement
  - Training by Good Behavior Game (GBG) experts
  - Coaching model
- **Quality and outcome monitoring for system improvement**
  - Coaching
  - Measure Fidelity (Checklist or Rubric)

# Prevention System Leadership and Coordination

- **Executive Leadership**
  - School District and the community commitment
- **Cross-system Leadership**
  - Implementation Teams
- **Day-to-Day Leadership**
  - Teachers at the classroom level
  - Principals at the school level
  - Superintendent's support – wider systems level

# Implementing the PAX Good Behavior Game

*Glenn Thomas, PhD – Program Director  
Nationwide Children's Hospital  
The Ohio State University*



**NATIONWIDE CHILDREN'S**  
*When your child needs a hospital, everything matters.™*



**THE OHIO STATE UNIVERSITY**  
COLLEGE OF MEDICINE

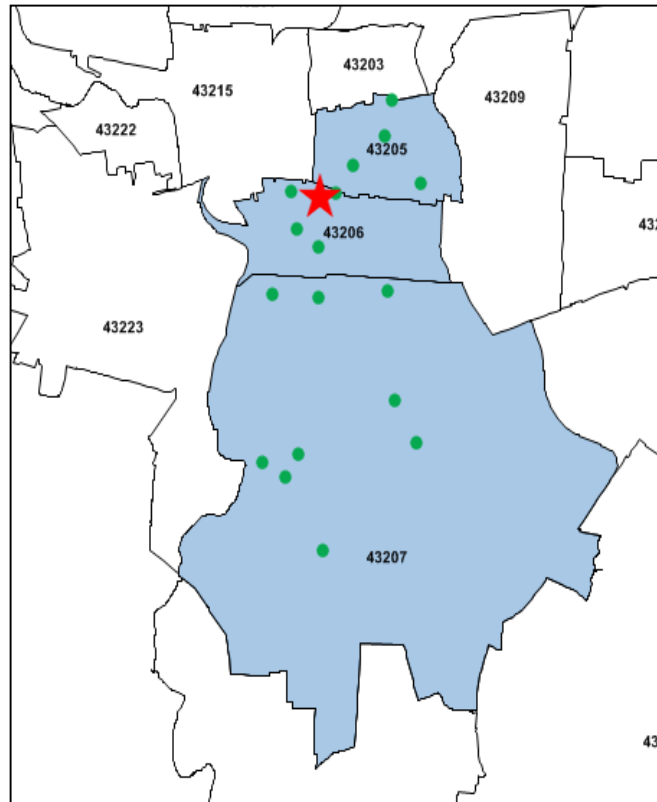
# Keep Us Well



# Caring for At-Risk Youth in Columbus, Ohio

## The NCH & CCS Partnership

### Target Schools in Year 1



Source: Team Analysis

### Full Menu of Services

#### Primary Care for Children & Adolescents

- Well Child Health Supervision Visits
- Sick care
- Immunizations
- Consultation with the School RN
- Linkage with other primary and specialty services

#### Behavioral Health Services

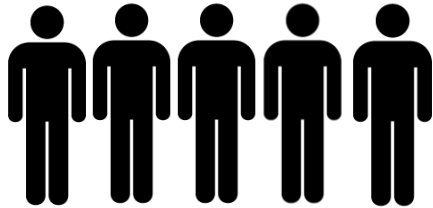
- Individual and Family Treatment
- PAX Good Behavior Game (grades 1-5)
- Signs of Suicide (grades 6 -12)

#### Other Services

- School-based Asthma Therapy
- Care coordination
- Partnership for dental services


# Columbus City Schools Demographic Data

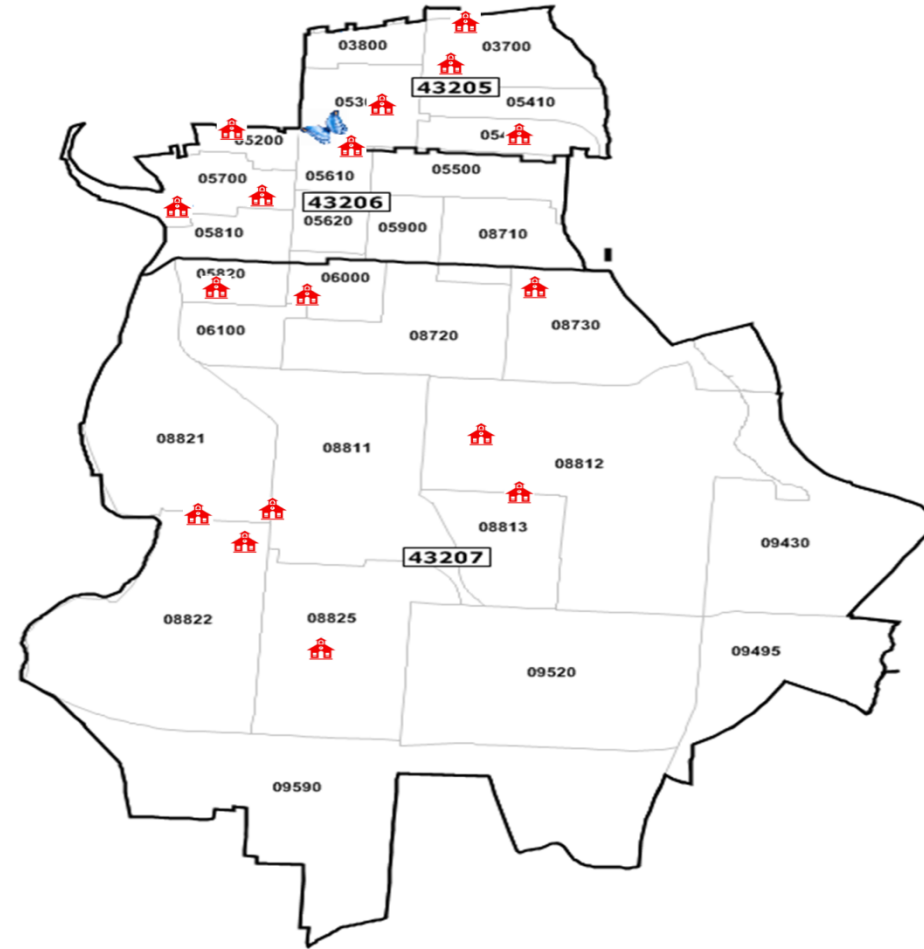
Enrollment: 53,327



Performance Index  
**D**

Select Risk Factors	% of Enrollment
Economically Disadvantaged	79.0%
Four Year Graduation Rate	77.00%
Mobility (in the building less than 1 full academic year)	18.9%

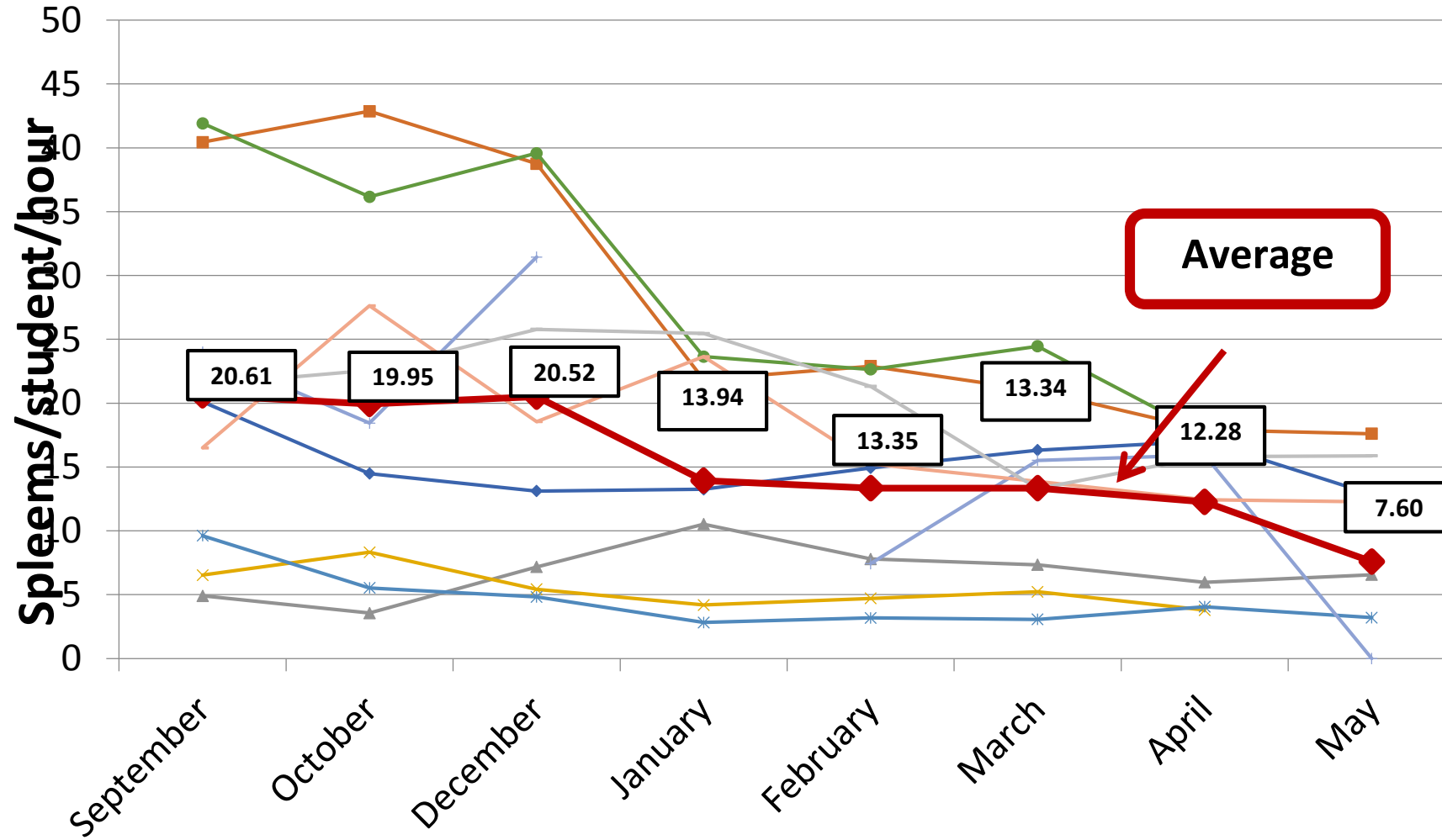
 =10,000 students



Source: Ohio Department of Education Interactive Local Report Card. Columbus City Schools 2013-2014  
\*Adequate Yearly Progress



# 2015-16 Columbus City Schools School Spleem Data



# How Does a Federal Service Agency and a Research Organization Partner?

1. Analyze which organizations are required for support
2. Learn about the organization, work through trust with each leader/organization
3. Search for mutual self interests
4. Form an operations group with oversight
5. Plan and carry out mutual self interest programs

## **SAMHSA/Ce-PIM Partnership Follows Kellam's Stages of Partnership Development APMH 2013**

Society for Prevention Research, Annual Conference-2016, SAMHSA/Ce-PIM Partnership



# Clairton City School District

- ✓ Good Behavior Game
- ✓ Psychiatry
- ✓ School Based Behavioral Health
- ✓ Strong Administrative Support



# Discussion

1. Describe your work setting.
2. What are the key challenges related to the implementation of prevention interventions in their setting?

# Reference 1

**Aldridge, W. A., II, Boothroyd, R. I., Fleming, W. O., Lofts Jarboe, K., Morrow, J., Ritchie, G. F., & Sebian, J. (2016). Transforming community prevention systems for sustained impact: Embedding active implementation and scaling functions. *Translational Behavioral Medicine*. Advance online publication. doi:10.1007/s13142-015-0351-y**

# Reference 2

- **Kellam SG. Developing and maintaining partnerships as the foundation of implementation and implementation science: reflections over a half century. Admin Pol Ment Health. 2012; 39: 317-320.**

# Reference 3

- **Brown CH, Kellam SG, Kaupert S, et al. Partnerships for the design, conduct, and analysis of effectiveness, and implementation research: Experiences of the Prevention Science and Methodology Group. Admin Pol Ment Health. 2012; 39: 301-316.**