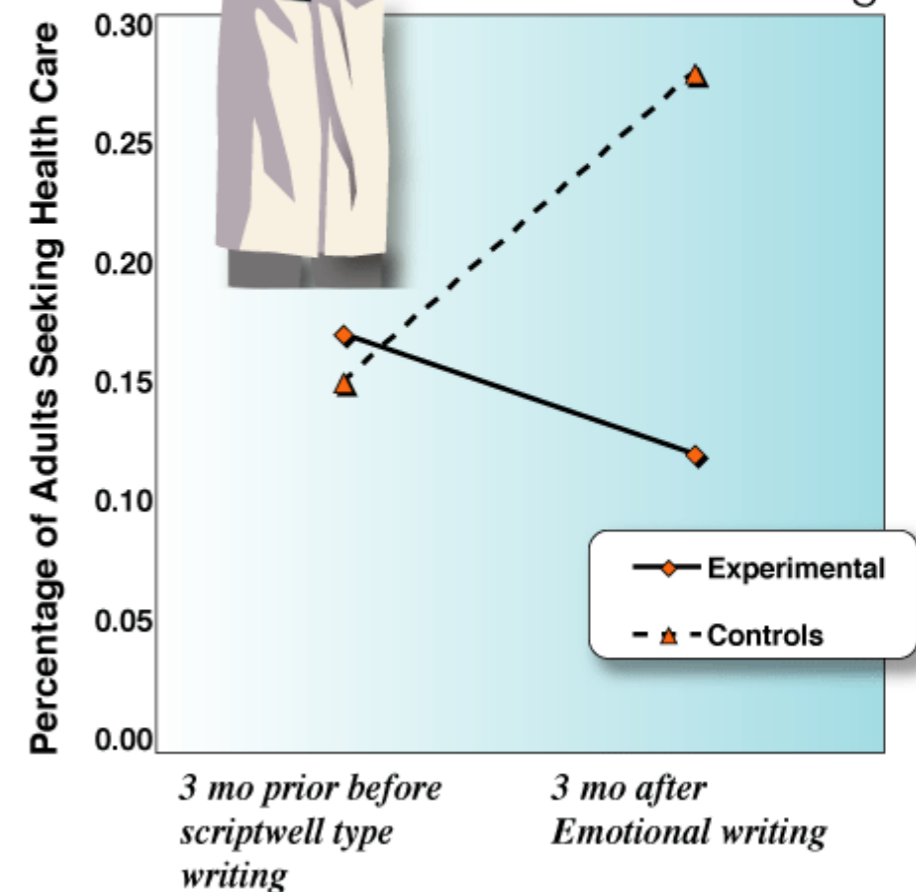


Emotional Writing for adults

Four times for about 30 minutes over a week.



Example Health Care Impact of Procedures in Emotional Writing



Esterling, Brian A; L'Abate, Luciano; Murray, Edward J; Pennebaker, James W. Empirical foundations for writing in prevention and psychotherapy: Mental and physical health outcomes. *Clinical Psychology Review*. Vol 19(1) Jan 1999, 79-96

Pennebaker JW. The effects of traumatic disclosure on physical and mental health: the values of writing and talking about upsetting events. [Review] [52 refs] *International Journal of Emergency Mental Health*. 1(1):9-18, 1999

Pennebaker JW. Seagal JD. Forming a story: the health benefits of narrative. *Journal of Clinical Psychology*. 55(10):1243-54, 1999



Physiological Example:
Omega-3 “fish oil” for DSM-IV

Physiological
Kernel

Changes
biochemistry of
behavior





Example support info



Physiological
Kernel

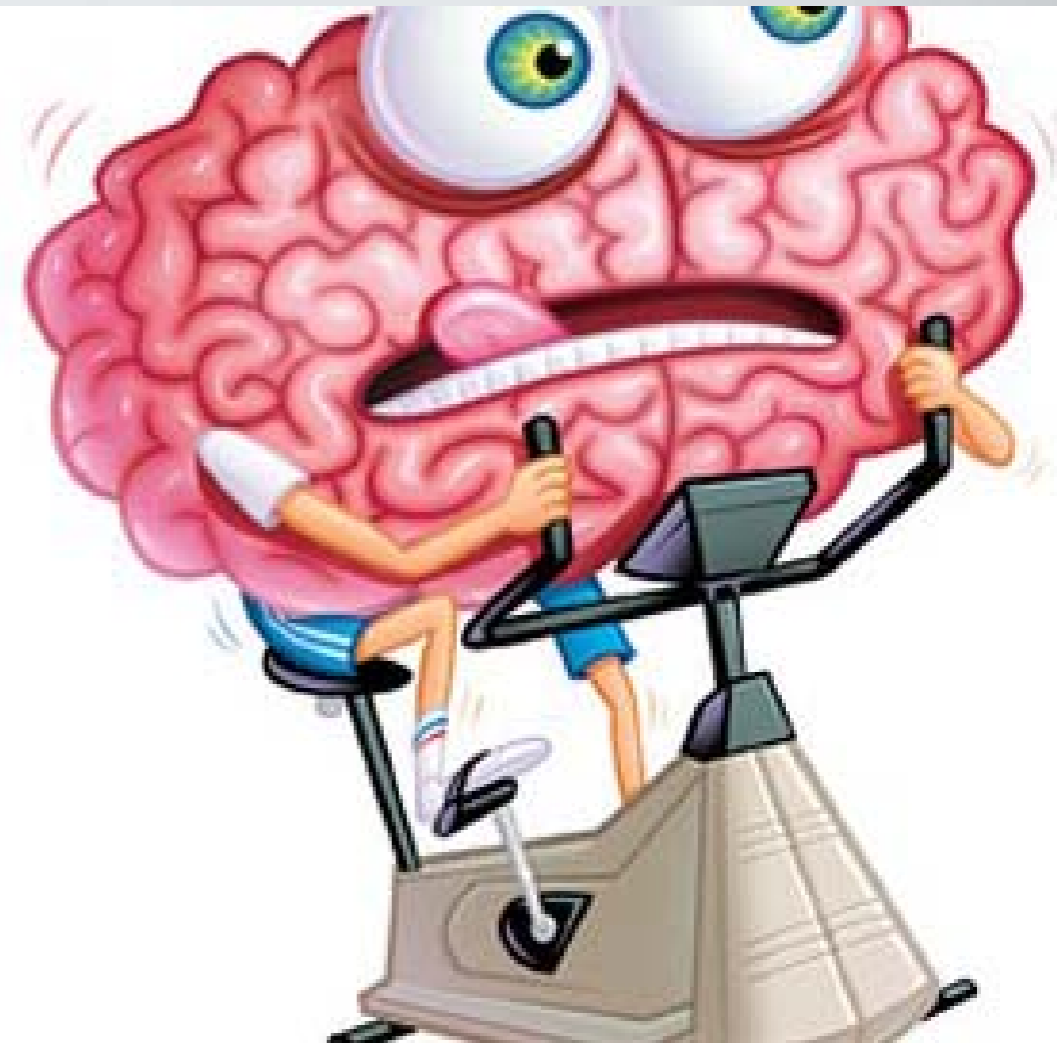
| Total oil in each capsule (Includes non-essential oils) | Cost | EPA (Eicosapentanoic acid in each capsule) | DHA (Docosaphexanoic acid in each capsule) | EPA + DHA | # of capsules needed |
|--|--------|---|---|-----------|----------------------------|
| 1,000 mg (Unconcentrated cod liver oil) | \$ | 180 mg | 120 mg | 300 mg | 2,100 mg 7 caps per day |
| 1,000 mg (molecularly distilled) | \$\$ | 300 mg | 200 mg | 500 mg | 2,000 mg 4 caps per day |
| 1,100 mg (highly purified) | \$\$\$ | 600 mg | 400 mg | 1,000 mg | 2,000 mg 2 caps per day |



Physical activity kernel

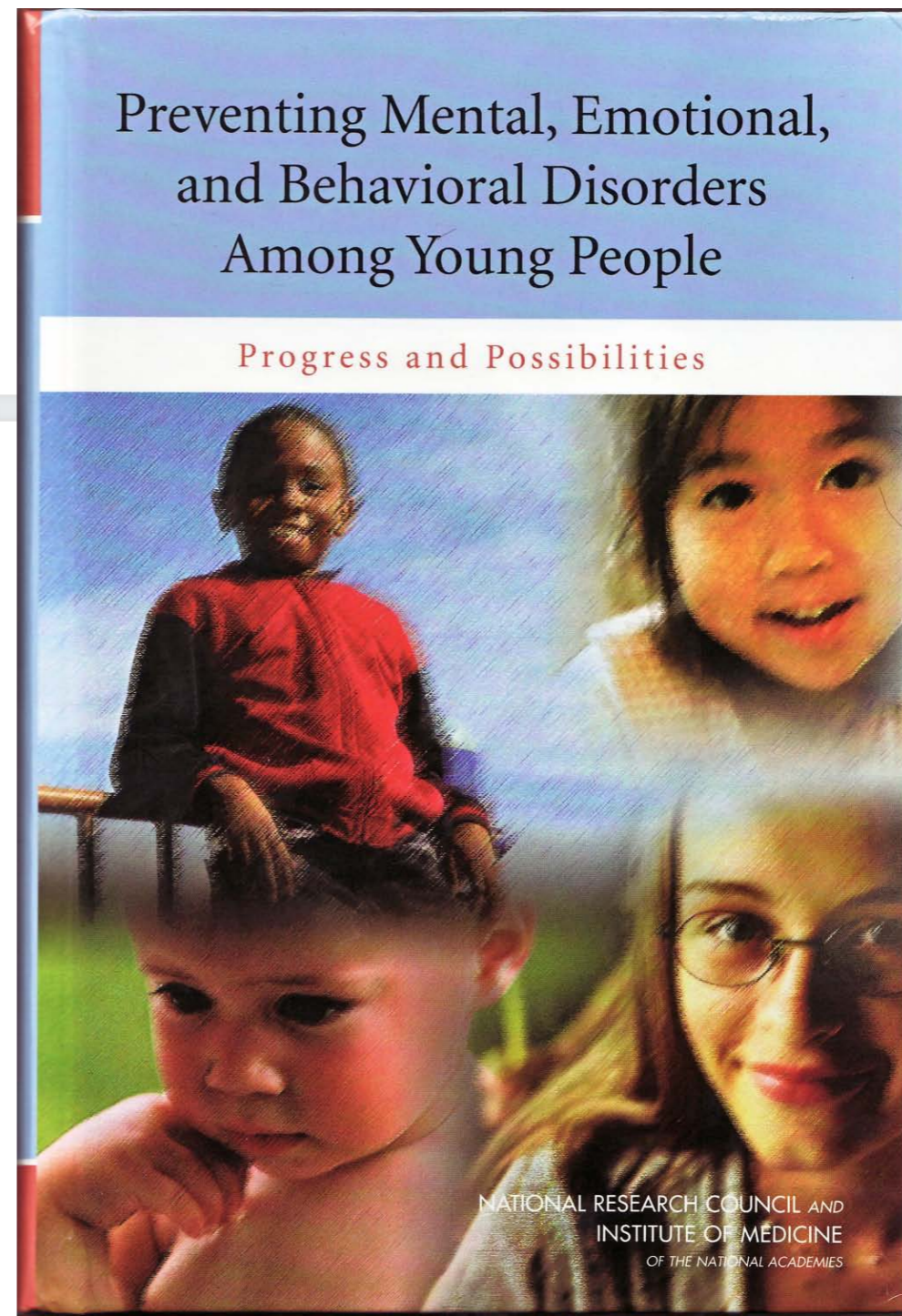
Physiological
Kernel

- ❖ More effective than selective re-uptake inhibitors in depression treatment
- ❖ Reduces ADHD
- ❖ Reduces Aggression
- ❖ Improves general health
- ❖ Necessary for learning new skills
- ❖ Reduces risk of addictions





Institute of medicine



Focus of parenting support in population level Triple P study

The study focused on child maltreatment prevention among the large percentage of parents and families in a community.

Universal Triple P

Level One

Selected Triple P

Level Two

Primary Care Triple P

Level three

Standard Triple P

Level four

Enhanced Triple P

Level five

For more information: www.triplep-america.com



Two population level proofs of impact on many parents

Prev Sci (2009) 10:1–12
DOI 10.1007/s11121-009-0123-3

Population-Based Prevention of Child Maltreatment: The U.S. Triple P System Population Trial

Ronald J. Prinz · Matthew R. Sanders ·
Cheri J. Shapiro · Daniel J. Whitaker · John R. Lutzker

J Primary Prevent (2008) 29:197–222
DOI 10.1007/s10935-008-0139-7

ORIGINAL PAPER

*Every Family: A Population Approach to Reducing
Behavioral and Emotional Problems in Children
Making the Transition to School*

Matthew R. Sanders · Alan Ralph · Kate Sofronoff ·
Paul Gardiner · Rachel Thompson · Sarah Dwyer ·
Bidwell

Published online: 22 January 2009
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Abstract The prevention of child maltreatment necessitates a public health approach. In the U.S. Triple P System Population Trial, 18 counties were randomly assigned to either dissemination of the Triple P—Positive Parenting Program system or to the services-as-usual control condition. Dissemination involved Triple P professional training for the

Triple P® Prevention Estimator

BEGIN HERE

SELECT A STATE:

Ohio

Save Scenario

Print

Reset

2006 Child Census and Federally Reported Maltreatment Data

| Total Population 0-9 | Cases of Maltreatment | Out of Home Placements |
|----------------------|-----------------------|------------------------|
| 1,571,276 | 27,294 | 4,422 |

Substantiated Cases of Maltreatment

Out of Home Placements

Cases of Lifetime Conduct Disorder



CHILDREN 1,128
Saved Annually

Adjust the value to display the estimated savings.

Annual Placement Cost Per Child

\$22,000

22000



DOLLARS \$24,807,420
Saved Annually

Prinz, Sanders, Shapiro, Lutzker & Whitaker (2009). Population-based prevention of child maltreatment: The U.S. Triple P System Population Trial. Volume 10, March Issue. <http://www.springerlink.com/content/104965/>

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Behavior game targets **WHOLE**
class not the “bad kid”



Long-term proof of simple, early prevention to adulthood



Available online at www.sciencedirect.com

ScienceDirect

Drug and Alcohol Dependence xxx (2008) xxx–xxx

www.elsevier.com

Clinical Child and Family Psychology Review, Vol. 5, No. 4, December 2002 (c 2002)

The Good Behavior Game: A Best Practice as a Universal Behavioral Vaccine

Dennis D. Embry¹

A "behavioral, individual, and hands-on" approach such as the Good Behavior Game (GBG) is suggested by the research as a simple and effective intervention in its use as a procedure for GBG with long-term effects on children's behavior.



Available online at www.sciencedirect.com

ScienceDirect

Drug and Alcohol Dependence xxx (2008) xxx–xxx

DRUG and ALCOHOL DEPENDENCE
www.elsevier.com/locate/drugalk

Effects of a universal classroom behavior management program in first and second grades on young adult behavioral, psychiatric, and social outcomes[☆]

Sheppard G. Kellam^{a,c,*}, C. Hendricks Brown^b, Jeanne Poduska^a, Nicholas Ialongo^c, Wei Wang^b, Peter Toyinbo^b, Hanno Petras^d, Carla Ford^a, Amy Windham^a, Holly C. Wilcox^e

^a American Institutes for Research, 921 E. Fort Avenue, Suite 225, Baltimore, MD 21230, United States

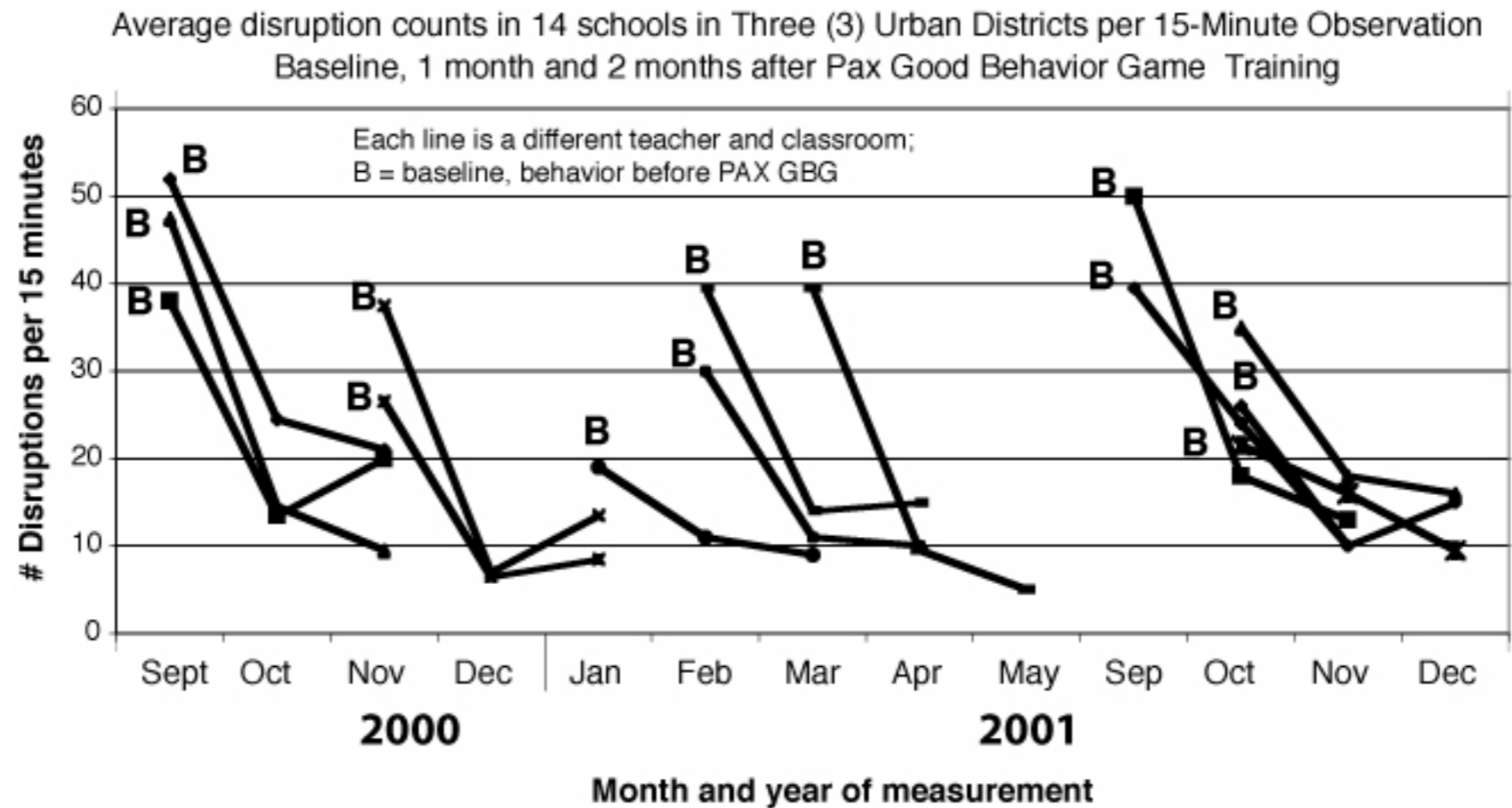
^b Department of Epidemiology and Biostatistics, College of Public Health, University of South Florida, 13201 Bruce B Downs Boulevard, Tampa, FL 33612, United States

^c Johns Hopkins University, Bloomberg School of Public Health, 624 N. Broadway, 8th Floor, Baltimore, MD 21205, United States

^d Johns Hopkins University, Department of Epidemiology and Criminal Justice, College Park, MD, United States

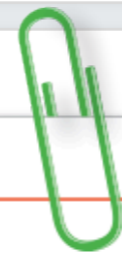
^e Johns Hopkins University, School of Medicine, Baltimore, MD, United States

Multi-Site (14 schools) Test to Teach GBG as “kernels”





The Good Behavior Game Be Learned as “Kernel” Recipe



- 1 - Beat the Timer
- 1 - PAX Quiet for Transitions & Attention
- 1 - Quiet Reprimand/Non-verbal cue
- 1 - Daily Grandmother's Law Prizes
- 1 - Daily Public posting of success
- 1 - Soft Team Competition

Mix ingredients

Play game 3-times day announced

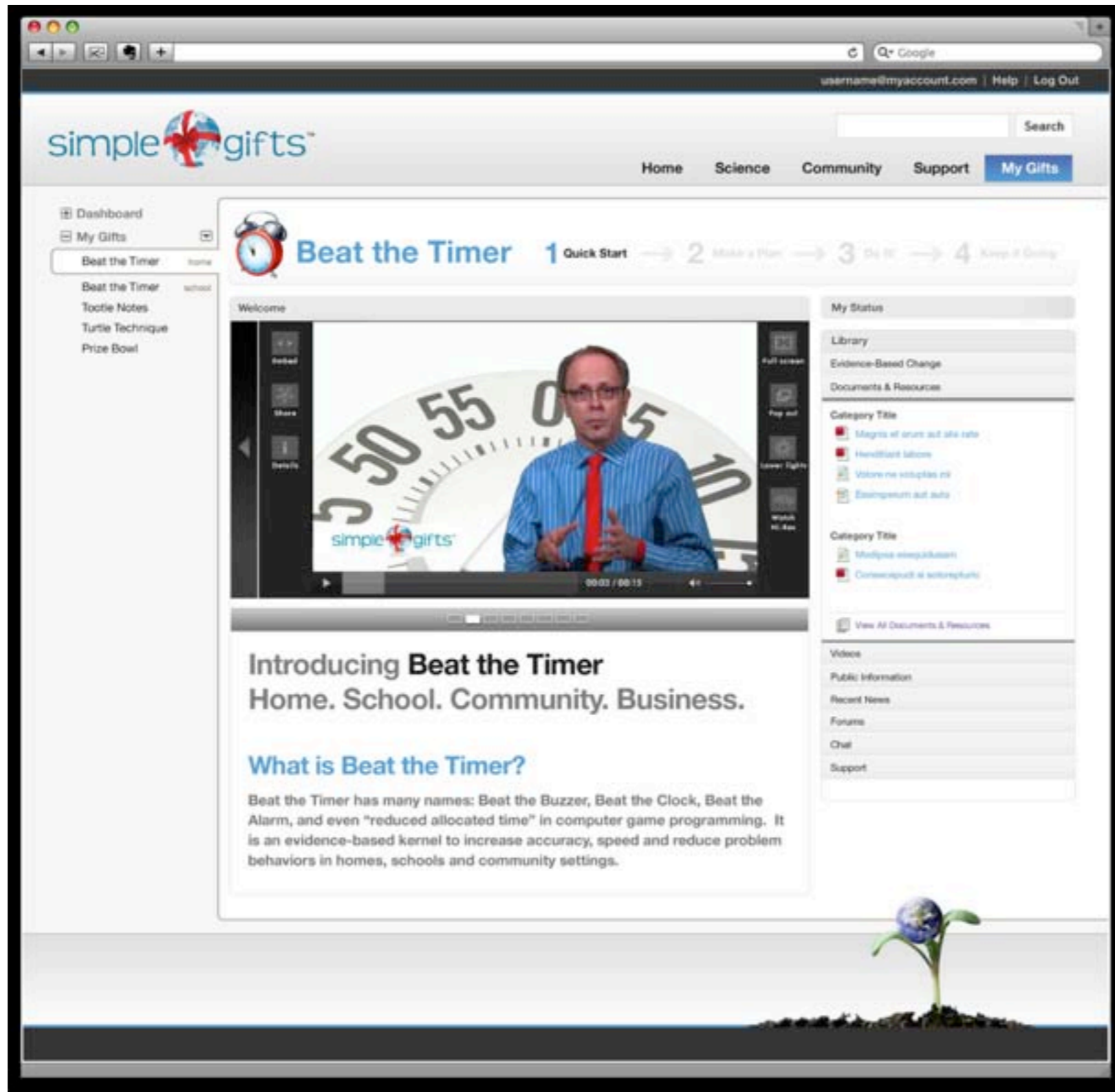
Play secret game a few times per week

What if prevention, intervention and treatment science met...

- Itunes
- Amazon.com
- youtube
- Facebook
- “United Way”
thermometer
- In every household in
America



Coming Soon



The screenshot shows a web browser window displaying the Simple Gifts website. The browser's address bar shows a Google search. The website header includes the Simple Gifts logo, a search bar, and navigation links for Home, Science, Community, Support, and My Gifts. A user is logged in as 'username@myaccount.com'. The main content area features a video player with a man in a blue shirt and red tie speaking in front of a large clock. Below the video, the text reads: 'Introducing **Beat the Timer** Home. School. Community. Business.' and 'What is Beat the Timer? Beat the Timer has many names: Beat the Buzzer, Beat the Clock, Beat the Alarm, and even "reduced allocated time" in computer game programming. It is an evidence-based kernel to increase accuracy, speed and reduce problem behaviors in homes, schools and community settings.' To the right of the video is a sidebar with sections for 'My Status', 'Library', 'Documents & Resources', 'Videos', 'Public Information', 'Recent News', 'Forums', 'Chat', and 'Support'. At the bottom right of the page, there is a small graphic of a globe growing out of a plant.

www.SimpleGifts.com

Follow-up

- See video at www.YouTube.com/GiveSimpleGifts
- [Signup at www.SimpleGifts.com](http://www.SimpleGifts.com)
- [Call us at 520-299-6770](tel:520-299-6770)
- info@paxis.org
- [Thank you,](#)
- [Dennis D. Embry, Ph.D.](#)
- [dde@paxis.org.](mailto:dde@paxis.org)

