

The PATHS[®] Programme for Schools (NI Version)

*Promoting **positive mental-health** and **emotional well-being** in pre-school and primary schools*

Mairead Ewart
Barnardo's



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Promoting Alternative THinking Strategies

Children's Mental Health in N. Ireland



- **1 in 8** - emotional difficulties
- **1 in 10** - conduct problems
- **1 in 7** - hyperactivity
- **1 in 6** – eating disorder
- **1 in 10** – self harm
- **1 in 8** – suicidal thoughts / attempts

As a **universal, whole-school** approach, the *PATHS® Programme* can help prevent mental health problems from arising and provide early support when they do. Evidence shows that interventions taking a whole-school approach to wellbeing have positive health and mental wellbeing outcomes.

25% higher than the rest of the UK



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What is *The PATHS® Programme for Schools (NI Version)*?

Promoting

Alternative

THinking

Strategies

- A highly recognised evidence-based social and emotional learning developmental programme developed by **Dr Mark Greenberg**.
- It is a preventative, early intervention programme for Primary aged children, 4 – 11year-olds



What is SEL (Social and Emotional Learning)?



The ***PATHS® Programme*** aims to help children develop ***positive mental-health and emotional well-being*** .

Through the **explicit teaching** of

- *Self-awareness*
- *Self-management*
- *Social awareness*
- *Relationship skills*
- *Responsible decision making*

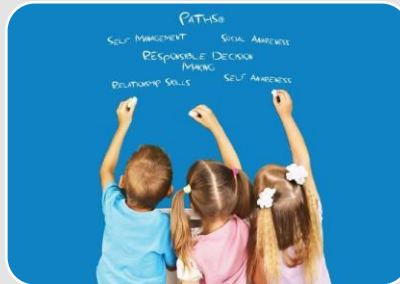
SEL also impacts on
academic outcomes



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Barnardo's Programme Provision



Level 1:

Materials

(Barnardo's NI hold the UK license for materials)

Level 2:

Training

(Barnardo's NI hold the UK license for training)

Level 3:

Technical Assistance
(Barnardo's NI coaching & implementation plan)



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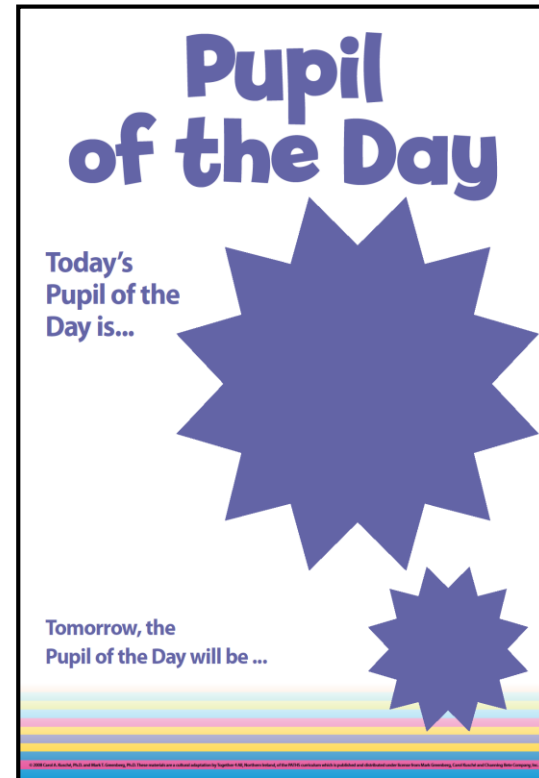
Programme Materials



- **Fully scripted** lessons, activity sheets, home handouts and guidance all provided in user friendly manuals.
- **Developmental** content – builds on learning in each year.
- Programme implementation traditionally supported by **training** and **technical assistance** (Barnardo's) to ensure programme fidelity and maximise outcomes.



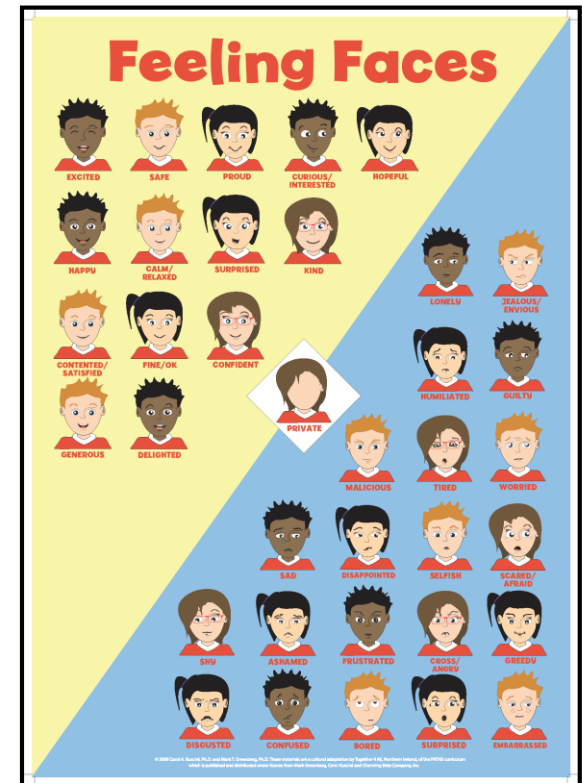
1. Self-Esteem



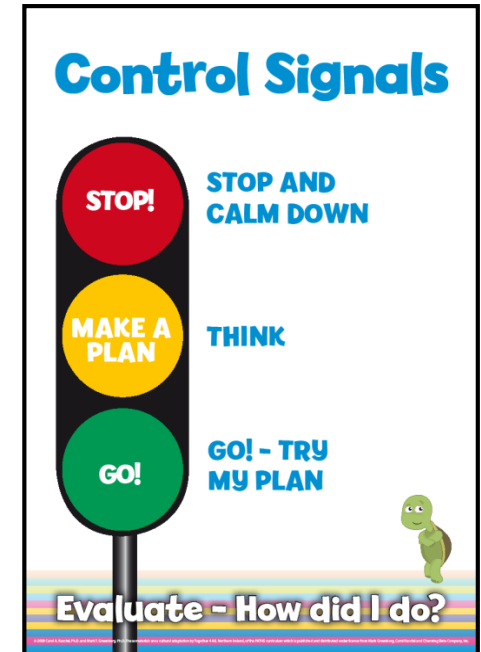
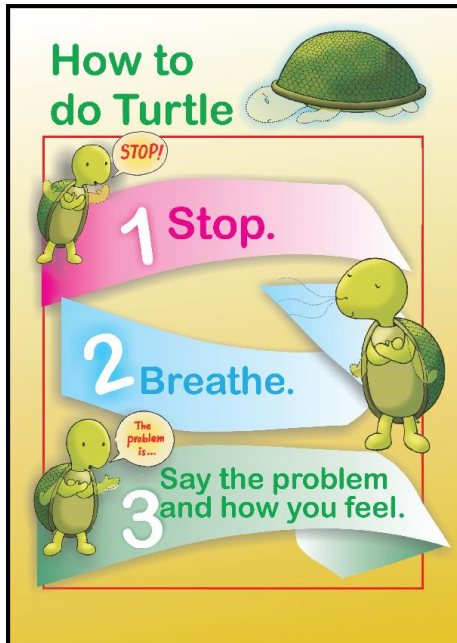
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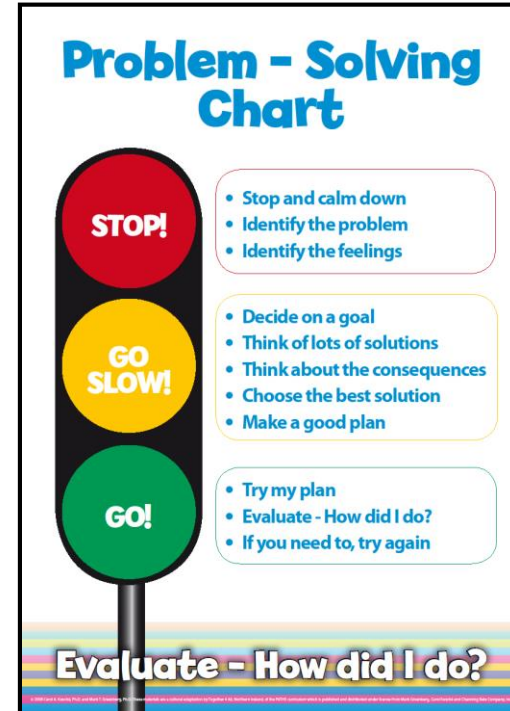
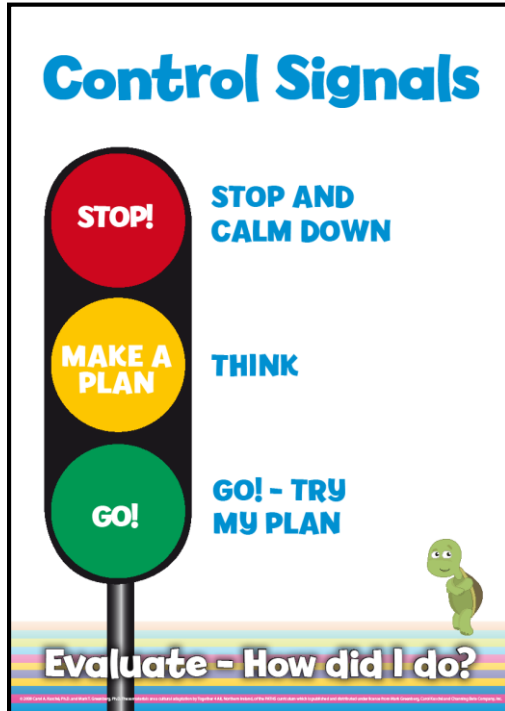
2. Emotional Understanding



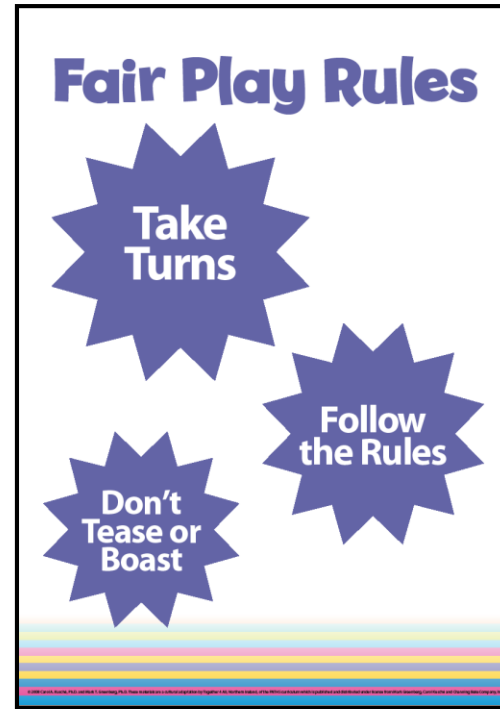
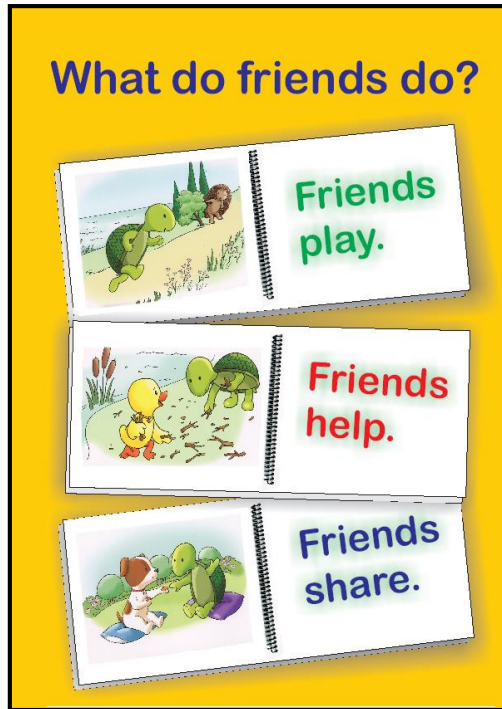
3. Self-Control



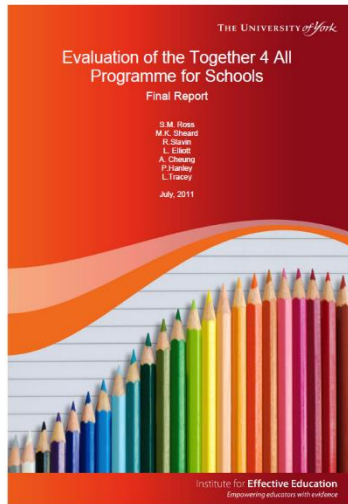
4. Social Problem-Solving



5. Peer Relationships



PATHS® Evidence and Research



Improvements in:

- Children's behaviour
- social problem-solving
- emotional understanding.
- Empathy,
- Coping and Co-operation
- Reflectivity and Perseverance
- Mental Health
- Emotional Regulation
- Concentration and Attention
- Social and Emotional Competences

Reductions on:

- Fighting and Aggression
- Aggression and Disruptive Behaviour



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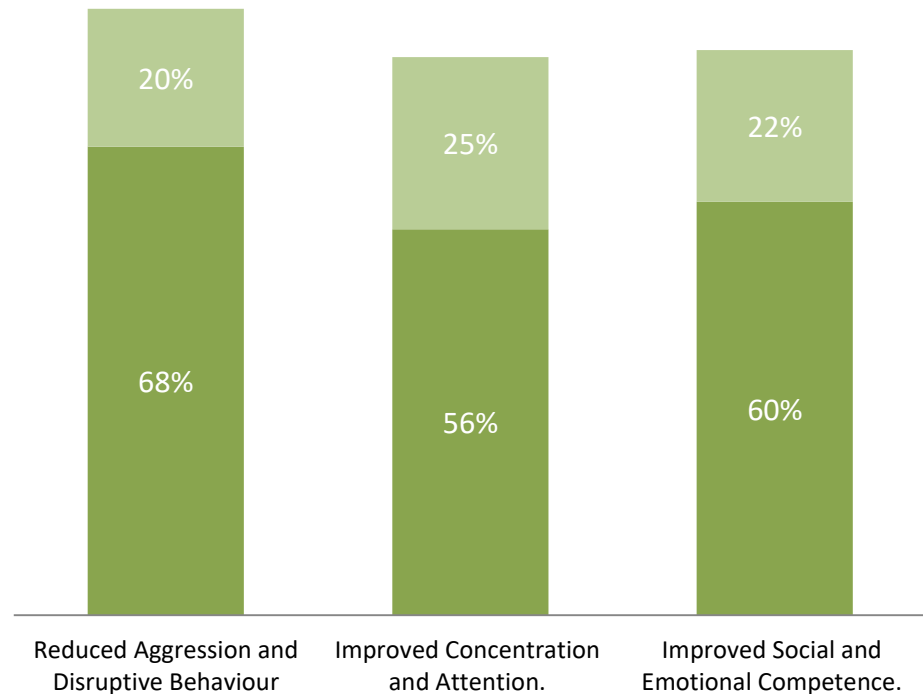
PATHS® Outcomes 2020-2021

PATHS® Curriculum Survey Results *Northern Ireland*

■ Improved Score ■ Stable Score

91% of teachers agreed children are able to use calming down strategies with support (116 responses).

100% of school principals reported that the *PATHS® Programme* has had a positive impact on children's' behaviour (21 responses).



Results for N Ireland Schools between 2020-2021 (1545 responses from 25 schools)

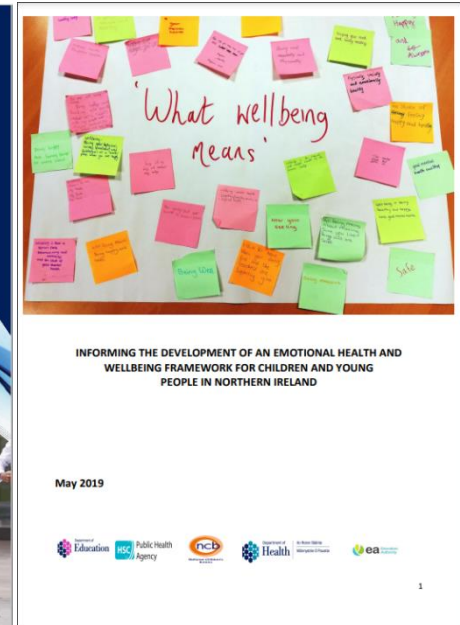
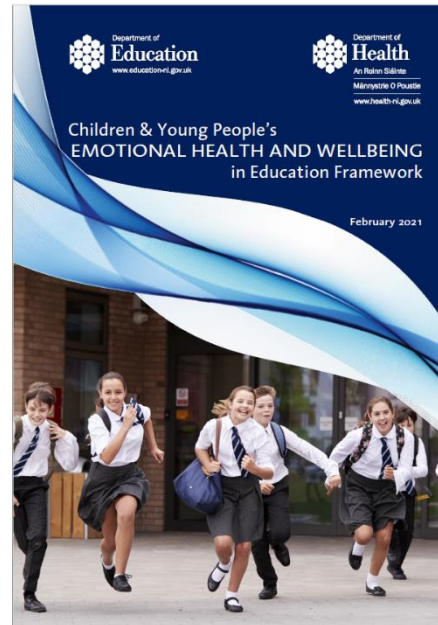


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Whole School Approach to SEL / MHWB

- Trauma Informed Approach / ACES / Resilience
- Early Intervention and Prevention
- Whole Community Approach (all school staff, pupils and parents)
- Programme Links (PDMU, TS&PC, Health and Wellbeing, RSE, UNCRC, Restorative Justice)
- Equality, Diversity and Inclusion
- Level 1 intervention programme for Graeme Allen report, and a model blueprints programme.



PATHS[®] across Northern Ireland



We currently work with schools across all council areas

Since 2008:

153 schools

39,338 individual pupils

90,891 total enrolment

1739 teachers trained

1375 additional school staff

3384 B's Buddies

1746 Parents engaged

36 SEL Worldwide Model Schools



**“It is easier to build up a child
than to repair an adult”**

Fredrick Douglas

**Contact us: paths@barnardos.org.uk
www.pathseducation.co.uk**



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