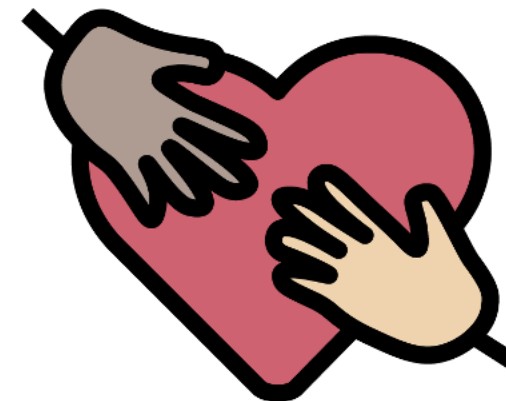


PAX Tools for New Beginnings to Inspire a Stronger Tomorrow





We are a prevention science company that incorporates the best science and wisdom into tested and proven strategies to create and implement meaningful, practical interventions that improve lifetime outcomes for young people and the adults who care for them.

System of Care Approach

- Systematic approach to implementing PAX across the youth system of care
- Educators, Human Service Professionals, Youth Development Professionals, Parents and Caregivers, Recovery Support Specialists
- Trauma-informed, evidence-based prevention at a population level



Embry, D. D., Fruth, J. D., Fechner, A., & Irving, C. (2024). Population-level PAX: Prevention programming across the youth system of care. *Journal of Education & Social Policy*, 11(1), 1–15. <https://doi.org/10.22158/jesp.v11n1p1>

Uses a trauma-informed approach

Teaches behavior as a skill set

Creates a Nurturing Environment

Establishes reliable and consistent adults



PAX programming provides evidence-based strategies for all adults who work with or care for young people.

PAX can be integrated for daily use at school, in the community, or at home, fostering improved behavioral, academic, and lifetime outcomes for young people while enhancing workforce development and caregiving skills for adults.



PAX programming
provided trauma-
informed, evidence-
based programming in
schools and the
community:

Immediate Benefits:

- ↓ Decreased problematic, disruptive behavior
- ↑ Increased focused attention and time on task
- ↑ Increased pro-social, cooperative behavior
- ↑ Increased teaching and learning time

Mid-Range Benefits:

- ↑ Improved reading levels for elementary students
- ↑ Increased standardized-test scores in mathematics and reading
- ↓ Decreased teacher depression and workplace stress
- ↓ Reduced school violence and suspension



Over 50 independent studies confirm an array of proximal and distal outcomes, including reductions in mental, emotional, and behavioral disorders.



Increased high school graduation and college entrance rates



Reduced risk of mental, emotional, and behavioral disorders



Decreased opioid and other drug misuse



Decreased suicide



Classroom Teachers, Administrators, Paraprofessionals, and Educational Support Staff

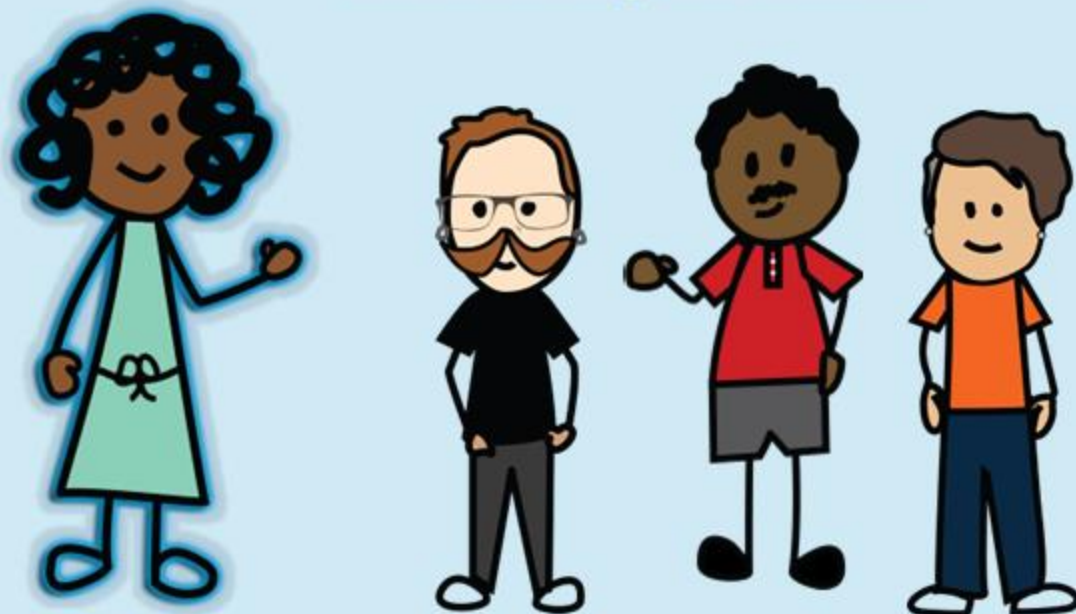
Educators learned to implement the trauma-informed, evidence-based practice that is the gold standard in school-based prevention.



- Counselors
- Therapists
- Behavioral Health Professionals



Human service professionals learned universal trauma-informed, evidence-based strategies to integrate into their daily practice with young people receiving care.



- Parent Educators
- Health Educators
- Community Educators

Community-based educators who work with families and caregivers learned trauma-informed evidence-based strategies to integrate into their workshops and support of families.

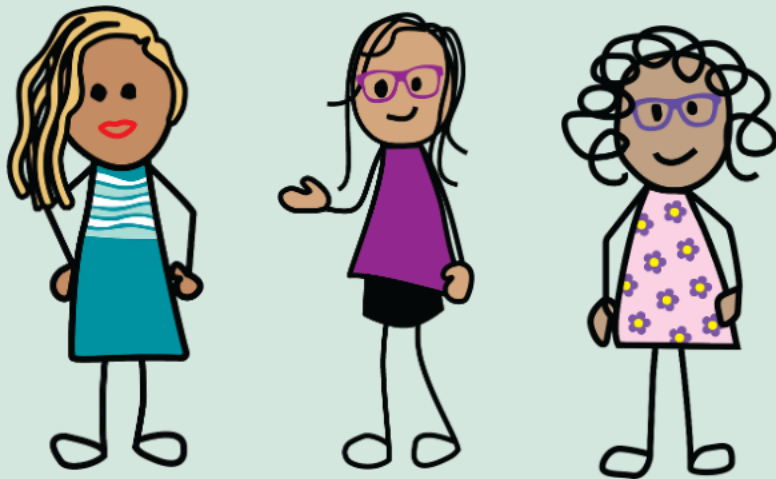


- Foster Parents and Caregivers
- Kinship Caregivers
- Adoptive Parents and Grandparents



Parents and caregivers of children in care learned trauma-informed, evidence-based strategies for providing care for children in the home.

Introducing our newest program:



- Women in Recovery
- Recovery Support Specialists
- Peer Support Specialists
- Women in rehabilitation

Women in recovery and the staff who work with them learn trauma-informed, evidence-based strategies to integrate into daily routines to build connection, collaboration, self-regulation, and empowerment. These strategies are also useful for those with young people in their lives.

By the end of the training, participants will be able to:



Use PAX strategies to build connection, collaboration, self-regulation, and a sense of empowerment.



Apply PAX Tools strategies to common situations in their setting.



Use PAX Tools strategies in interactions with young people.



Increase the Peace, Productivity, Health, and Happiness for staff and clients, as well as with the young people in their lives.

is Rooted in Nurturing Environments

Nurturing Environments:

-  Create spaces that are physically and emotionally safe
-  Are inclusive and give voice and choice
-  Have predictable routines, guidelines, and procedures
-  Foster the development of positive relationships
-  Help build self-awareness and growth

Nurturing environments help us to grow!



paxtools
for **New Beginnings**

aligns with

**Acceptance and
Commitment
Training**

PAX Tools can help adults build foundational skills for the next generations



Adults build skills to:

-  Practice more patience
-  Increase self-control
-  Improve relationships



Adults can help young people:

-  Increase positive choices
-  Become more cooperative
-  Get along better with friends



Young people who develop self-regulation:

-  Grow up healthier
-  Perform better academically
-  Avoid legal problems as they get older



The Journal

New Beginnings



Journaling is an effective tool in recovery, helping individuals process emotions, ease anxiety, bring clarity, and track progress toward healing and growth. It supports self-awareness and accountability, both key to sustained recovery.

Pennebaker, J. W., & Smyth, J. M. (2016). *Opening up by writing it down: How expressive writing improves health and eases emotional pain* (3rd ed.). Guilford Press.

The Journal

Journal Space

Do what
is right,
not what
is easy.

Today's Date: _____

My Priorities for Today:

- ☐
- ☐
- ☐

I'm Grateful For:

Self-Care Checklist:

- ☐ Eat healthy food
- ☐ Drink plenty of water
- ☐ Move body/get exercise
- ☐ Get enough sleep

Self-Care Tip:

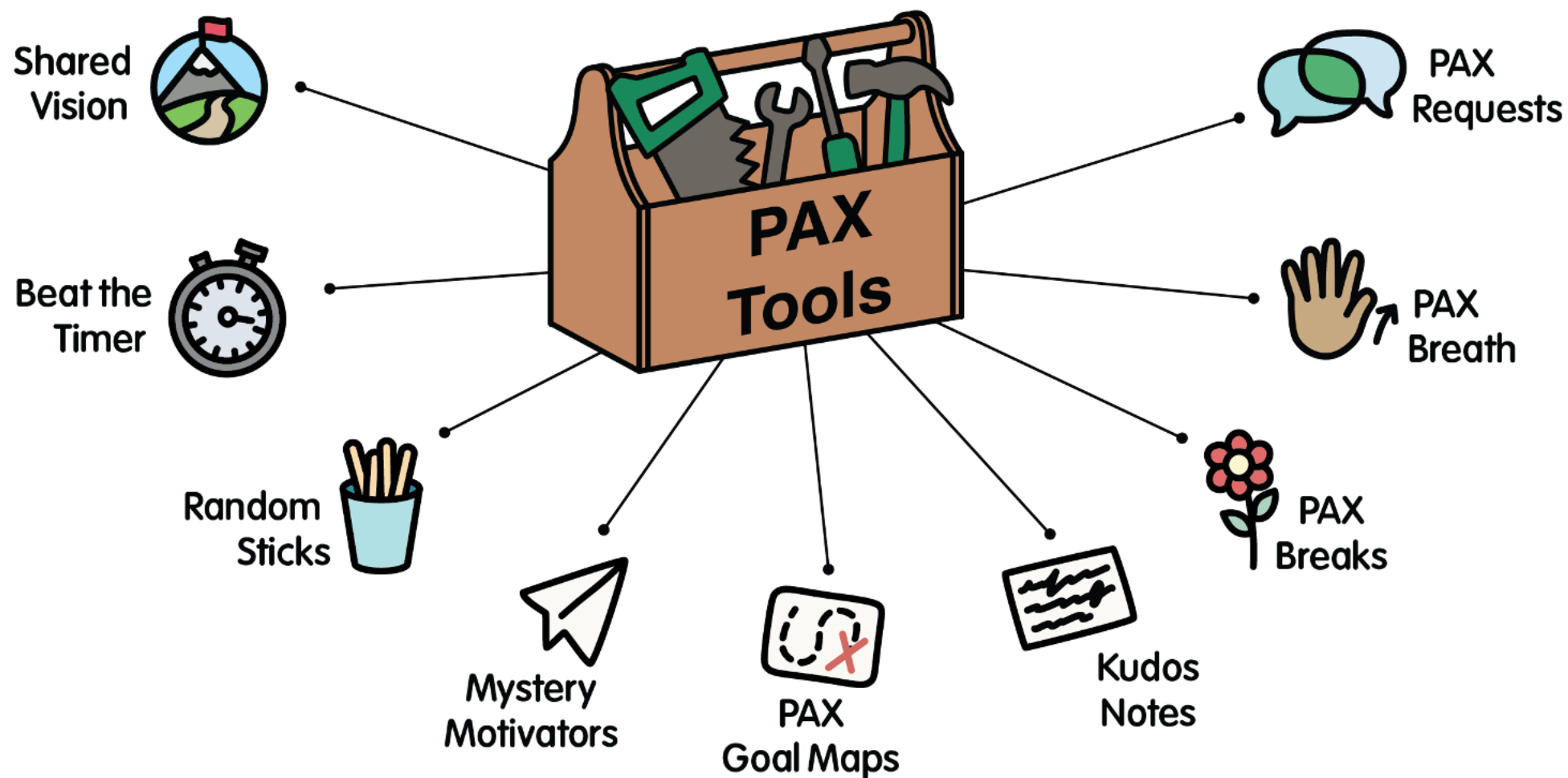
When a negative thought or feeling arises, remind yourself that it is just a thought or a feeling, not necessarily a truth.

What things help me to regulate my emotions when I'm starting to get upset?

New Beginnings



Strategies in PAX Tools for New Beginnings



For each **PAX** Tool:

-  Problem/Solution
-  Recipe
-  Apply to current setting
-  Apply to settings with young people (when applicable)
-  Why it works
-  Practice



PAX Goal Maps

While some people may be able to identify goals they want to achieve, many have difficulty recognizing all the resources, barriers, and options to make and adhere to a practical path toward their goal.

The PAX Goal Map is a worksheet with seven numbered steps connected by a winding path. The steps are:

- 1 What is your PAX Goal?
- 2 How will reaching this goal make for a better future?
- 3 Who can support you in reaching your goal?
What can help you reach this goal?
- 4 What could make reaching your goal difficult?
- 5 What will you need to do MORE of to reach this goal?
What will you need to do LESS of to reach this goal?
- 6 What steps will you take to reach this goal?
- 7 How will you monitor your progress toward your goal?

The worksheet is decorated with a winding path, flowers, and the 'paxtools New Beginnings' logo in the top right corner.

A PAX Goal Map is a purposeful process that allows a trusted adult to support an individual in helping to define the steps to reach a goal. It provides a mechanism to identify resources and a planned approach to overcoming obstacles. It also serves as a visual reminder of the path toward that goal.

1 What is your PAX Goal?

I would like to re-enter the workforce and get a job close to home.

2 How will reaching this goal make for a better future?

A job would give me a regular income, structure in my day, and a fresh start.

3 Who can support you in reaching your goal?

My sister
My peer supporter

What can help you reach this goal?

Make a resumé

5 What will you need to do MORE of to reach this goal?

Making plans.

Making healthy decisions.

Asking for help (resume, practice interviewing).

What will you need to do LESS of to reach this goal?

Getting distracted.

Negative self-talk.

4 What could make reaching your goal difficult?

Not knowing where to start.
Worrying about being rejected.
Anxiety over interviewing.

6 What steps will you take to reach this goal?

1. Work with sister to make resumé.
2. Practice interview questions.
3. Select places to submit my application and resumé.
4. Follow-up and respond to calls.

7 How will you monitor your progress toward your goal?

- Update my peer supporter.
- Keep a list of places applied & dates so I can follow-up.
- Keep track of hours I focus on job hunting (goal: 8 hours/wk)



Recipe for PAX Goal Maps

- 1 Choose a goal that matters to you and moves you toward the life you want. (An adult can help a young person do this, but make sure the process is driven by the young person).
- 2 Name why this goal is important.
- 3 Identify resources and supports to help reach this goal.
- 4 Identify potential barriers to reaching this goal.
- 5 Identify what you need MORE of and LESS of to reach the goal.
- 6 Identify short-term and long-term steps necessary to reach the goal.
- 7 Determine how to monitor progress toward the goal and how to collaborate with a trusted person to move forward.

Use **PAX Goal Maps** in your current setting for...



Home transition



Reunification with family



Reentering the workforce



Use **PAX Goal Maps** at home with young people for...



Improving grades



Improving a skill



Making friends





Let's Reflect



What goals
might you work
toward in your
current setting?

What are some goals
the young people in
your life might want
to work toward?

Small Groups





- 1 What is your PAX Goal?
- 2 How will reaching this goal make for a better future?
- 3 Who can support you in reaching your goal?
What can help you reach this goal?
- 4 What could make reaching your goal difficult?
- 5 What will you need to do MORE of to reach this goal?
What will you need to do LESS of to reach this goal?
- 6 What steps will you take to reach this goal?
- 7 How will you monitor your progress toward your goal?



Why Do **PAX** Goal Maps Work?

Rationale: **Goal Maps** use purposeful interviewing to help individuals identify a practical path forward and make a plan.



Goal Maps help everyone to...

-  Identify authentic goals for a better future.
-  Recognize people and resources that can help.
-  Recognize barriers to overcome or detour around.
-  Organize thoughts, feelings and actions.

PAX Tools for New Beginnings

At a Glance:

-  6 content-hour training
-  In-person or virtual options
-  Includes PAX Tools for New Beginnings journal and kit
-  Advanced Facilitator training available



In 2025 in Ohio, PAXIS Institute:



Led 32 PTNB trainings



Trained 370 clients and staff



Partnered with 70+ agencies

Brought to you by:



&



Department of
Behavioral Health



"I would love to see [this training] come back to transitional living. Thank you so much. You have helped me in a lot of ways."

"We love that this training is strengths-based!"

"Our Residents/Clients came up with great personal goals and immediately began completing a personal Goal Map. We did not have to encourage them... they began on their own."

2025 Project Outcomes

99%

agreed that PAX Tools provided them with helpful strategies for reducing stress

97%

agreed that PAX Tools will help improve connection between staff and clients

98%

agreed that PAX Tools could decrease conflict with young people in their care

PTNB Facilitator



**PAXIS
Trainer**



**PTNB
Facilitator**



**Women in
recovery &
Staff who
work with
them**



**Each other,
and young
people**

PAX Tools for New Beginnings is now available in:



New
Mexico



Kansas

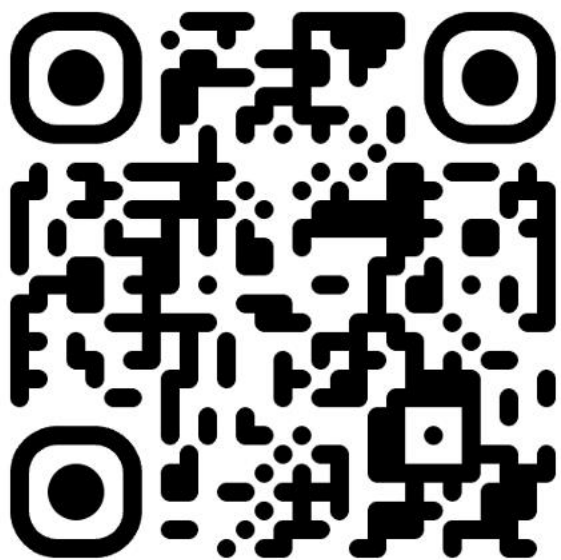
Thank you for being here!

"Use your smile to change the world;
don't let the world change your smile."

– *Chinese Proverb*



Let's work together



Learn More



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