



The Power of Teachers to Better the World With PAX in Lane County, OR for 3,478 First Graders

Each of us knows teachers who changed our lives. Each of us, as teachers, aspires to change lives of our students for the better. When teachers and students stayed in a community for a long time, teachers had a chance to see the fruit of their labors.

Modern mobility makes it difficult to follow our students through adulthood, yet modern science can track the impact of one teacher on many lives. Modern science has repeatedly tested PAX GBG—a daily practice invented by teachers that you can use during any instructional activity—that changes lives for the better.

Consider a simple analogy. You know that having a child use a car-safety seat can save lives. You know that teaching children to wash their hands can save them from illness—even serious illnesses. How do you know that? Typically from scientific studies and public-health messages, based on rigorous studies of the



benefits of car seats and hand washing. You know that the benefit is when you create the Miracle of self-regulation, positive peer relations, and ability to delay gratification by using PAX GBG each year. This calculation shows what might happen in this district if every first grade teacher in the district used PAX GBG well. We cannot say for certain, of course. But we can

predict increased *probability* of greater peace, productivity, health and happiness on the part of your students—based now on multiple long-term studies of the impact of the PAX GBG strategies when those same students reach the age of 21. And the worse your students' prior histories coming to your classroom, the greater the probability that using

the strategies of PAX GBG will have these benefits. This estimate of your lifetime miracle worker status hinges on you actually using PAX strategies each year, with some supports and materials along the way.

Impact	Long Term Outcome Indicator at Age 21
299	Fewer young people will need any form of special education services
194	More boys will likely graduate from high school
232	More boys will likely attend college
309	More girls will likely graduate from high school
241	More girls will likely attend college
34	Fewer young people will likely commit serious violent crimes
334	Fewer young people will likely develop serious drug addictions
229	Fewer young people will likely become regular smokers
123	Fewer young people will likely develop serious alcohol addictions
169	Fewer young women will likely contemplate suicide
229	Fewer young men will likely attempt suicide

*Note: If the first-grade teachers just use PAX GBG for one year, the ROI is 92-to-1, and the total savings of **\$45.2 million**. If teachers use

this more years, that produces even better rates of return. These benefits accrue to the child, family, and community.

If you are like most teachers, you've imagined your making lifetime differences for your students. Chances are you can recall one teacher who made a lifetime difference to you or to your own children.

While we imagine making such lifetime differences, teachers rarely have the opportunity to learn about and how to use strategies that are scientifically proven to benefit children for their lifetimes. The strategies inside PAX GBG are among one of the few such proven strategies, and it is rather easy to use. Additionally, once you really learn to use these strategies well, you can apply them.

Today, you are learning to use these powerful skills during any academic or school activity. PAX GBG is not a curriculum, a fortunate thing since curricula come and go as fads, with new administrators, or election cycles.

Skills are portable and improvable. You can use your learned skills of PAX in any classroom, as well as in the community. The knowledge about the skills inside PAX GBG are subject to constant study

around the world, which means you and your students can gain more from the skills if you continue to sharpen or polish the skills.

New knowledge about those skills underlying PAX GBG can be found in the best scientific journals, many of which are accessible via the U.S. National Library of Medicine at www.pubmed.gov.

You can contribute to those improvements by sharing your successes and challenges at www.GoodBehaviorGame.org and related sites. You can also use social media like FaceBook (befriend PAX GBG), and you can even use Twitter to share your successes or challenges by using the hashtag #saveallkids.

Remember, PAX is like seatbelts, tooth brushing, and physical activity: PAX only works if you work PAX. Thousands of teachers have now used PAX GBG. Like seatbelts, tooth brushing and physical activity, those teachers who have really used PAX GBG have the results to show to themselves and others that can benefit children for their lifetimes.

References used for calculating benefits

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National Registry of Evidence-Based Programs and Practices
Please visit <http://bit.ly/NREPP>



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What Is QTIP?

Quit Tobacco in Pregnancy was developed to help you quit tobacco for good. We know you want to have a healthy, happy baby and to be the best mom you can be.

Quitting tobacco is one of the best things you can do to ensure good health for you and your baby now and for the rest of your lives.

When you enroll in QTIP, you receive support and personal attention to help you stop. We know quitting can be hard and we're here to help you succeed.

If you are successful in quitting, you could receive up to \$200 in gift cards that can be used for clothes, food, baby items or something special just for you! When you access professional tobacco cessation services, you will be able to choose additional gifts like diapers, diaper bag, water bottle and many more items for you and the baby.



For additional information or to request this information in another language or format, please call Member Services Toll Free: 1(877) 600-5472 or TDD/TTY: 1(877) 600-5473.

Trillium Member Services is available to answer your call directly 8 a.m. to 5 p.m., Monday through Friday (except on holidays). Trillium Utilization Management (UM) staff is available to answer calls from 8 a.m. to 5 p.m., Monday through Friday (except holidays). UM staff makes decisions based on insurance coverage and medical need. UM staff can be reached by calling Member Services. Our automated system is available anytime for self-service options, including after hours, weekends, and holidays. Voice messages are reviewed and responded to within one business day. Member Services also has free language interpreter service available for non-English speakers.



Community Health Plan
It's beautiful what we cover

Local: 541-485-2155

Toll Free: 877-600-5472

Toll Free TTY: 877-900-5473

Trillium Community Health Plan

UO Riverfront Research Park

1800 Millrace Drive

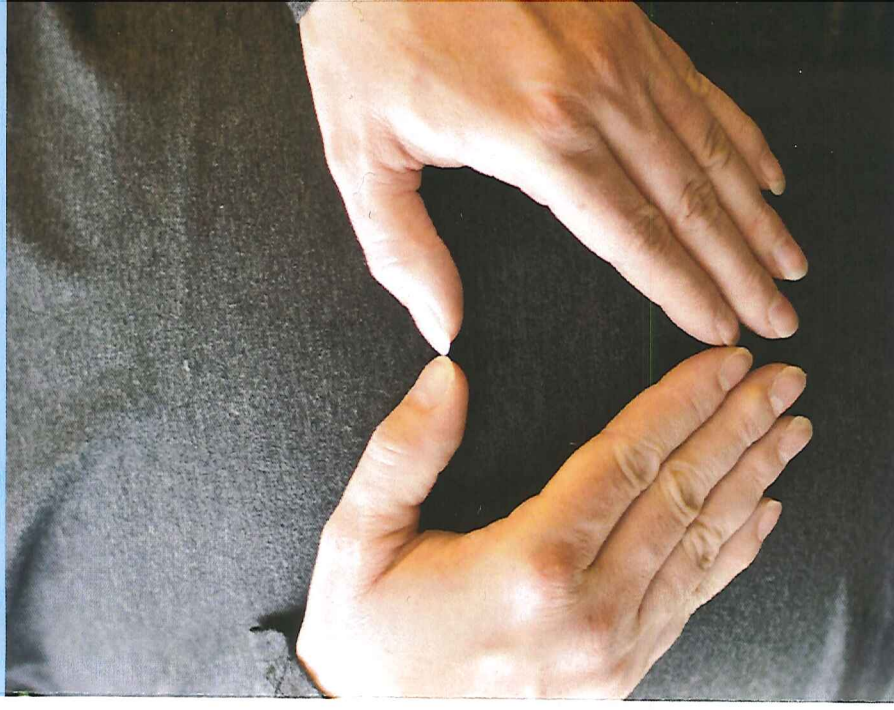
Eugene, OR 97403

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OHP-TRIL-15-045

Quit Tobacco in Pregnancy



Community Health Plan

Think well. Be well.™

Why is QTiP Important for You?

Quitting tobacco has many important health benefits for you and your family.

- ▶ You will have more energy and be able to breathe more easily.
- ▶ You will lower your risk of developing heart disease, stroke, lung cancer, and other smoking related diseases.
- ▶ You will feel good about what you have done for yourself and your baby.
- ▶ If you are planning to breastfeed, you will have an improved milk supply.
- ▶ Your hair, clothes and home will smell better.
- ▶ You will have more money. A 1 pack a day smoker can save \$200 a month by quitting.

Why is QTiP Important for Your Baby?

During pregnancy:

- ▶ As soon as you quit your baby will start getting more oxygen.
- ▶ You will have a lower risk of miscarriage and stillbirth.
- ▶ There is a lower risk that your baby will be born prematurely and/or born with low birth weight. Low birth weight can cause many lifelong health problems.

Your baby will:

- ▶ be less fussy and cranky
- ▶ have less coughing and wheezing
- ▶ have fewer lung infections and other lung diseases like asthma, bronchitis and pneumonia
- ▶ have fewer colds, sore throats and ear infections
- ▶ be less likely to die of SIDS (Sudden Infant Death Syndrome)

**Quitting smoking while you
are pregnant can avoid a lot
of problems throughout your
baby's life.**

What Do I Need to Do to Get Started?

- ▶ Call **541-682-4440** to make an appointment to meet with our QTiP staff and sign up for the program. At your first appointment you will get help to set a quit date and make a plan to quit. You will return at least three times during your pregnancy and twice after your baby is born to check on your progress. At each visit you may be eligible for prizes if you have participated in a cessation program and gift cards if you have quit.
- ▶ Talk to your doctor or midwife about your desire to quit.
- ▶ Tell your friends and family that you need their support. Ask someone to quit with you.
- ▶ **Get support!** Our community offers many support programs. QTiP staff can help you find one that works for you.

¿Qué es QTiP?

QTiP (Quit Tobacco in Pregnancy) o Dejar de Fumar en el Embarazo es un programa creado para ayudarla a dejar de fumar permanentemente. Sabemos que desea tener un bebé saludable y feliz y ser la mejor mamá.

Dejar de fumar es una de las mejores cosas que puede hacer para asegurarse de que usted y su bebé gocen de buena salud no sólo ahora sino por el resto de su vida.

Cuando participa en QTiP, usted recibe apoyo y atención personal para ayudarla a dejar de fumar. Sabemos que dejar de fumar es difícil y estamos aquí para ayudarla a lograrlo.

Si logra dejar de fumar, usted podría recibir hasta \$200 en tarjetas de regalo que se pueden usar en ropa, comida, artículos para su bebé o algo especial para usted. Cuando tiene acceso a servicios profesionales para dejar de fumar, usted podrá escoger regalos adicionales como pañales, pañaleras, botellas de agua y muchos artículos más para usted y el bebé.



Para mayor información o para solicitar esta información en otro idioma o formato, por favor llame al número telefónico del Departamento de Servicio para los Miembros: 1(877) 600-5472 o TDD/TTY: 1(877) 600-5473.

El Departamento de Servicio para los Miembros de Trillium está disponible para responder sus llamadas directamente de 8 a.m. a 5 p.m., de lunes a viernes, con excepción de feriados. El personal de Utilization Management (UM) de Trillium está disponible para responder sus llamadas de 8 a.m. a 5 p.m., de lunes a viernes (excepto en días feriados). El personal de UM toma decisiones en función de la cobertura del seguro y la necesidad médica. El personal de UM se puede localizar llamando al Departamento de Servicio para los Miembros. Nuestro sistema automatizado está disponible a cualquier hora, con opciones de autoservicio, incluyendo después de horas de oficina, fines de semana y feriados. Los mensajes de voz son revisados y respondidos en un día laborable. El Departamento de Servicio para los Miembros también ofrece servicio de interpretación gratuitamente para quienes no hablan inglés.



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Quit Tobacco in Pregnancy (Dejar de Fumar en el Embarazo)



Community Health Plan

Think well. Be well.™

¿Por qué QTIp es Importante para Usted?

Dejar de fumar tiene muchos beneficios en su salud para usted y su familia.

- ▶ Usted va a contar con más energía y podrá respirar más fácilmente.
- ▶ Usted va a disminuir su riesgo de contraer enfermedades del corazón, derrame cerebral, cáncer de pulmón, y otras enfermedades relacionadas con el tabaco.
- ▶ Usted se va a sentir orgullosa de lo que hizo por sí misma y su bebé.
- ▶ Si está pensando en darle el seno a su bebé, va a tener un mejor suministro de leche.
- ▶ Su cabello, ropa y casa van a oler mejor.
- ▶ Va a tener más dinero. Si fuma una cajetilla al día puede ahorrarse \$200 al mes al dejar de fumar.

¿Por qué QTIp es Importante para Su Bebé?

en el transcurso del embarazo:

- ▶ Tan pronto que deja de fumar su bebé comienza a recibir más oxígeno.
- ▶ Va a tener un menor riesgo de aborto espontáneo o muerte fetal.
- ▶ Existe un menor riesgo de que su bebé nazca prematuramente y / o con bajo peso al nacer. Nacer con bajo peso puede provocar muchos problemas médicos que duren toda la vida.

Su bebé va a:

- ▶ ser menos quisquilloso y malhumorado
- ▶ sufrir menos de tos y problemas al respirar
- ▶ tener menos infecciones pulmonares y otras enfermedades pulmonares como asma, bronquitis y pulmonía
- ▶ sufrir menos de resfriados, dolores de garganta e infecciones del oído
- ▶ tener menos probabilidades de morir del Síndrome de Muerte Súbita del Lactante (Sudden Infant Death Syndrome o SIDS, por sus siglas en inglés)

Dejar de fumar en el embarazo puede evitarle muchos problemas en el transcurso de la vida de su bebé.

¿Qué Necesito Para Comenzar?

- ▶ Llame al **541-682-4440** para sacar una cita y hablar con un miembro del personal de QTIp y apuntarse en el programa. En su primera cita le darán la ayuda necesaria para fijar una fecha en la que dejará de fumar y hacer un plan para dejar de fumar. Usted volverá al menos tres veces en el transcurso de su embarazo y dos veces luego de que su bebé haya nacido para que veamos su progreso. En cada visita usted podría ser elegible para ganar premios si ha participado en un programa de cesación y tarjetas de regalo si logró dejar de fumar.
- ▶ Hable con su médico o partera sobre su deseo de dejar de fumar.
- ▶ Díglele a sus amigos y familiares que necesita su ayuda. Pídale a alguien que deje de fumar junto con usted.
- ▶ **¡Encuentre ayuda!** Nuestra comunidad ofrece muchos programas de apoyo. El personal de QTIp le puede ayudar a encontrar un programa adecuado para usted.