



# PATTTS

Peaceful Alternatives to Tough Situations

**Learn, practice and apply conflict resolution techniques**  
**Identify mood patterns and anger triggers**  
**Learn peer refusal skills • Establish a plan for change**

*PATTTS groups are designed to encourage peer support and reinforcement of positive behaviors and choices. Learning is encouraged through brainstorming, role plays and confidence-building activities. PATTTS adopts the perspective that many aggressive children have exceptional leadership qualities that need to be redirected into more socially accepted behaviors. Aggressive children often have not had the guidance and support from families, community, or peers to utilize or choose nonviolent conflict resolution responses. Research further supports the need to involve families, teachers, and other support people to reinforce new conflict resolution skills in youth. PATTTS integrated these influential partners in the youth's life. The Center for Child and Family Services developed PATTTS 18 years ago to serve varied community systems. Currently, over nine states are utilizing PATTTS to serve their youth populations through a variety of organizations.*

## Group Specifics



- 3 grade specific curriculum for: K-2 – Grade 3-5 -- Middle/High School
- 9 one-hour group sessions
- Parent workshop and Teacher orientation can be interwoven with youth program
- PATTTS has successfully served various populations in rural and urban settings
  - Public & Private schools
  - Juvenile Court Services
  - Group Homes and Treatment Centers

## Goals & Skills

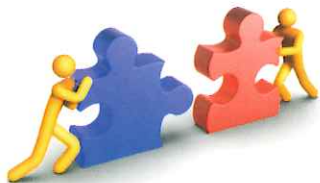


- Setting personal goals
- Reduce aggressive/disruptive behavior
- Recognizing anger cues & personal triggers
- Learn conflict resolution styles that will aid with interpersonal relationships
- Personal responsibility and body language
- Consequences to violence and our actions in general
- Peer refusal skills

## Outcome Results (Based upon results from over 1,000 surveys)

Following PATTTS programs the average changes from schools and court groups are:

- Principal referrals decreased 47%
- Suspension rates in schools decreased 46%
- Aggressive behavior & fights decreased 37%
- Recidivism rate has steadily decreased - our current rate shows 94% of juvenile offenders do not reoffend following completion of PATTTS (rate is based on similar offenses over 1 year)



**For current information on purchasing PATTTS, check our website: [www.patts.info](http://www.patts.info)**



*Our Family of Programs*



HAMPTON • WILLIAMSBURG

Behavioral Health Services 757-838-1960  
 Consumer Credit Counseling Service 757-826-2227  
 Child & Family Connection 757-229-7940

[www.kidsandfamilies.com](http://www.kidsandfamilies.com)