

# Aggression Replacement Training (ART)

## Fact Sheet for the Referral Source

- ART is a cognitive behavioral intervention, training individuals to cope with their aggressive and violent behaviors.
- ART targets youth between the ages of 12-18.
- ART is generally 30 group sessions.
- ART has three specific components:
  - ⇒ Skill Steaming – Teaches prosocial behaviors. Sessions involve the following four procedures: Modeling, Role-Playing, Performance Feedback, and Transfer Training.
  - ⇒ Anger Control Training– Teaches participants what *not* to do in situations where youth would act aggressively. The youth will learn to respond to their triggers with the following chain of behaviors: Identifying Triggers, Identifying Cues, Using Anger Reducers, Using Reminders, Thinking Ahead, and Using Self-Evaluation.
  - ⇒ Moral Reasoning Training– This is the cognitive component of ART. There are four phases to this component: Introducing the Problem Situation, Cultivating Moral Maturity, Remediating Moral Development Delay, and Consolidating Moral Maturity.
- ART relies on program repetitive learning techniques to teach participants to control impulsiveness and anger, which results in using more appropriate behaviors.
- Therapists guide group discussions to correct antisocial thinking.
- Therapists attend an initial two day training and a six month follow-up training. Therapists also receive fidelity assistance for the first year of implementation.
- ART is proven to have positive outcomes with established reductions of up to 24% in 18 month felony recidivism .

### Things to keep in mind when completing the referral:

- Include as much information as possible, as this will help the therapist with the assessment process.
- Complete all sections of the referral form thoroughly including:
  - ⇒ YLS and GAIN-SS numerical scores and check boxes.
- For the question regarding *is the individual currently receiving services*, this refers to substance abuse, mental health, and/or other behavioral health services.
- Provide the tentative release date if they are in custody. Please do not send in referral until youth is within 10 days of release, if in custody.
- Provide a summary stating the reason for the individual being on probation/aftercare, or attach the case study/intake summary.
- Include any history of violence, abuse, and gang involvement .

**All referrals must come through the Division of Behavioral Health. Please do not send directly to the agency.**