

AGGRESSION REPLACEMENT TRAINING (ART)



OVERVIEW OF THE PROGRAM

The Juvenile Justice Incentive Grant (JJIG) program is a statewide competitive grant administered by the Criminal Justice Coordinating Council (CJCC). The program offers funding and technical support for juvenile courts to implement nationally recognized community-based treatment programs appropriate for youth scoring moderate- to high-risk on the Pre-Disposition Risk Assessment (PDRA).

Evidence-based programs (EBPs) provide support and supervision to address youth needs; promote a positive relationship among the youth, their families, and their communities; and ultimately reduce out-of-home placements, associated higher costs, and recidivism while maintaining public safety.

THE IMPORTANCE OF RISK AND PROTECTIVE FACTORS

EBPs target specific risk and protective factors that influence the problem for their target population. **Risk factors** are aspects of a person or their environment that increases the likelihood they will experience a negative outcome. **Protective factors** are aspects of a person or their environment that have a positive influence and serve as a buffer against negative outcomes. The main goal for EBPs is to strengthen existing protective factors or build new ones and reverse risk factors in youth.



A youth with risk factors is more likely to experience more risk factors and less protective factors.

Each protective factor a youth has reduces the impact of one or more risk factors.

AGGRESSION REPLACEMENT TRAINING (ART) PROGRAM SUMMARY

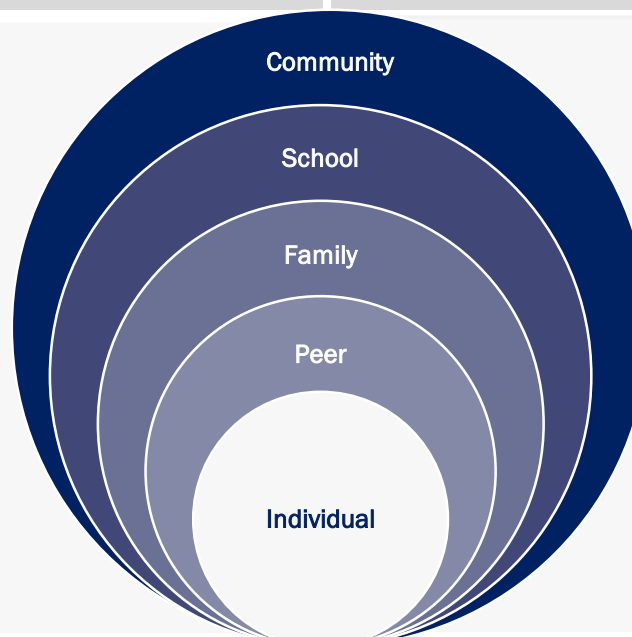
Aggression Replacement Training (ART) is a group-based intervention that addresses aggression and violence by improving moral reasoning and social skill competency. Group-based interventions predominately focus on risk and protective factors that directly affect the individual.

RISK FACTORS

- Aggressive behavior
- Impulsive behavior
- Poor problem-solving skills
- Poor social skills
- Early initiation and persistent antisocial behavior
- Favorable attitudes towards antisocial behavior
- Skill deficit

PROTECTIVE FACTORS

- Improving social skills
- Emotional awareness and understanding
- Emotional regulation
- Improving problem-solving
- Identify triggers and cues of anger
- Use reminders and reducers
- Using self-evaluation
- Ability to take multiple points of view



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FREQUENTLY ASKED QUESTIONS (FAQS)

What is ART?

- Aggression Replacement Training is a cognitive-behavioral curriculum that targets consistent aggressive and violent behavior. The program consists of three components: Social Skills, Anger Control, and Moral Reasoning.
- ART is a co-facilitated, group-based, skill-building program.

What is the main goal of ART?

- To reduce aggression and violence among youth by providing them with opportunities to learn prosocial skills in place of aggressive behavior.

Is ART evidence-based?

- ART has produced impressive results working with gangs in Brooklyn, New York, communities. More rigorous evaluations have assessed the effectiveness of ART as an intervention for incarcerated juvenile delinquents. In these studies, ART enhanced prosocial skill competency and overt prosocial behavior, reduced the level of rated impulsiveness, decreased the frequency and intensity of acting-out behaviors, and enhanced the participants' levels of moral reasoning.

How long is the ART program?

- 10 weeks; 30-hour intervention
- Groups can either follow the three session per week or two session per week schedule
- 1-hour sessions for the three sessions per week schedule or 2-hour sessions for the two sessions per week schedule
 - *Note:* If the program decides to adopt the two session per week schedule, the following schedule should be maintained:
 - *Day 1:* Complete Social Skills Training Session (60–90 minutes) and 30 minutes of Moral Reasoning
 - *Day 2:* Second 30 minutes of the Moral

Reasoning group (same problem situation for that week), followed by the complete Anger Control Training session (60-90 minutes).

What is the target population for ART?

- Youth aged 11 to 17 exhibiting aggressive or violent behavior with deficiencies in prosocial skills, anger control, and moral reasoning capacity.
- ART is appropriate for both males and females and all race and ethnicities.

What is the suggested group size for ART?

- It is recommended groups have between 8 and 12 youth to preserve program integrity. More than 12 youth would require more time than is allotted for each lesson, and fewer than 8 members would compromise the group process and diminish the effectiveness of youth learning.

How do I get trained in ART?

- All facilitators must be trained by a certified Master Trainer through G & G Consultants.
- This training is typically five days and is a total of 40 hours. Facilitators must attend all 40 hours to become a facilitator.
- CJCC hosts at least one ART Facilitator Training every year. Please note, ART Facilitator Trainings are hosted year-round outside of CJCC as well.

How many counties are using ART in Georgia?

- Through the Juvenile Justice Incentive Grant, six counties are currently providing ART.

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