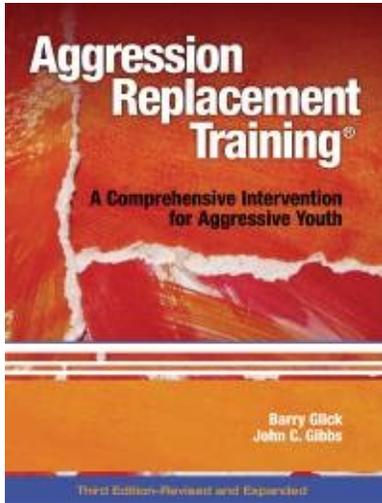


Aggression Replacement Training



Youth who complete ART have:

- Increased positive social skills,
- Improve conflict resolution skills,
- Decrease risk of reoffending,
- Less angry in conflict situations,
- Improve self control.

MIDLAND COUNTY
42ND CIRCUIT COURT
FAMILY DIVISION

MIDLAND JUVENILE CARE CENTER
DAY TREATMENT PROGRAM
3712 E. ASHMAN STREET
MIDLAND, MI 48642
(989) 837-6080

ART Classes are 1.5 hours and held at the Midland Juvenile Care Center twice a week for 15 weeks for a **total of 45 hours** of class instruction.

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Director of Court Services
and Program Development

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Day Treatment Supervisor



AGGRESSION REPLACEMENT TRAINING

(A.R.T.)

ART was developed to teach youth to replace inappropriate angry behavior with:

- **positive skill learning**
- **anger control and**
- **moral reasoning**



What is A.R.T.?

A.R.T. is composed of three components:

1. Skill Streaming/ Social Skills

Skill Streaming is a cornerstone curriculum for the program. It teaches pro-social and interpersonal skills that reduce the need to respond in an aggressive or socially inappropriate manner.

Examples of the 50 skills covered are: Learning positive ways to express a complaint, responding to the feelings of others, preparing for a difficult conversation, responding to anger, keeping out of fights, helping others, dealing with an accusation, expressing affection and responding to failure.

Through repetitive learning and role playing, youth will retain the knowledge of the skill and feel confident in their ability to use it when needed.



2. Anger Management

Anger Management teaches students how to identify when they are angry, recognize the cues that let them know when they are experiencing anger, and use techniques to reduce angry feelings.



The skills learned in Skill Streaming are applied to role play situations as alternatives to anger aggression.

3. Moral Reasoning

This session is discussion based and uses morally complex situations a young person might experience in their everyday lives. The discussions seek to expose and challenge adolescent thinking errors and encourage looking at others' point of view.

During class, students participate in role-playing various real-life situations and learn new behavioral skills. The students keep logs to record examples of these situations outside of class and how they dealt with them. These behaviors are discussed in class as well.

Booster Sessions:

After completion of the A.R.T. program, Day Treatment youth will attend weekly booster sessions for eight weeks. These sessions review situations the youth have come across to examine how the skills learned did or could have helped the circumstances.

Why A.R.T.?

Aggression Replacement Training is an evidenced based program that research has shown to do the following:

- Reduces the chance that teenagers will reenter the juvenile system.
- Increases pro-social behaviors
- Improves anger control

Graduates of the A.R.T. program learn to make better choices when confronted by situations they would previously have reacted to with anger or other non-constructive behaviors.

