

Community Based

Aggression Replacement Training



Adelphoi 

www.adelphoi.org

What is Aggression Replacement (ART) Training?



Adelphoi has been implementing Aggression Replacement Training (ART) since 2007. ART concentrates on development of individual competencies to address various emotional and social aspects that contribute to aggressive behavior in youth. Program techniques are designed to teach youth how to control their anger impulses and use positive alternatives. The main goal is to prevent and reduce aggression and violence among youth by providing them with opportunities to learn prosocial skills in place of aggressive behavior.

Inclusionary Criteria/Target Population

The program is targeted at youth with a history of serious aggression and antisocial behavior, and can be applied across several different populations. Eligible populations include chronically aggressive children and adolescents ages 12-17. It is recommended that potential participants are screened for risk and severity of aggressive/antisocial behavior before implementation to assess eligibility for inclusion. This type of assessment often includes the use of clinical instruments to examine the degree of problematic behavior in youth.

Program Objectives

- To teach a curriculum of prosocial, interpersonal skills to adolescents, helping them replace antisocial behaviors with positive alternatives.
- To teach youth how to recognize and control angry feelings, helping them respond to anger in a non-aggressive manner.
- To promote values that respect the rights of others, and help youth want to use the interpersonal and anger management skills taught.

Program Specifics

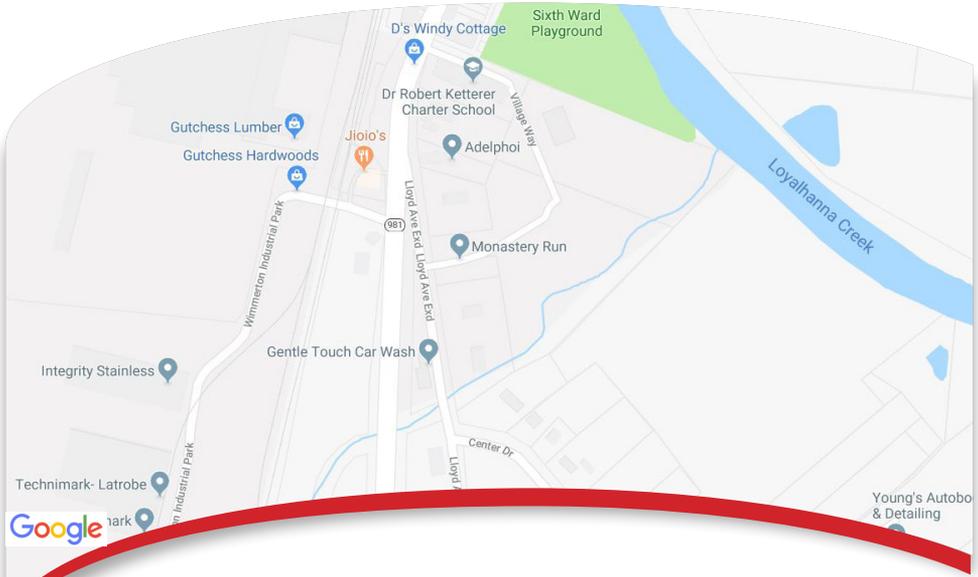
The Community Based ART Program consists of a 10-week, 30-hour intervention administered to groups of 8 to 12 juveniles. The program relies on repetitive learning through modeling, role playing, and guided group discussion to correct antisocial thinking and to teach youth to control impulsiveness so they can choose to use more appropriate behaviors. The program consists of three components, all of which come together to promote a comprehensive aggression-reduction curriculum: Skillstreaming, Anger Control Training, and Moral Reasoning. Each component focuses on a specific prosocial behavioral technique: action, affective/emotional, or thought/values. During program implementation, youth attend a 1.5-hour session twice a week for the three components.



- **Skillstreaming** (action component). This component is intended to teach social skills through social interaction and is taught using direct instruction, role-play, practice, and performance feedback. This is intended to give participants the opportunity to practice prosocial responses to potentially difficult situations, such as standing up for a friend, dealing with group pressure, and responding to the feelings of others.
- **Anger Control Training** (affective/emotional component). This component is intended to help youth recognize their external and internal triggers for aggression, aggression signals, and how to control anger using various techniques. Participating youth must bring to each session one or more descriptions of recent anger-arousing experiences, and over the duration of the program they are taught to use specific skills to better control their anger impulses.
- **Moral Reasoning** (thought and values component). This component is intended to address the reasoning aspect of aggressive behavior, and is specifically designed to improve values of morality in aggressive youth. Techniques in this component allow participants to learn to reason in a more positive way in regard to moral and ethical dilemmas, providing youth with opportunities to discuss their responses to problem situations, taking perspectives other than their own that represent a greater level of moral reasoning.

Each youth will undergo a variety of pre-tests as well as post-tests. The pre and post-tests consist of 3 tests (Skills Assessment, How I Think Assessment, and Aggression Questionnaire) and will be administered once during orientation and once after completion of the program. The tests are used to measure outcomes and the overall effectiveness of the program.

Adelphoi will provide a mid-point and end-point report as well as weekly progress reports. The reports will include the test scores and will outline the participation scores during each group session, behavior, attendance, and relevant clinical observations.



About Adelphoi

Adelphoi is a non-profit organization dedicated to providing a continuum of quality services to children, youth, and families. Headquartered in Latrobe, PA, Adelphoi has programs in 30 counties, serving nearly 1,000 youth and families on a daily basis and over 2,500 children annually. Adelphoi's vast continuum of care includes group homes, a Charter School, foster and adoption services, education programs, mental health services, after-school programs, in-home services, shelter care, multisystemic therapy, and secure care.

Adelphoi has over 700 employees and assists persons and communities in need from over 60 counties throughout the Commonwealth, as well as from Ohio and Delaware. Adelphoi's mission is to serve communities of need through exemplary and affordable human service programs for children, youth, and families.

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