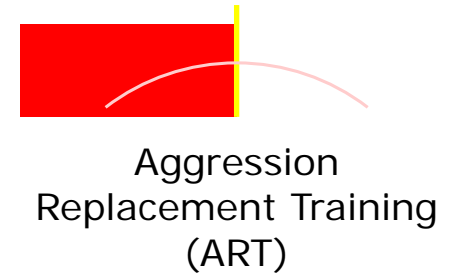
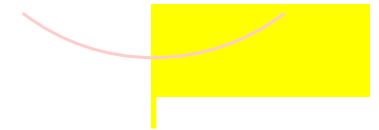




Aggression Replacement
Training
(ART)



Aggression
Replacement Training
(ART)



*A Teen Training
Program of New
Horizons*

Humboldt County
Department of Health and
Human Services

1711 Third Street
Eureka, CA 95501
(707) 268-2892



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Aggression Replacement Training (ART)

What is ART?

Aggression Replacement Training (ART) is a treatment for teenagers who show aggressive behaviors. ART focuses on teaching teenagers ways to reduce their anger levels, identify risky situations, skills to avoid trouble, and learn social skills.

Currently, ART is being offered to teenagers who have been ordered to the New Horizons Program for a stay of 4 to 6 months.



Weekly Focus Groups

- **Anger Control Training;** teens are taught to identify triggers of physical signs of the beginning of anger in themselves, ways to reduce the anger, and ways to self-evaluate how they handled a conflict.
- **Moral Reasoning;** teens are introduced to morally complex situations through a series of group discussion about moral dilemmas.
- **Skills Streaming;** teens are taught appropriate social skills through watching the trainer perform the behavior, role-playing with other teens in the group and giving feedback.



Proven Treatment

Aggression Replacement Training is a treatment that has been tested over the past 20 years. The treatment has been shown to:

- Improve social skills
- Decrease aggressive behaviors
- Reduce the chance that teenagers will reenter the juvenile system.

This treatment is only currently available to juvenile wards of the court who have been ordered to the New Horizons Facility.

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