



Tennessee Department of Children's Services **Protocol: Aggression Replacement Training® (ART)**

Supplemental to DCS Policy: N/A

Purpose: ART is the evidence based treatment model that the Department of Children's Services requires all youth in a Youth Development Center (YDC) complete. The purpose of this protocol is to ensure that fidelity (correct implementation) is met for all youth in the same manner at each YDC.

Preparation

1. The How I Think (HIT) Assessment is administered to youth within 72 hours of being admitted to a YDC.
2. The HIT is submitted to the ART Data Coordinator for scoring.
3. Data results from the HIT Assessment are used in addition to other assessment tools in the development of the youth's Individual Program Plan.
4. [Aggression Replacement Training Overall Functioning Scale \(OFS\)](#) is completed by the Residential Case Manager (RCM) within 14 days of admission (see OFS Guidelines for Administration).

Implementation

1. Each youth participates in a 10 week, 30 hour program (a minimum of 28 to complete) within their housing unit group.
2. Each group follows the same established schedule of lessons allowing for campus-wide reinforcement of skills.
3. The Superintendent ensures that the campus schedule is cleared for ART sessions to occur for 1-hour every week for each of the three components; Social Skillstreaming, Anger Control, and Moral Reasoning.
 - a) Any cancelled/missed group is made up within the same week. Youth may not be removed from ART to participate in other activities.
 - b) There should be a dedicated space for group sessions, free from distraction and chairs should be arranged in a u-shape.

Documentation

1. Each group session is entered as completed, with date, length of session, and type of session held, under the Service Sessions Icon in TFACTS for individual youth.
2. Each group session is entered as completed, concerning the youth's participation level, engagement in the process, and overall behavior, under the case recording section of TFACTS for individual youth.

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Post Assessment

1. Once a youth has been recommended for release or transfer, the HIT Assessment and OFS is completed. The HIT Assessment is completed only at exit while the OFS is completed prior to transfer to a new YDC.
2. Scores from the initial and post assessments (HIT and OFS) for each youth are compared to determine if participation has effected a change in thinking.
3. The data from the HIT and OFS is reviewed, at least quarterly, by the ART Data Coordinator, the YDC Treatment Managers, and the Statewide ART Continuous Quality Improvement (CQI) Team. Performance Improvement Plans are established, as necessary.

