

Washington State
Aggression Replacement Training
Program Standards
January 2013

1) Group Size and Design

- a) WSART groups should begin with no less than 6 youth and no more than 12. It is ideal to finish the group with a minimum of 5 youth. This standard exists to address the issues of repetitive learning, group management and quality of experience for the youth.
- b) WSART is an incentive based program. All CJAA WSART programs shall provide both tangible (food, prizes, etc.) and intangible (praise, encouragement, etc.) incentives.
- c) WSART is a 3 day per week program with one component taught on each day (e.g. Social Skills Training on Tuesday, Anger Control Training on Wednesday, Moral Reasoning on Thursday). Deviations from this model must be approved by the A.R.T. Quality Assurance Specialist and CJAA Advisory Committee.
- d) A WSART class must be 10 weeks. If due to special circumstances a week must be taken off during the 10 week period it is alright provided that the full 10 weeks is taught. It is recommended that no weeks be taken off until after the fourth full week of WSART classes.

2) Group Absence, Make Ups and Homework

- a) The maximum absences for a youth from an WSART 10 week group is 9 – no more than 3 of which may be in any single component (Social Skills Training, Anger Control Training, Moral Reasoning). All absences and homework must be made up and completed to successfully graduate from WSART. Counties may set a lower maximum of absences.
- b) If a holiday occurs during a WSART session the WSART class that would have been taught on that day must be taught on another day.
- c) All missed WSART classes must be made up to Successfully Complete. However, although made up these classes do not count as Classes Attended.

3) Trainer Qualifications and Requirements

- a) Newly trained Washington State WSART trainers should train with a Competent or Highly Competent WSART Trainer during their first 10 weeks. In the case that a newly trained Washington State WSART Trainer cannot train with a competent experienced WSART trainer during their first session of WSART their Consultant and the Washington State A.R.T. QAS are to be involved.
- b) WSART Main Trainers must train at least one 10 week WSART youth group per year to remain certified as active WSART Main Trainers. It is recommended that WSART Co-Trainers train at least one 10 week WSART group yearly.
- c) WSART Main Trainers shall attend annual regional refresher trainings provided by the WSART Quality Assurance Specialist. Exceptions to this requirement must be approved by the CJAA Advisory Committee.
- d) All WSART Main Trainers shall submit video of themselves conducting each component of WSART on an annual basis according to the following schedule: Social Skills Training and Moral Reasoning – Weeks 4 – 9; Anger Control Training – Weeks 5 – 9. The week to be submitted is at the direction of their WSART Consultant.
- e) A.R.T. Main Trainers who do not receive a rating of Competent or Highly Competent on their video tape reviews will make corrections as directed by their Consultant or the Quality Assurance Specialist and resubmit tapes as required.
- f) At the discretion of each jurisdiction's Juvenile Court Administrator, videos recorded as part of this requirement will either be returned to that court for destruction or used only for Washington State A.R.T. Trainer development and shown only to persons eligible to view juvenile court files under RCW 13.50.010 and RCW 13.50.050. In addition, any transmission of video via any electronic means including the internet is subject to the approval of each jurisdiction's Juvenile Court Administrator.

4) Probation Staff and A.R.T.

- a) Probation staff must honor the time that Aggression Replacement Training classes are to be conducted. No activities should be conducted before, during, or after classes that interfere with the classes. Examples are: giving UA's immediately before class; serving a youth with court papers before class; conducting probation meetings that cause a youth to be late to class; interrupting class; or telling a youth that a UA or service of court papers will occur immediately after class. Of course activities such as arresting a youth on warrant status should be conducted but they should be done in a manner that is as least disruptive to the class as possible.