

## WHITE PAPER: Aggression Replacement Training® & Prelude

### Overview

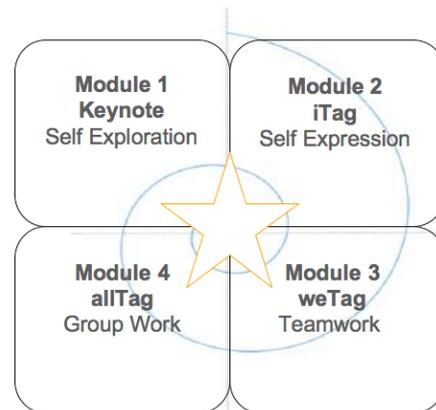
The following introduces Prelude, a new group learning game. Its design and outcomes uniquely complement and enhance ART® programming. In 2010, Prelude was successfully piloted as part of ART® programming at Batshaw Youth & Family Services in Quebec. The ART® Counselors – Robert Calame and Kim Parker - recommended Prelude to Perseus House Charter School of Excellence in Erie, Pennsylvania. It was again successfully piloted. Please see Appendix I: Case Studies. This core pioneer group in Canada and the USA is now seeking organizations and professionals interested in using Prelude in their own ART® programming.

### What Is Prelude?

Prelude is a group learning game that helps foster 21Century Learning Skills including social and emotional literacy. It's used in middle schools, high schools, adult education, community agencies, colleges, and professional development across Canada and the USA. Participants include mainstream, learning challenged, and/or at risk students. The latter are often minorities, new immigrants, and school dropouts. Curriculum and program areas include: *Language Arts, Ethics, Pro Social Behaviour, Life & Work Skills, Drop Out Prevention, Leadership, and Mentorship*. Several thousand individuals have played to date. Prelude is an ideal way to start a school term or training program. For more information about Prelude, please visit [www.heliotrope.ca](http://www.heliotrope.ca).

**Benefits:** Prelude is designed to help participants, individually and as a group, to:

- Better understand their assets, strengths, and capacities
- Better understand their aspirations and options
- Identify goals
- Better understand their diversity and interdependence
- Improve negotiation, compromise, and collaborative skills
- Increase respect and trust
- Understand they create the “bigger picture” together
- Create powerful artifacts for post-game reference and life-career portfolios



**Process:** Prelude has four activity modules [one online, the others manual]. Each provides an experience the next builds upon. Participants are guided from individual exploration and expression, to teamwork, and then whole group work. This involves creating Tags through a spiral learning process.

**Natural Symbols:** Prelude uses the classic elements – *fire, air, water, earth, and quintessence* – as metaphors. The star symbolizes excellence while the spiral symbolizes the discovery process. This helps players to positively picture themselves, each other, and their relation to community and the greater world.

**Facilitation:** Prelude is easy to learn for practicing teachers and counselors. After one or two game cycles, facilitation becomes almost second nature.

**Time Requirements:** Prelude may be played in a half day or over several periods.

**Age Level:** Prelude may be played from ages 12 up and throughout adulthood.

**Group Size:** Prelude may be played by groups of all sizes, from under 6 to over 100.

### The Relation Between ART® & Prelude

There's natural complementarity between the concepts and applications of ART® and Prelude respectively. Both are informed by social learning theory, systems theory, and structured learning theory. Prelude provides a safe experiential zone for youth to learn about and practice key ART® skills. More specifically, the game's four activity modules parallel the progression of ART® Skillstreaming, Anger Control, and Moral Reasoning Sessions. Participants move from self-discovery and creative expression to team and then whole group work. In the process, they identify goals and journal about lessons learned. They also create powerful artifacts, called iTags, weTags, and allTags. This involves using multiple literacies like visual expression in tandem. A large number of youth at risk and school leavers are visual – kinesthetic learners. These Tags become valuable additions to Life Career Portfolios and benchmarks of development. Please see Appendix II: Table for more comparison points between ART® and Prelude.

### Training & Facilitation: ART® & Prelude

Training is streamlined, intuitive, and engaging. An online training module is available for self-directed use. All support materials are available online for easy download. Online support is available as well. For more information and workshop training prices please contact -

#### United States - Educational & Treatment Alternatives, Inc.

- Mark Amendola - mamendola@uscart.org
- Robert Oliver - roliver@uscart.org

#### Canada - WOLF Social Competencies Inc.

- Robert Calame - robertcalame@live.ca
- Kim Parker - parker.kimberlee@gmail.com



## APPENDIX I: Case Studies

### Batshaw Youth & Family Centres

Batshaw Youth and Family Centres [BYFC] provide psychosocial rehabilitation and social integration services to Anglophone youth and families in Quebec. Batshaw uses Aggression Replacement Training®, also known as ART® in over 35 programs. ART® is an Evidence Based cognitive-behavioral intervention designed for troubled children, adolescents, and adults.

In addition to BYFC piloting Prelude at the Sir Wilfrid Laurier School Board, it also piloted Prelude within its Residential Facility programming, which involves ART®. These youth [ages 12-17] are in court-mandated residency. Many resident youth have reading and comprehension challenges. Given Prelude's versatility, materials were easily adapted to meet these special needs. During the game, there were numerous examples of how new positive ideas and attitudes 'clicked' for individuals and for the group.

*Not enough can be said about Prelude's usefulness in helping antisocial youth to develop crucial life skills like empathy and collaboration. It brings out the best in people by underlining individual strengths, then by inviting them to work together. The game fosters self-reflection, negotiating, sharing, cooperating, teamwork and group work. Teachers and Child Youth Care Professionals are searching for ways to work with youth using strength based approaches and Prelude delivers that.*

Robert Calame : Coordinator of Aggression Replacement Training® Programming

### Charter School of Excellence

Perseus House is a non-profit organization based in Erie, Pennsylvania. It provides preventative and intervention services for families, children, adolescents, and young adults. The Charter School of Excellence is a division of Perseus House. The Maritime Center – Middle School offers Grades 6 – 8 for students, ages 11 to 14. It emphasizes hands-on learning, developing critical and creative thinking, computer technology, healthy lifestyles, citizenship, and service to others. Its enrolment is 100 students. In September 2010, Prelude was successfully piloted with all 100 students in Grades 6,7, and 8. Perseus House offers a 12-bed facility for delinquent and child-welfare dependent boys (ages 12-18) with possible mental health needs. In October 2010, Prelude was also piloted successfully with the twelve students in the facility.

*The students have been very receptive to Prelude. I have been real happy with the outcomes and really enjoyed the game. It was eye opening to some students to see what their traits may be. It is my hope that the students understand where they fall in the elements and use it to work together with other students in a more successful way. Learning to work in groups is an important skill and dealing with others is a common goal in our building. It has been a big help in my classroom with projects and activities. It has been my practice to look at my grouping and plan projects that are conducive to their element styles The Prelude model will hopefully be used again for our students.*

Lisa Panko, Reading Specialist in Language Arts, Grades 6 – 8

*These activities have been well received by the students. We are really learning a lot ourselves and the other individuals in the class ... It encourages cooperation and facilitates understanding the differences we each have in how we respond to situations ... One participant stated he would like copies of their iTags and Keynotes to post on their bedroom doors as reminders to themselves and others the best way to they interact in a group and to remember that we are all individuals and respond differently. The project really brightened up the community in our room. Thanks for this opportunity to facilitate the program, I had fun and learned a lot about the individuals in this classroom.*

Stacie Luebbert M.Ed – Residential Treatment Facility [RTF]

## APPENDIX II: Table of Comparisons

	<b>ART® Standard Program</b>	<b>Prelude</b>
<b>Framework</b>	<ul style="list-style-type: none"> <li>- Multimodal, psychoeducational, skill development curriculum</li> <li>- Used to address antisocial, aggressive attitudes/behaviours in youth &amp; adults</li> <li>- Fosters skill building techniques for               <ul style="list-style-type: none"> <li>• Developing a healthy self-esteem</li> <li>• Building healthy relationships</li> <li>• Developing anger-control strategies that prevent conflict</li> <li>• Making decisions that reflect positive values</li> </ul> </li> <li>- Core of training -- 40 social skills for preschool, 60 skills for primary school, 50 skills for middle/high school &amp; adults</li> <li>- Implemented through modeling, role-playing, performance feedback, &amp; transfer training</li> </ul>	<ul style="list-style-type: none"> <li>- Multimodal learning game for groups of all ages</li> <li>- Creates a safe experience zone</li> <li>- Used to foster social &amp; emotional skills such as               <ul style="list-style-type: none"> <li>• Self knowledge</li> <li>• Empathy</li> <li>• Appreciation for diversity</li> <li>• Negotiation</li> <li>• Cooperation</li> <li>• Creativity</li> </ul> </li> <li>- Journal experiences and identify goals</li> <li>- Highly engaging &amp; fun</li> <li>- Results in dynamic artifacts for Life Career Portfolio</li> <li>- Positive multiplier effect</li> </ul>
<b>Professional Practice</b>	<ul style="list-style-type: none"> <li>- Used in Schools, Child Welfare, Mental Health Care &amp; Prison System</li> <li>- Canada, USA, UK, Netherlands, Poland, Sweden, Norway</li> </ul>	<ul style="list-style-type: none"> <li>- Used in Middle &amp; High School, Community Agencies, College, &amp; Workplace</li> <li>- Canada, USA,</li> </ul>
<b>Foundations</b>	<ul style="list-style-type: none"> <li>- Social Learning Theory</li> <li>- Structured Learning Theory</li> <li>- Systems Theory</li> </ul>	<ul style="list-style-type: none"> <li>- Social Learning Theory</li> <li>- Constructionism</li> <li>- 21s Century Skills &amp; Assessment</li> <li>- Social &amp; Emotional Literacy</li> <li>- Serious Games</li> </ul>
<b>Program Outline</b>	Small group (maximum 6-8 participants) 30 sessions over 12 weeks	Class or training group [5 - 25+ participants] 4 activity modules /several sessions or one day
	<p><b>10 Skillstreaming Sessions</b> Develops behavioral skills for interpersonal interactions</p> <p><b>10 Anger Control Sessions</b> Develops skills for emotional control in highly charged situations by identifying triggers &amp; cues</p> <p><b>10 Moral Reasoning Sessions</b> Develops positive values &amp; respecting the rights of others</p>	<p><b>Module 1: Keynote</b> - self discovery</p> <p><b>Module 2: iTag</b> - self expression</p> <p><b>Module 3: weTag</b> - team work</p> <p><b>Module 4: allTag</b>- group work</p>
	<p><b>Family TIES</b></p> <ul style="list-style-type: none"> <li>- Parent empowerment</li> <li>- Involves family as coaches for children</li> </ul>	<ul style="list-style-type: none"> <li>- Prelude can be played by family groups at home</li> <li>- Parents/siblings at home can also play along students/trainees in school or training program</li> </ul>