

## Aggression Replacement Training

Coastal Horizons Center Aggression Replacement Training (ART) is a 12 week course offered in the middle school sites in Bladen County over the academic year for youth who demonstrate difficulties managing emotions. The classes are focused on diminishing aggressive behaviors through targeted practice and role play of important social skills, awareness, and replacement of aggressive behaviors.

Youth recommended for this class exhibit behavior such as bullying, aggressive acting out, challenging behaviors, fighting, poor social coping, and may have limited social interaction skills.

Aggression Replacement Training features three coordinated and integrated components:

- **Social Skills Training** - teaches participants what to do, helping them replace antisocial behaviors with positive alternatives.
- **Participants are recommended** by teachers, behavior specialists, school counselors, and court counselors
- **Anger Control** - teaches participants what not to do, helping them respond to anger in a nonaggressive manner and rethink anger-provoking situations.
- **Services are free** to participants thanks to a generous grant from the local Juvenile Crime Prevention Council
- **Moral Reasoning** - helps raise participants' level of fairness, justice, and concern for the needs and rights of others.

Briana Carr, Therapist  
bcarr@coastalhorizons.org  
(910) 777-1859

Jeremy Seamon, Program Director  
jseamon@coastalhorizons.org  
(910) 754-4515

**“Promoting choices for healthier lives and safer communities”**

Referral Contact Information  
Email Briana at [bcarr@coastalhorizons.org](mailto:bcarr@coastalhorizons.org)  
View our website for additional information: [www.coastalhorizons.org](http://www.coastalhorizons.org)