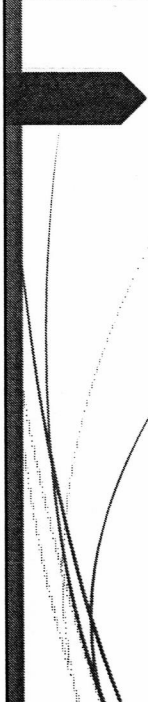


## Moral Reconciliation Therapy (MRT)

Evidence Based- Many studies have been conducted which show that the participation in the program leads to improved decision making and reduced recidivism up to 20 years after treatment. More information is available at [www.moral-reconciliation-therapy.com](http://www.moral-reconciliation-therapy.com)

### 12 MRT Steps

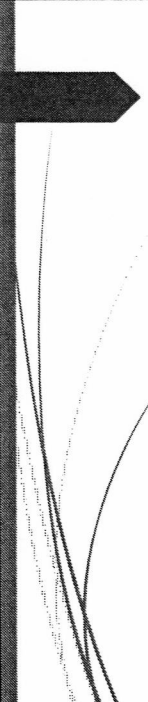
- Will be utilized in the first phase at YRTC-Kearney (Bryant Living Unit)



## Moral Reconciliation Therapy (MRT)

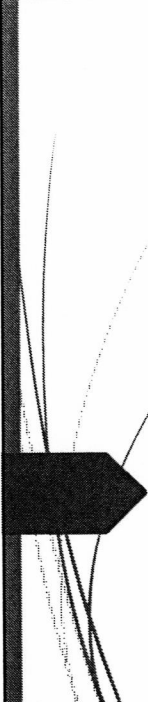
### 12 Steps

1. Trust
2. Honesty
3. Acceptance
4. Raising awareness
5. Healing damaged relationships
6. Helping others
7. Long-term goals and identity
8. Short-term goals and consistency
9. Commitment to Change
10. Maintain positive change
11. Keeping moral commitments
12. Choosing moral goals



**All MRT GROUPS are open-ended**

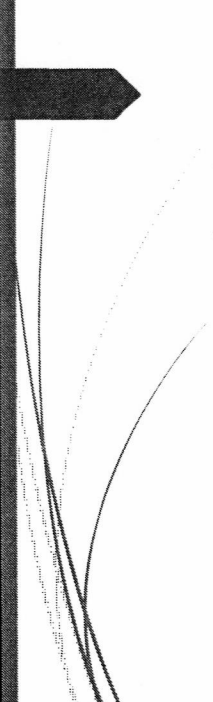
*This is significant for YRTC-Kearney as all youth coming out of orientation (i.e. 7 days) will join their MRT group. Each youth will receive an MRT workbook (Juvenile MRT- How to Escape Your Prison) during orientation.*



All groups will be ran be certified MRT instructors (i.e. Case Managers and LMHP's)

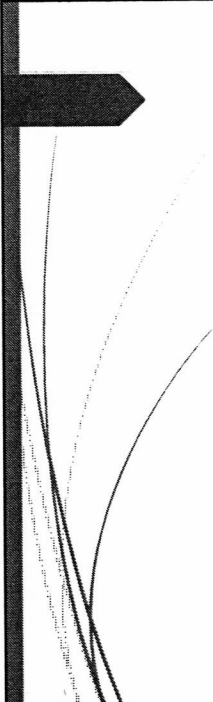
Current Update: We are working in collaboration with Probation on getting 2 instructors certified. They will be the trainers at the facility. We have completed our first cycle of groups and are now spreading MRT across the different units. Progress is currently being documented in youth case plans, discussed in family team meetings, and is being distributed to members of the treatment team.

Once MRT is fully implemented, we will track our success rates.



## Following completion of MRT.....

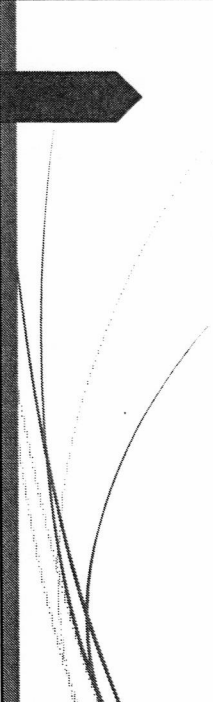
- Our youth will transition into the next phase of the program which is Aggression Replacement Training (ART)



## Aggression Replacement Training (ART)

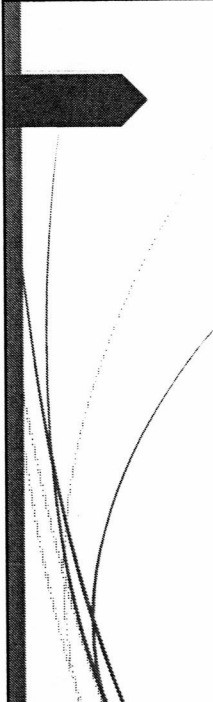
- We will be using the PEACE-ART Program at the facility (currently being used at YRTC-Geneva).
  - The PEACE-ART closed group model is a minimum of 3 days per week with one component taught on each day (e.g. Social Skills Training on Tuesday, Anger Control Training on Wednesday, Character Education/Moral Reasoning on Thursday).
  - This specific program includes a 4<sup>th</sup> day of "Empathy". This piece can also be added to the daily living curriculum in the living units as an evening/weekend program.
  - This is a 10-week closed group, meaning that the youth that start together also finish together. No entry by youth after the first week and all attempts will be made to keep youth in for the whole group cycle.

\* We will be utilizing ART in Creighton and Lincoln living unit. This will be the middle phase(s) of the program.



## PEACE-ART Training Standards

- Lead Trainers must attend an initial 3.5 day certification training. This encompasses theory, demonstration, and practice in each component. It also includes curriculum and lesson plans for Social Skills Training, Anger Control, Character Education/Moral Reasoning, and Empathy.
- Once trained, if possible, newly PEACE-ART Lead Trainers should co-train one 10-week session of PEACE-ART with a certified Lead Trainer prior to leading a group on their own.
- Lead Trainers must train at least one 10-week closed youth group per year to remain certified as an active Lead Trainer.
- Certified Lead Trainers should attend refresher trainings every two years.



COMING.....

➡ **Spring 2019**