Breaking the Chain:
An Arts-Based Pilot Project in Mohave County
Delinquent youth face roadblocks to programs

- Lack of money
- Lack of awareness
- Lack of Transportation
What creates Risk for Probationers?

• **Antisocial Personalities:** I can do what I want, I am above the law

• **Antisocial Behavior:** Acting out, using, defiance, lack of trust for authority

• **Antisocial Peers:** Friends and family

• **Antisocial Attitudes:** Rationalizations, minimizations, tolerance of negative behavior
How do we attack Risk?

- Address thinking errors through CBT
- Replace negative with positive activities, thoughts, feelings and interactions
- Build up protective factors by increasing communication, conflict management, coping skills, peer associations, self-image
Neuroplasticity
Therapeutic Art and Delinquent Youth

• Constructive outlets for self-expression and self-awareness
• Build self-esteem, self-control and personal growth to lead to attitude change
• Positive social interacting during group (sober fun)
Why Therapeutic Art with Youth on Probation?

• Studies by the National Arts Education Research Center demonstrate how integrating arts into learning experiences enhance social and personal developmental outcomes.

• Arts programs reach children like few others due the mediums they choose.

• They have a positive impact on self-image and self-esteem when others can relate to their art.
Collaboration

- Mohave County Probation Department
- Clinical Teams in the community
- Family members and Friends
- Community Resources
- Community Supports
Engagement

- Coordination of care with clinical teams, POs, PCPs, guardians, courts, family members and other stakeholders
- Therapeutic Art
- Individual counseling (trauma informed care)
Engagement

- Peer support
- Art Awakenings
- Recovery/Wellness (whole-person health promotion)
- Family support
Juvenile Drug Court Guidelines

- Guideline 1.4: EBP
- Guideline 4.1: Needs assessment and individualized case plan
- Guideline 5.6: Respond to use considering Risk, Need and Responsivity
- Guideline 6.2: Using CBT to teach coping skills and problem solving skills
- Guideline 6.2: Family Therapy
- Guideline 6.5: Practice pro-social skills in relationships and creative activities
Family Art Night:  
*Kintsugi—“The Art of Broken Pieces”*

- Participants bring their family member(s)
- Materials Provided, Atmosphere set, Meal provided
- Platters broken into pieces
- Each family member paints several pieces of the broken platter
- Back painted with inside feelings and thoughts
- Front painted with what they portray to the world
- Platter is glued back together and displayed
- Discuss fixing broken family and how everyone is a vital piece of the family, etc.
What are the youth reporting from these sessions?

- One teenaged girl recognized through a session that her own distorted thinking patterns about how people don’t think she is good enough can have negative effects on her decision making.
- One teenaged boy revealed that sometimes he doesn’t think he can do things so he doesn’t even try.
- During a “Reaching for the Stars” activity to remind them of what they can achieve when they learn to respond appropriately: One teenaged girl identified how education, a career, and a family are important to her.
- While practice coping skills through deep breathing, one learned to calm their thoughts, then did blow painting.
- One teenaged girl revealed she had difficulty expressing anger and depression appropriately after discussing how to express emotions through blow painting.
- While looking at a drawing that represents their life, another teenaged boy revealed that he valued family but was not proud of the things he had done to get where he was.
THANK YOU

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