The Attachment, Regulation, and Competency (ARC) Treatment Framework

The first 12 years

ARC Developed By:
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www.traumacenter.org

www.arcframework.org
Welcome!

- In the audience....
  - Over 350 providers
  - At least 100 agencies or programs
  - A wide range of roles, populations, service systems and settings
  - Hundreds of years of combined experience
  - A passion for working with youth and families
  - A deep belief in resilience and strength
  - An awareness of the importance of trauma-informed care in all settings, at all levels, by all who care for youth and families

Blaustein & Kinniburgh, 2010; Kinniburgh & Blaustein, 2005
ARC Origins

Blaustein & Kinniburgh, 2010; Kinniburgh & Blaustein, 2005
We can’t work in a vacuum.
Evidence based PROCESS
ARC as a Guide
Individuality and creativity matter

... maybe we should try to think out of the box?
Our Growth
Range of Application

- To date, over 250 separate agencies have taken part in ARC training and consultation rollouts

- Active training has occurred in 34 U.S. states and 6 countries; and includes 13 regional or statewide initiatives

- Open training events have included 2,000+ providers
Geographic Scope – U.S.

Blaustein & Kinniburgh, 2010; Kinniburgh & Blaustein, 2005
Geographic Range- Worldwide

- Full training conducted in:
  - England
  - Northern Ireland
  - Germany
  - Hong Kong
  - Canada
  - Puerto Rico
  - U.S. Virgin Islands

- Training in process of scheduling in Australia

Blaustein & Kinniburgh, 2010; Kinniburgh & Blaustein, 2005
Scope of Application

Implementation has occurred in a wide range of child/family-serving systems, including:

- Outpatient treatment (office, school, home-based)
- Inpatient treatment
- Residential/group home
- Juvenile justice
- Community-based services (mentors, family partners)
- Family shelter/substance abuse shelter
- Home visiting nurses/home-based parent coaching
- Schools
- Early intervention/head start
- Foster care/Child welfare system

Blaustein & Kinniburgh, 2010; Kinniburgh & Blaustein, 2005
New updates and projects

- Foster parent curriculum and facilitator guides
- Home visiting curriculum and clinical guide
- ARC website and discussion forum / community board under development; anticipated launch in early July, 2016
- Currently cataloguing all ARC-based resources – well over 200 documents

Blaustein & Kinniburgh, 2010; Kinniburgh & Blaustein, 2005
Some Available Materials

- Intervention manual (published text)
- Numerous youth treatment groups
- Caregiver groups
- Caregiver and youth worksheets and educational materials
- Clinical implementation support materials (i.e., fidelity checklist, treatment planning tools)
- Systems implementation support materials (i.e., milieu self-assessment, strategic planning tool)
- Home visiting curriculum for caregivers
- Foster parent curriculum, handouts, worksheets, and information guide along with associated case manager guide

Blaustein & Kinniburgh, 2010; Kinniburgh & Blaustein, 2005
Lessons Learned

From many, many children, families, providers, and systems

Blaustein & Kinniburgh, 2010; Kinniburgh & Blaustein, 2005
Lesson 1: Have a Vision

Blaustein & Kinniburgh, 2010; Kinniburgh & Blaustein, 2005
Lesson 2: Build a team

Blaustein & Kinniburgh, 2010; Kinniburgh & Blaustein, 2005
The Team

- Skeptic
- Champion
- Observer
- Realist
- Visionary

Blaustein & Kinniburgh, 2010; Kinniburgh & Blaustein, 2005
Lesson 3: Take it one step at a time

Blaustein & Kinniburgh, 2010; Kinniburgh & Blaustein, 2005
"Rivers know this: there is no hurry. We will get there someday" - Winnie the Pooh
Lesson 4:
Recognize the parallel process
Lesson 5: Think developmentally
Lesson 6: Start with curiosity
Lesson 7:
Start with taking a breath
Lesson 8: Remember that things will get messy

Blaustein & Kinniburgh, 2010; Kinniburgh & Blaustein, 2005
Blaustein & Kinniburgh, 2010; Kinniburgh & Blaustein, 2005
Lesson 9:
Honor the progress

Blaustein & Kinniburgh, 2010; Kinniburgh & Blaustein, 2005
Lesson 10: Hold onto hope
Finally....

Never stop learning

Blaustein & Kinniburgh, 2010; Kinniburgh & Blaustein, 2005
Thank you.

- To the kids, to the families, to our partners, to our trainers, to our collaborators.