

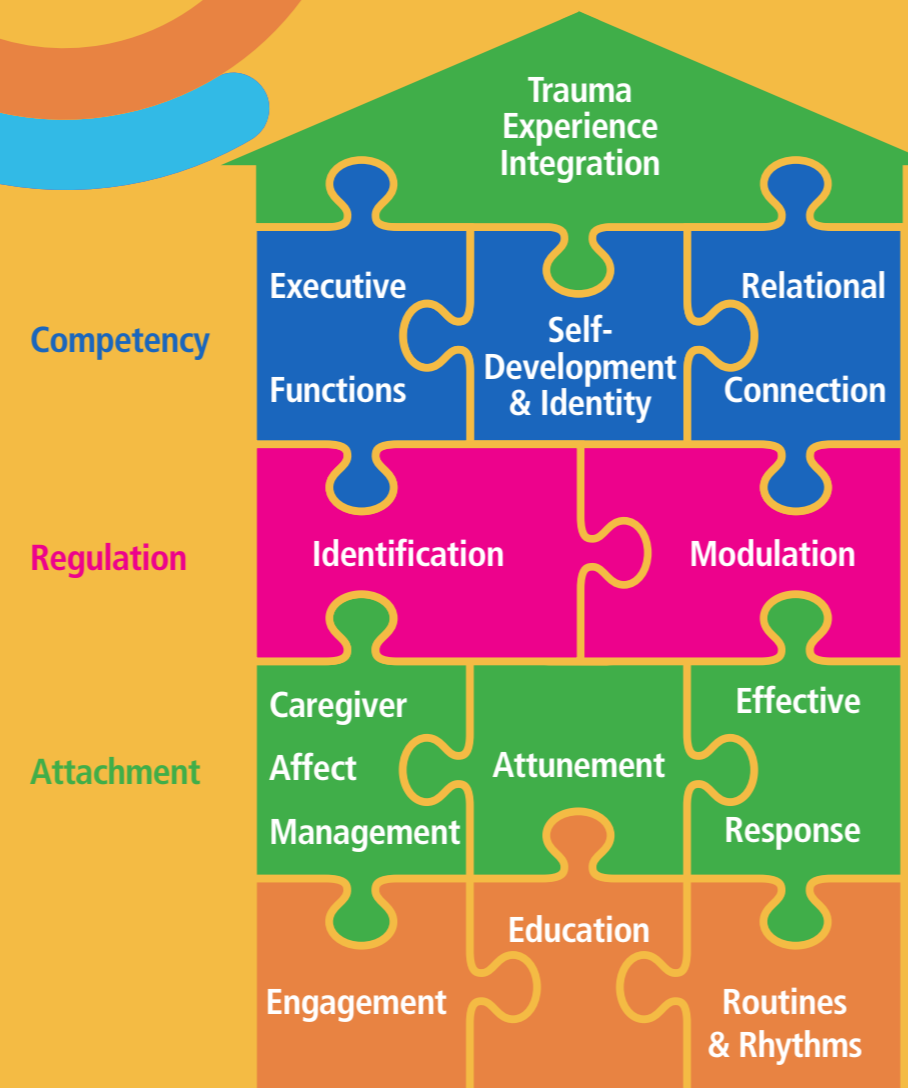
If you would like to find out more information about the work of the Children & Young People's Trauma Informed Care Programme please get in touch.

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ARC

Framework



What are the benefits for organisations partaking in ARC Champion training?

Trained ARC Champions are fully equipped to provide training and up to date information internally to their organisations. All ARC Champions will be provided with ongoing support to deliver the training via Kati Taunt.

All ARC Champions will be provided with up-to-date information and resources relevant to their training role giving services the opportunity to become fully trauma informed.

Training involves attendance over two days.

What training will an ARC Champion receive?

1. Attendance at the 2 day ARC training on 2 occasions
2. 1 day specific training and teach back day
3. 12 x 1.5 sessions online line

ARC Champions will be equipped to deliver training to their organisations and ensure that staff members attending their training are competent in the following areas:

1. Understanding the impact of early trauma on the developing brain.
2. Having an awareness of survival states elicited in response to traumatic stress.
3. Having an awareness of Adverse Childhood Experiences and other stressors that are traumatising
4. Understanding what is meant by "trauma-informed practice".
5. Understanding the link between trauma and youth crime, drug and alcohol use and school avoidance.
6. Appreciating the importance of engagement, psychoeducation, and routines as integrative strategies for working with traumatised children and young people.
7. Having an appreciation of the fundamental importance of having regulated adults in children's and young people's lives and how to resource adults in the systems
8. Being aware of the importance of understanding how young people "make sense" and knowledge of the skills for empathic atonement
9. Knowing the difference between effective responses to children's behaviour and "behaviour management techniques" (consequences, rewards, and sanctions)
10. Understanding the importance of supporting young people to accurately identify their emotions and states of arousal and to have explored resources for supporting this.
11. Understanding of the concept of modulation and some knowledge of interventions that can be used to help young people manage the energy in their bodies.
12. Explaining and supporting the key component of effective communication between young people and their adults in service of sharing an emotional connection.
13. Understanding the concepts of "executive functions" and having an awareness of how to support the development of these in young people.
14. Appreciate how self-development and self-esteem are impacted by trauma and have some ideas about how to support the development of positive self-identity.

ARC Champion Training

Children and Young People's
Trauma Informed Care Programme



Our Pledge

We will work collaboratively to ensure that all professionals working across the system with children and young people who have experienced trauma, can be supported to respond appropriately, consistently and compassionately, so that the support these children and young people receive helps them to thrive.



ARC

What is ARC Training?

The Attachment, Regulation and Competency (ARC) Framework is a flexible, components-based intervention developed for children and adolescents who have experienced complex trauma, along with their caregiving systems. ARC's foundation is built upon four key areas of study: normative childhood development, traumatic stress, attachment, and risk and resilience. Drawing from these areas, ARC identifies important childhood skills and competencies which are routinely shown to be negatively affected by traumatic stress and by attachment disruptions, and which, when addressed predict a resilient outcome.

ARC is designed as both an individual-level clinical intervention, to be used in treatment settings for youth and families, and as an organisational framework, to be used in service systems to support trauma-informed care. The concepts identified by ARC may be applied to individuals from birth through young adulthood and have been effectively used with youth with a range of developmental and cognitive functioning levels, and with a wide range of symptom presentations. Caregiver goals are designed to translate across many different types of caregiving systems, including primary (i.e. biological, kin, and foster parents), milieu (i.e. residential, group home), and organisational (i.e. teachers, youth program providers) systems of care.



ARC

Domains & Goals

ARC is organised around three primary domains of intervention and identifies 8 key treatment targets. These domains and targets are briefly described below.

Attachment - The framework focuses on strengthening the caregiving system surrounding children through enhancing support, skills, and relational resources for adult caregivers. In many families and systems, we work with, caregivers as well as children have been exposed to multiple stressors and traumatic experiences. Even in caregiving systems that have experienced little or no prior adversity, the effect of a child's relational trauma is likely to impact ongoing attachment relationships. Caregiver supports and the caregiver-child relationship are addressed through an emphasis on three primary targets:

- (1) Supporting caregivers in recognising, understanding, accepting, and managing their own emotional and physiological responses, particularly as relates to and impacts parenting or child-care.
- (2) Enhancing rhythm and reciprocity in the caregiver-child relationship, and helping caregivers deepen their understanding of child behaviour; and
- (3) Building effective, trauma-informed responses to child and adolescent behaviour

Regulation - Many young people who experience trauma are referred for treatment services or struggle in settings like school as a result of difficult behaviours, out-of-control emotions, and impulsive or disorganised bodies. Underlying these challenges is often a difficulty with regulation – of feelings, of thoughts, and of physical experience. Treatment emphasizes cultivating youth awareness and skill in identifying, understanding, tolerating, and managing internal experience. Regulation is addressed through:

- (1) Supporting youth in developing an awareness and understanding of feelings, body states, and associated thoughts and behaviours.
- (2) Helping youth develop an increased capacity to tolerate and manage? physiological and emotional experiences.
- (3) Enhancing tolerance for and skill in building relational connections.

Competency - The framework addresses key factors associated with resilience in stress-impacted populations. A goal of intervention utilizing ARC is to go beyond pathology reduction, and to increase positive/resilient outcomes among youths receiving intervention. Competency goals include:

- (1) Increasing opportunity for choice and empowerment, and skill in recognizing choice points and in effective decision-making; and
- (2) Identification and exploration of a range of aspects of self and identity and building coherence through development of narrative around key life experiences, including traumatic exposures.

Woven throughout the ARC approach is an emphasis on engagement (why does this goal matter?) Psychoeducation (why are we doing this?), and routine (what can I expect?).

ARC's ultimate goal is to support children, adolescents and caregivers in effective engagement in the world, in a way that is empowered and future-oriented, rather than focused on survival.

