ARC: Attachment, Regulation and Competency

An Intervention for Complex Trauma in Children and Youth

November 16, 2023

Center for Workforce Excellence in EBPs

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Agenda

- Welcome and Introductions
- Overview of ARC
- Initiative Requirements
- Application Process
- Initiative Timeline
- Q&A

Introduction to Complex Trauma Initiative

- NYS is excited to announce a new project for the inclusion of promising practices for complex trauma through the **Innovations Laboratory** at the **Center for Workforce Excellence (CWE).**
- CWE is a training center that was developed by NYSOMH to expand the use and availability of Evidence Based Practices across New York.
- The Innovations Laboratory supports the use of promising and community defined practices to address areas of need in children's mental health.
- The Complex Trauma Initiative out of the Innovations Laboratory will focus on the implementation of ***Attachment, Regulation and Competence*** **(ARC)** in MHOTRS programs.

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Overview of the Attachment, Regulation, and Competency (ARC) framework

CENTER FOR TRAUMA TRAINING, INC.

ARC Developed By:
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Kristine M. Kinniburgh, LICSW

What is ARC?

It started with curiosity….

- What do we know about trauma?
- What do we know about attachment?
- What do we know about child development?
- What do we know about resilience?
- What do we really do (or try to do) in our therapy rooms?
- How do we break that down into the core driving concepts, letting go of technique and focusing on goal?
- How do we integrate into any intervention an understanding of individual, context, culture, and the complicated nuances of self and society?

Blaustein & Kinniburgh, 2018/2010; Kinniburgh & Blaustein, 2005

Attachment, Regulation, and Competency (ARC)

- Flexible framework of intervention organized around 8 core targets within 3 primary domains, with one overarching goal
- Designed to target the needs of children, families, and systems impacted by complex trauma
- Designed to translate across service systems; while the core domains and targets remain constant, the applications will vary

Blaustein & Kinniburgh, 2010; Kinniburgh & Blaustein, 2005

Intervention Approach:

- **Dual Level of Intervention:**
  - ***Clinical* applications**: Use of the framework to guide intervention with the child and family / caregiving system
  - ***Systems-level* applications**: Use of the framework at an organizational level to guide trauma-informed practices which support day-to-day functioning of the client(s) and the system

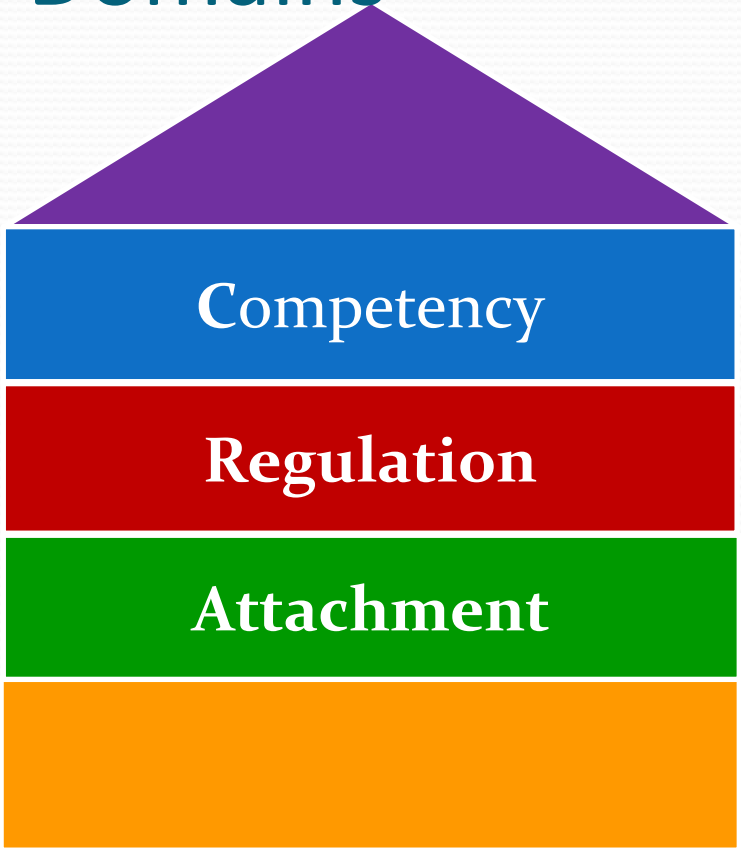
Blaustein & Kinniburgh 2010; Kinniburgh & Blaustein 2005

Intervention Approach:

- **Dual Focus of Intervention**:
  - **The child**: Direct intervention with child (through clinical and systems-level approaches) to decrease danger- and need-based responses and increase level of developmental competency
  - **The surrounding caregiving system:** Clinical and systems-level approaches to support functioning of caregivers and rhythmicity of caregiver – child interactions, with a goal of increasing safety and positive attachment

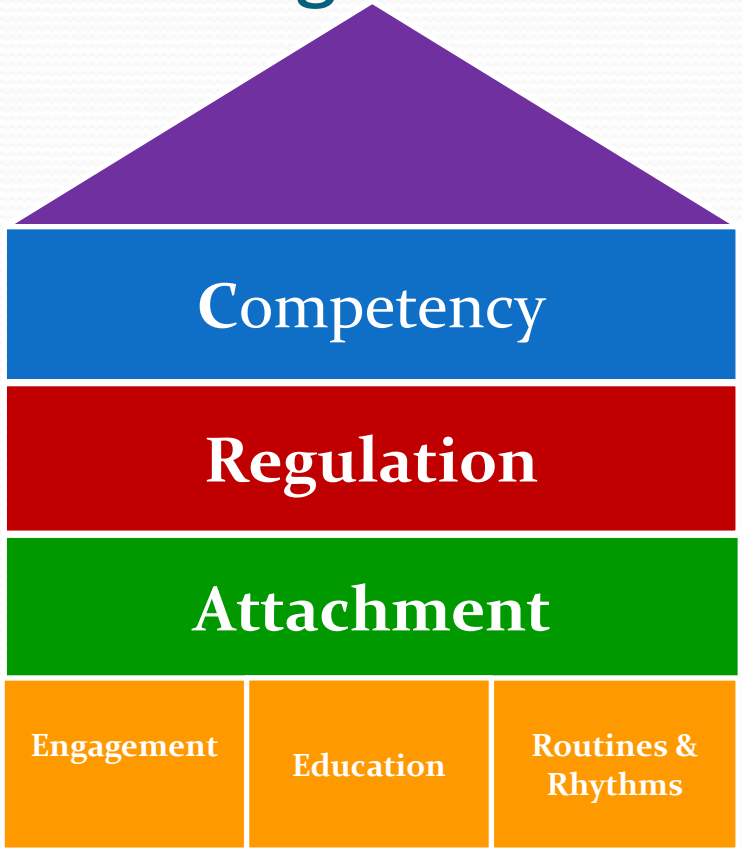
Blaustein & Kinniburgh 2010; Kinniburgh & Blaustein 2005

Three Primary Domains



Graphic – J. Karpen; ARC - Blaustein & Kinniburgh, 2018/2010; Kinniburgh & Blaustein, 2005

Three Integrative Strategies



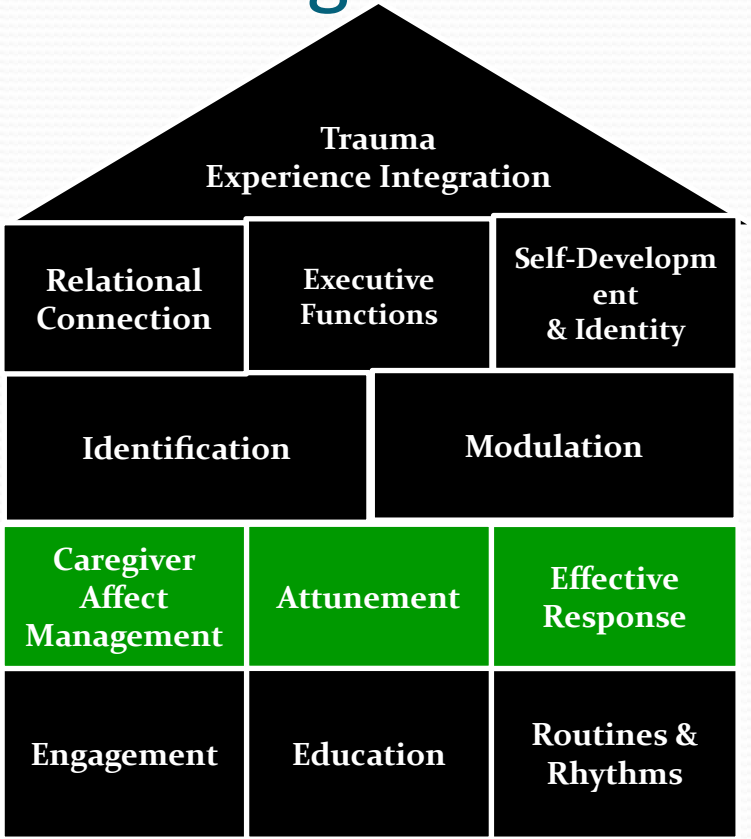
Graphic – J. Karpen; ARC - Blaustein & Kinniburgh, 2018/2010; Kinniburgh & Blaustein, 2005

8 Primary Skills: Building Blocks

Competency

Regulation

Attachment



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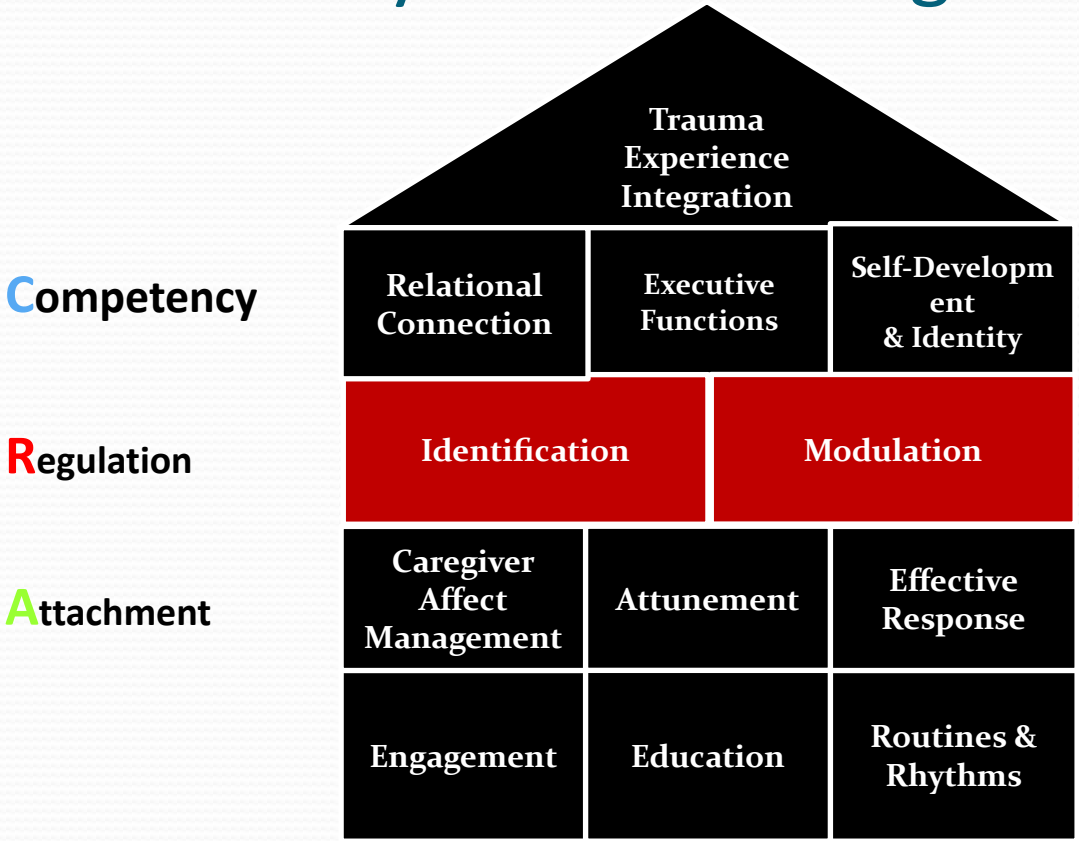
8 Primary Skills: Building Blocks



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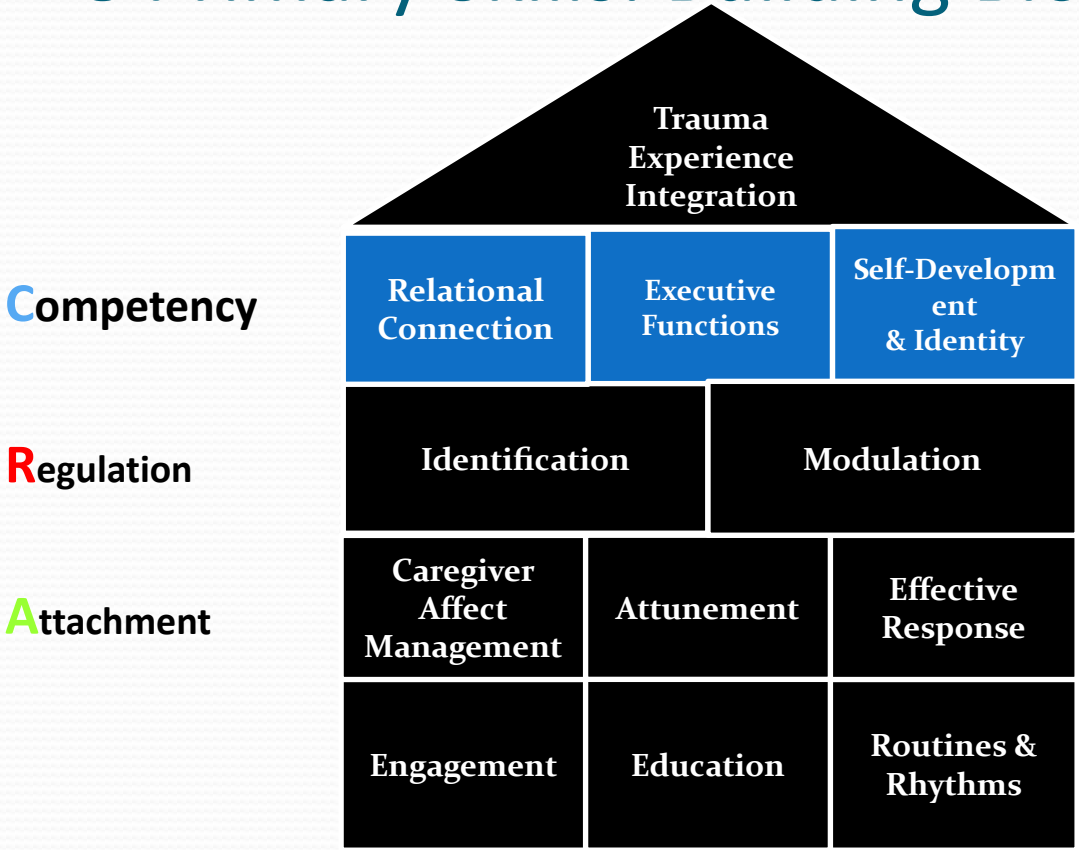
8 Primary Skills: Building Blocks



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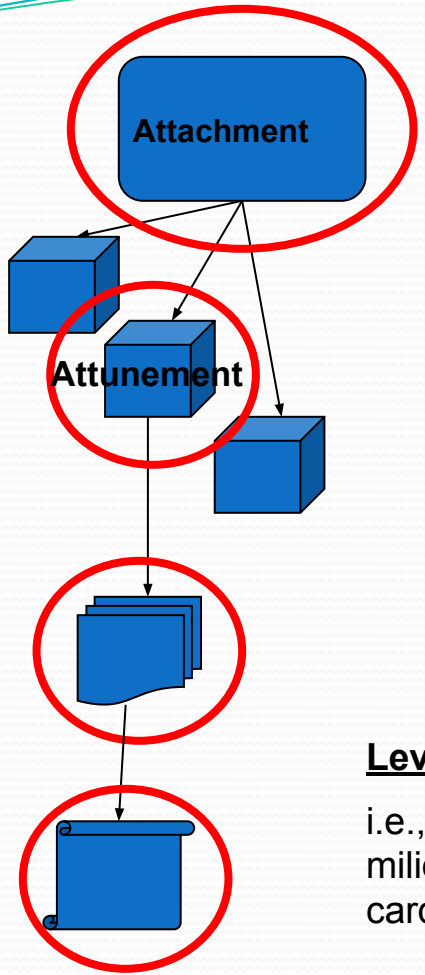
8 Primary Skill Targets

1) Support Caregiver Affect Management
2) Support Caregiver Attunement
3) Support Caregiver Effective Response
4) Increase Self Awareness (Identification)
5) Increase Modulation Skills
6) Support Child Relational Connection
7) Improve Problem Solving
8) Enhance Self and Identity

Blaustein & Kinniburgh, 2010; Kinniburgh & Blaustein, 2005

Intervention is driven by core, over-arching concepts



Level 1: Main / Overarching Domain Concept: For instance: *Build safe / trauma-informed caregiving systems and safe relationships that support children / adolescents*

Level 2: Core Target / Goal: *For instance: Help caregivers to better understand and respond to children / adolescents*

Level 3: Key Sub-skills: (for instance, for attunement:)

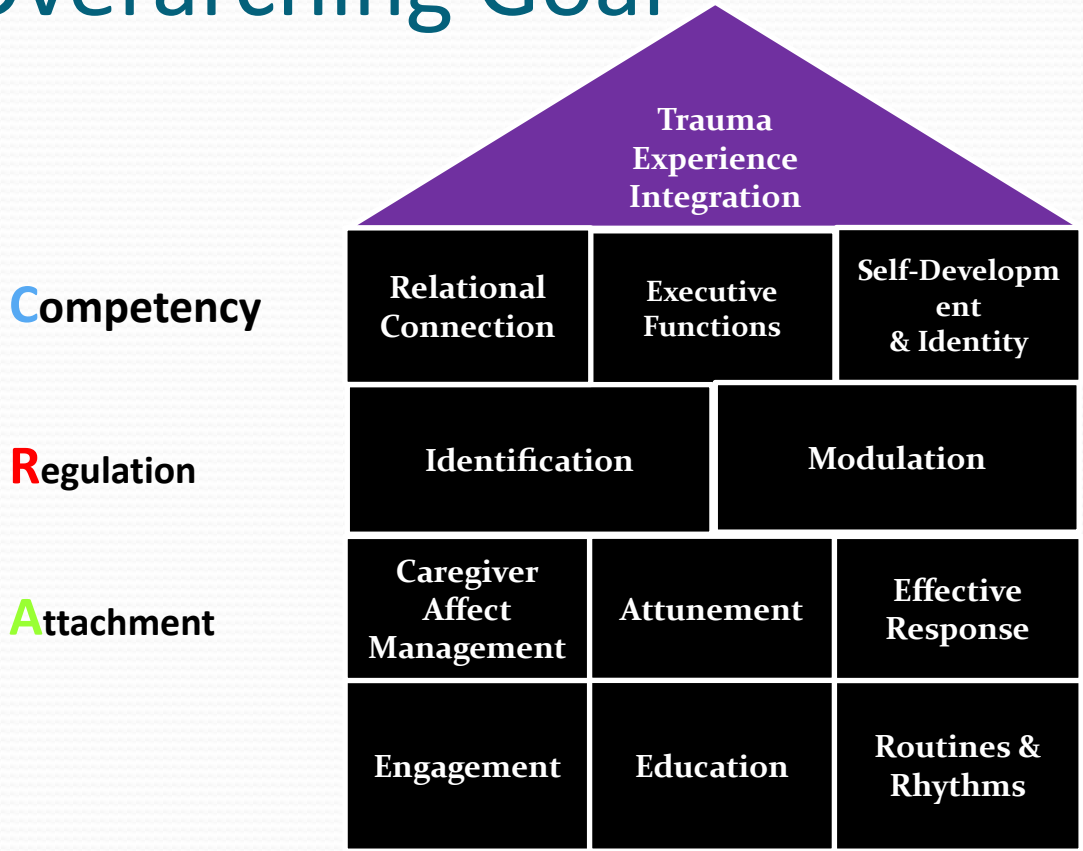
- *Parallel attunement to caregivers*
- *Support active curiosity*
- *Build and support mirroring skills*
- *Use attunement skills in support of youth regulation*
- *Build pleasure / positive engagement*

Level 4:Techniques:

i.e., Dyadic check-ins, milieu "attunement cards", etc.

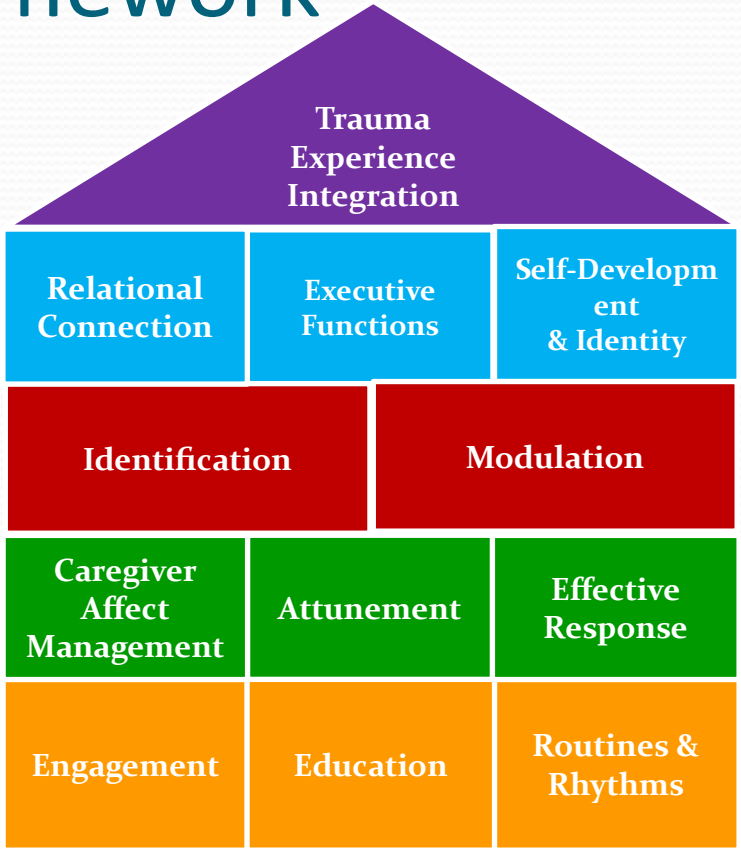
Blaustein & Kinniburgh, 2018/2010; Kinniburgh & Blaustein, 2005

1 Overarching Goal



Blaustein & Kinniburgh, 2018/2010; Kinniburgh & Blaustein, 2005

ARC Framework



History of ARC Scope of Implementation

- In development since 2003; first agency implementation in 2004
- To date, over 500 separate agencies have taken part in ARC training and consultation rollouts
- Active training has occurred in 35 U.S. states and 8 countries / territories; and includes over a dozen regional or statewide initiatives

Blaustein & Kinniburgh, 2018/2010; Kinniburgh & Blaustein, 2005

Selected ARC Outcomes

- Significant improvements in child behavior problems, PTSD symptoms, strengths, and needs in a state-wide, trauma-informed child welfare initiative (Bartlett et al., 2018)
- Significant reduction in PTSD symptoms, behavioral symptoms, and caregiver distress among adopted children and parents completing 16-weeks of treatment (Hodgdon et al, 2015)
- 92% permanency rate (vs. 40% statewide) in 0-12 y.o. children in placement who completed treatment; significant symptom improvement (Arvidson et al, 2011)

Blaustein & Kinniburgh, 2010; Kinniburgh & Blaustein, 2005

Our collaborators

- Implementation has occurred in a wide range of child / family –serving systems, including:
  - Outpatient treatment (office, school, home-based)
  - Inpatient treatment
  - Congregate care / group home
  - Juvenile justice
  - Community-based services(mentors, family partners)
  - Family shelter / substance abuse shelter
  - Youth drop-in programs
  - Home visiting nurses / home-based parent coaching
  - Schools
  - Early intervention / head start
  - Foster care / Child welfare system

Blaustein & Kinniburgh, 2018/2010; Kinniburgh & Blaustein, 2005

ARC Complex Trauma Initiative Requirements

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Eligibility Requirements

1) Participation is open to Mental Health Outpatient Treatment and Rehabilitative Services (MHOTRS) – (Article 31 Clinics) that serve children & families.
    a) MHOTRS programs serving large numbers of youth engaged in the child welfare system are highly encouraged to apply.
2) Each clinic will develop an Implementation Team that must consist of:
    a) Program Lead - in a leadership position to support implementation process; attends certain meetings
    b) At least 1 Clinical Supervisor
    c) At least 3 Clinicians - each clinician must be able to use ARC with at least two service recipients each

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Approximately 5 programs/clinics will be accepted

Requirements for Participating Programs

1. Individual one-time needs assessment call attended by Program Lead (virtual)
2. Group (cross-site) Foundational ARC framework training attended by Program Lead, participating clinicians, and supervisors (2 days, **in person* Albany area**)
3. Group (cross-site) clinical consultation attended by participating clinicians and supervisors (monthly for 12 months, 90 minutes, virtual)
4. Group (cross-site) Supervisor / senior leader consultation attended by participating supervisors and Program Lead (every-other month for 12 months, 1 hour, virtual)

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Costs for travel and accommodations will be incurred by the participating agency.

Requirements for Participating Programs (cont.)

- Attendance at all consultation meetings
- Meeting internally to complete monthly assignments (typically 30-60 minutes/month)
- Active participation in consultation meetings
- Use of concepts with child / family clients during learning process
- Attend 2 initiative-wide overview webinars
- Completion of evaluation/feedback data expectations*

Evaluation/Feedback Process

1. Therapist/Organization Characteristics
2. Participation in Training Activities
3. Therapist use of ARC
4. ARC Feedback
5. Fidelity
6. Family/Child + Therapist Measures

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* We will schedule a meeting to provide an overview of the evaluation.

Application Process and Timeline

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Application Process

1. Meet internally to determine if you are able to meet all the participation requirements.
2. **Complete the Application via Qualtrics online survey by December 4, 2023**
    a. The Application link will be emailed out following this webinar
3. Programs will be notified by December 15, 2023 if they were accepted.

Email cwe.info@nyu.edu with any application questions.

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Initiative Timeline

2023:

Applications Open: November 16

Applications Due: December 4

Programs Notified: December 15

2024:

Initiative Wide Kickoff: January, TBD

Needs Assessment: January, TBD

In-person Foundational Training: January 23-24

Clinical Consultation Calls: 4th Tuesday of the month 12-1:30pm, starting in February 2024

Supervisor / Program Lead Consultation Calls: every 2 months, times TBD, starting February 2024

Q&A

cwe.info@nyu.edu

https://www.centerforworkforceexcellenceinebp.org/

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Thank You

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