



CENTER FOR CHILD & FAMILY HEALTH

Attachment, Regulation and Competency (ARC) Framework

Strengthening the mental health workforce. Changing children's lives.

WHAT IS ARC?

The Attachment, Regulation and Competency (ARC) Framework is an intervention developed for children and adolescents who have experienced complex trauma, along with their caregiving systems.

- Appropriate for youth from birth to early adulthood with a variety of trauma-related diagnoses, including **PTSD, behavioral disorders, depression, and anxiety**
- Targets the **caregiver-child relationship, regulation of youth behaviors and emotions, and resiliency and empowerment**

OUTCOMES^{1, 2, 3}

- **Reduced youth PTSD symptoms**
- **Decreased youth internalizing and externalizing behaviors**
- **Decreased use of restraints** in residential treatment facilities
- **Increased placement permanency** in child welfare-involved, multiply maltreated children
- **Improved child and caregiver functioning**

RETURN ON INVESTMENT

In the United States, 61% of children are affected by violence, abuse, or crime,⁴ putting them at **increased risk** for:

- depression,
- academic problems,
- violent behavior,
- substance use,
- delinquency,
- teen pregnancy,
- and other emotional-behavioral challenges.

Lifetime costs of childhood maltreatment are estimated at **\$210,012** per case.⁵

SERVICE DELIVERY

ARC has been successfully delivered in diverse settings, such as **inpatient, residential, outpatient, and home-based** settings, as well as in **schools, daycares, and shelters**. ARC has also been delivered with a range of caregivers, such as **primary, resource, and milieu-based caregivers**.

The North Carolina Child Treatment Program (NC CTP) offers 1 training cohort per year in ARC. Training cohorts are 12 months long and consist of face-to-face learning sessions and faculty consultation.

With funding from:



Mental Health, Developmental Disabilities, and Substance Abuse Services HEALTH AND HUMAN SERVICES

¹ Hodgden, H.B., et al. (2013). Development and implementation of trauma-informed programming in youth residential treatment centers using the ARC framework. *Journal of Family Violence*, 28(7), 679-692.

² Arvidson, J., et al. (2011). Treatment of complex trauma in young children: Developmental and cultural considerations in application of the ARC intervention model. *Journal of Child & Adolescent Trauma*, 4(1), 34-51.

³ Hodgden, H.B., et al. (2016). Application of the ARC model with adopted children: Supporting resiliency and family well being. *Journal of Child & Adolescent Trauma*, 9(1), 43-53.

⁴ Finkelhor, D., et al. (2010). *Trends in childhood violence and abuse exposure: Evidence from 2 national surveys*.

⁵ Fang, X., Brown, D. S., Florence, C. S., & Mercy, J. A. (2012). *The economic burden of child maltreatment in the United States and implications for prevention*.

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