

ARC Grow

Helping Caregivers of
Children with Trauma



**family
connections**

WHERE HOPE MEETS POSSIBILITY

Who We Are

ARC Grow is a program for children and families exposed to chronic adversity or stress. The program includes 12 sessions that can be delivered in the home and/or in office-based settings. It can also be taught to groups of parents, resource parents or other caregivers. The latest research has found ARC Grow to be a Promising Practice for children exposed to complex trauma. The program's benefits include:

Program Highlights:

- Increased resiliency in children and families
- Enhanced caregiver competency
- More effective parenting practices and strategies for building daily routines
- Increased caregiver understanding of the developmental impact of trauma
- Improved self-regulation of participating children



What We Do

The ARC Grow Program Features:

- 12 sessions which may be implemented over the course of 12 weeks or expanded over a longer period of time
- Each ARC Grow session is typically 90 minutes long

Each session offers a mix of direct teaching, experiential learning, and activity-based skill practice



The ARC Grow Program Services:

- Intensive short-term in-home/in-community therapy using trauma informed and evidenced based techniques
- Activities designed to strengthen families who are impacted by chronic adversity or stress
- Each session includes psychoeducation and skills practice in areas including: caregiver self-care, attunement to the developmental impact of trauma, supporting child/youth regulation, effective parenting practices and strategies for building daily routines
- Development of caregiver skill building

Results

During implementation of ARC Grow through the Massachusetts Child Trauma Project, 57 providers were asked their perceptions of families' overall well-being at baseline and discharge using the Protective Factors Survey sub-scales.

Arc Grow led to significant improvement on the Nurturing and Attachment subscales, as well as other promising results.

The average score for providers' perception of families' Functioning and Resiliency was significantly higher (better) at follow-up compared to baseline.

ARC Grow is based on the Attachment, Regulation, and Competency (ARC) framework developed by Kristine Kinninburgh, LICSW.

For more information about ARC visit their website at www.ARCframework.org

We Serve

**Bergen, Essex,
Hudson, Middlesex,
Passaic and
Union Counties.**



Family Connections is a leading New Jersey non-profit with 36 different programs to support children, adults, and families. Far too many people in our communities face serious challenges—from trauma and mental illness to addiction, domestic violence, and child abuse. Family Connections is here to make sure no one has to face these challenges alone. Across Northern New Jersey, we deliver counseling, social and emotional skills-building, prevention and training initiatives, programs to strengthen family bonding and reunify families, and more. **Since 1879**, Family Connections has proven that communities thrive when everyone is invested in each other's wellbeing.

Our vision: We see a world where no one faces life's challenges alone—where we all have the opportunities, connections, and resources we need to thrive.

Our mission: Growth happens here every day. With our counseling, skills-building, training and prevention services, people take control of their own healing and foster connections that make our entire community stronger, safer, and healthier

Our Core Values: We strive every day to be:
Inclusive | Strengths-based | Relationship-driven
Outcome-oriented | Collaborative

For more information about Family Connections' programs, please visit our website at **familyconnectionsny.org**.

If you have questions or need assistance, please contact Family Connections at **973-675-3817** or **hope@familyconnectionsny.org**.



**family
connections**