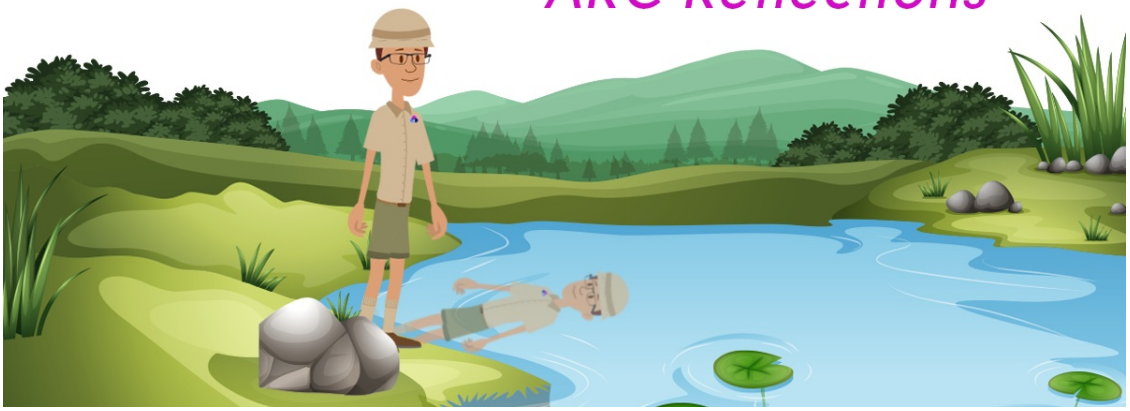
Children's Home Society of North Carolina

Archie Adventures: *ARC Reflections*



What Is ARC Reflections?

ARC Reflections is a skills-building training curriculum for foster parents, kin, and other caregivers of children and teens exposed to complex trauma. It includes information to help caregivers both understand how trauma may affect youth in their care and develop tools for managing the challenge of caring for these youth. An evaluation by Child Trends, a non-profit, nonpartisan research center, showed it to be immediately helpful to foster parents in understanding and supporting the children and teens in their care. Every parent who fosters or adopts through Children's Home Society has the opportunity to take ARC Reflections and is expected to complete this training after licensure. There are nine modules in the 18-hour curriculum that include:

1. Understanding Trauma
2. Behavior Makes Sense
3. Put on Your Oxygen Mask
4. Cultivate Connection
5. Mirror, Mirror
6. Calm, Cool, Connected
7. Respond, Don't React
8. Who Are You? All About Identity
9. Endings and Beginnings

We know this is a lot of information but great news!

After completing ARC Reflections, parents have access to a monthly **ARC Skills Workshop** led by the CHS Training Team. The ARC Skills workshop will serve as a refresher, provide opportunities to work through challenges with other parents, and help build confidence in applying the strategies learned during your training.

ARC-Ways Toolkit - NEW THIS FALL

CHS Specialists now have access to a fun toolkit of resources and activities to use when doing home visits, and you will soon get to experience this firsthand. These resources are games and activities that will serve as conversation-starters for you to use with the children placed in your home. From pre-placement to post-placement the ***ARC Ways Toolkit*** is designed to reinforce the knowledge and skills gained during ARC Reflections.

We Are Excited!

These ARC resources will support specialists and families providing care for children in out-of-home placement.

We'll see you out there soon.