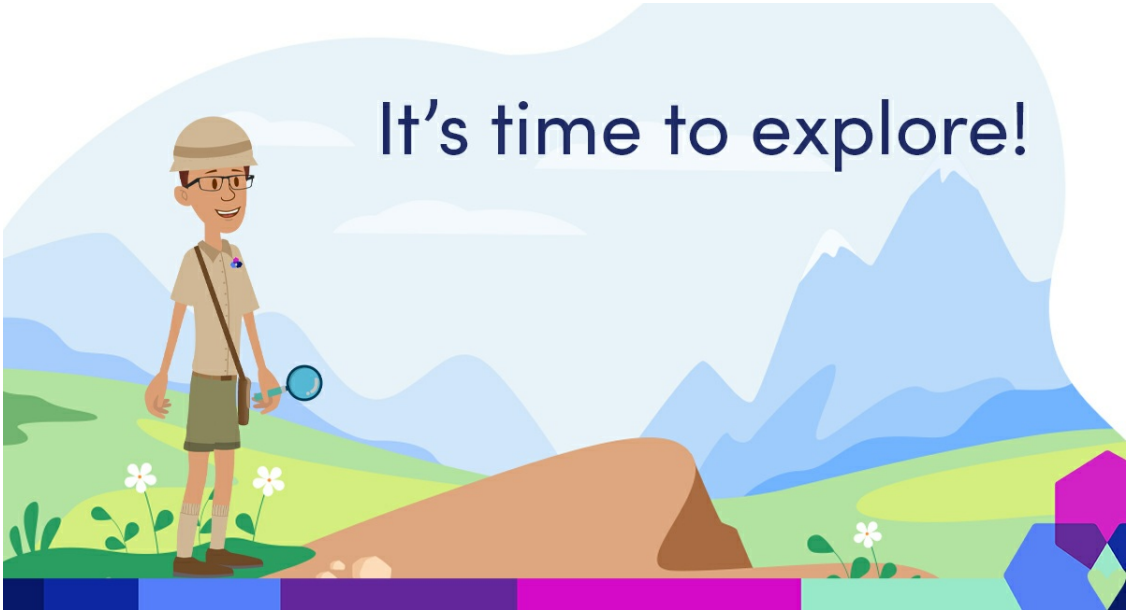
Children's Home Society of North Carolina



Welcome to ARC Explorer

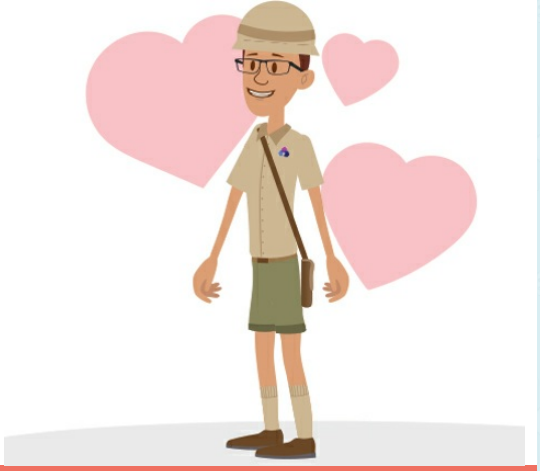
Our bi-monthly newsletter designed to help you grow & discover

So, what is ARC?

ARC stands for ***Attachment***, ***Regulation***, and ***Competency*** and it's a framework for understanding and responding to the impact of trauma on children. The components of ARC are often visualized as the building blocks of a house. As we support children in healing from traumatic experiences, we can think of this as building a house from the ground up. Our ARC Explorer ***"Archie"*** will guide you through the journey to better understand how trauma impacts children.

Attachment

Attachment is the building block of relationships. Who does the child feel safe with? As a foster parent, you have probably observed that healing happens within the context of relationships.

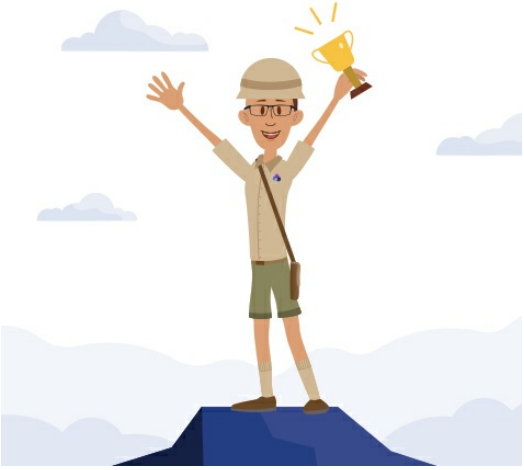


Regulation

Regulation is how we manage emotions. Have you ever been cut off by a rude driver in traffic and gotten really angry? If you were able to return to a normal state of emotions within a few minutes after your flash of anger – that's "regulation." This can be difficult for children who have experienced trauma.

Competency

Competency refers to those things we do well and gives our sense of self. What are you good at? What do you do well?



Coming Soon!

ARC Reflections

Keep an eye on your inbox for info about upcoming ARC Reflections classes. This training series provides foster parents with important information about trauma's impact at different ages and stages of development. Parents will learn strategies for nurturing healthy attachments and managing children's emotional and behavioral dysregulation. There's also a monthly ARC Skills Workshop available to parents who complete ARC Reflections. For more information about these training opportunities, talk with your Specialist.

ARC Tools and Resources

Look forward to your Specialist sharing ARC activities with you and your child during home visits (or at the quarterly visit, for those without children placed yet).