

Session One

Understanding Trauma

ARC Reflections Pilot

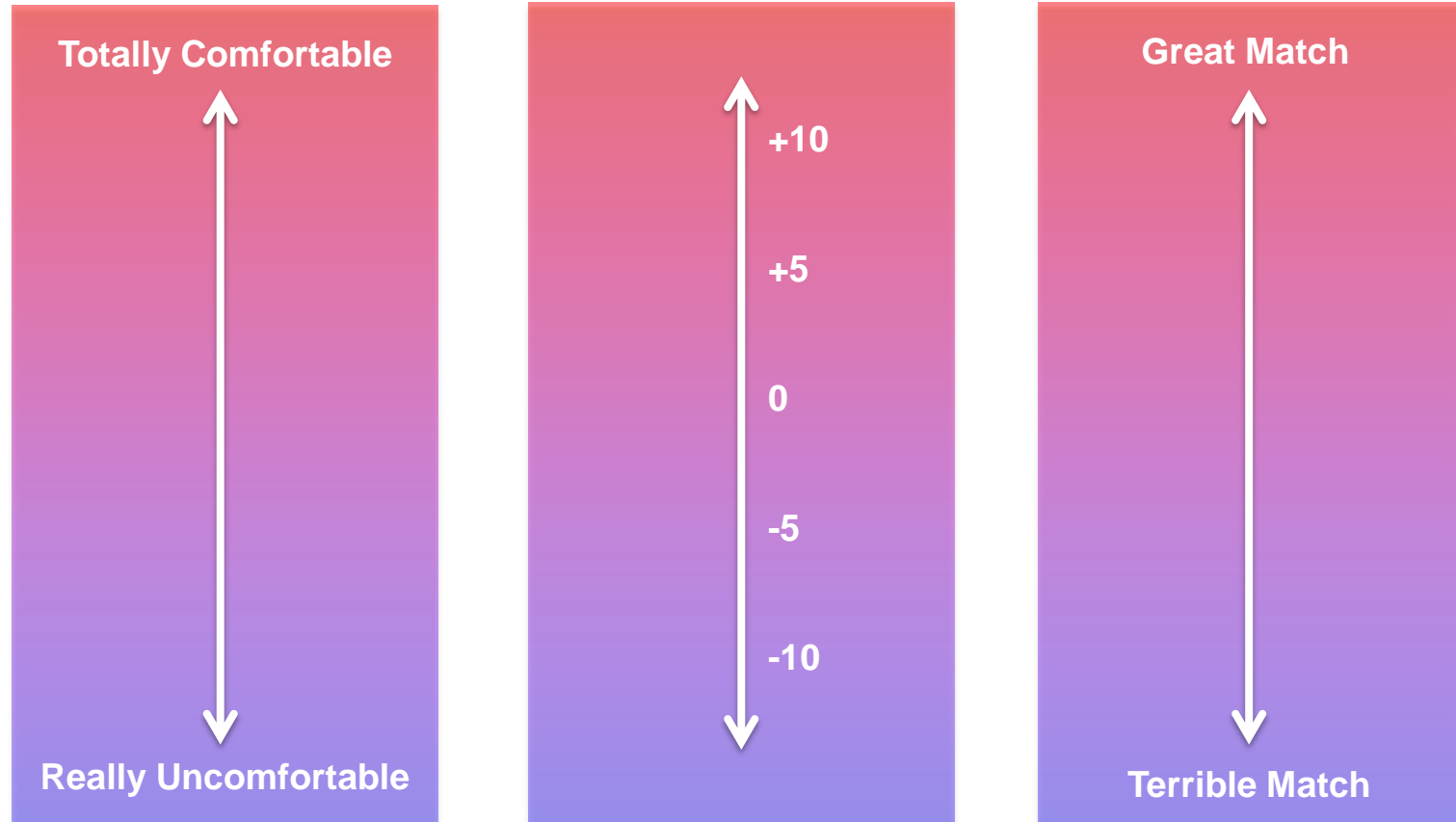
THE ANNIE E. CASEY FOUNDATION

ARC Reflections

- ARC, or **Attachment, Regulation and Competency**, is a framework for working with children and teens who have experienced trauma developed by Margaret Blaustein and Kristine Kinniburgh. **It builds on the resilience of children, teens and families**
- **ARC Reflections** is an ARC-informed training for foster/kin parents written by Blaustein and Kinniburgh with the support of the Annie E. Casey Foundation. **It provides caregivers with tools and skills to support effective parenting.**



Check Yourself- What is your energy right now?



ARC Reflections Overview

- Caregivers who participate in ARC Reflections will attend 9 sessions of training on the effects of trauma on children and teens.
- Caregivers will receive tools they can use to understand and manage the behaviors of children and teens in their homes and their own reactions to those behaviors.
- Caregivers will have opportunities to apply what they are learning to a case example of a girl named Olivia who they will follow throughout her development and her time in foster care. They will also be encouraged to apply what they have learned with the children in their home.



Welcome

- This group will meet nine times for 90 minutes each time
- **Please attend all sessions**
- Each session will include:
 - An icebreaker
 - Check Yourself
 - Review and report back
 - Theme of the day
 - Self-reflection
 - Take home
 - Practice
 - Check (yourself) out



ARC Reflections Curriculum Overview

ARC Reflections Sessions

Session 1: Understanding Trauma

Session 2: Behavior Makes Sense

Session 3: Put on Your Oxygen Mask

Session 4: Cultivate Connection

Session 5: Mirror, Mirror

Session 6: Calm, Cool and Connected

Session 7: Respond, Don't React

Session 8: Who Are You? All About Identity

Session 9: Endings and Beginnings

Goals of the Training

- Improve child well-being
- Reduce placement disruptions
- Provide foster parents and kin with the tools, training, and supports they need to meet the needs of children and teens in their care who have experienced trauma
- Retain and increase the number of skilled and prepared foster parents



Panel

Facilitator- Chauncey Strong, Trainer

Anne Havlovick- Adoptive & Foster Parent, Co-Trainer

Jennifer Paul- Adoptive & Foster Parent, Co-Trainer

Terri Henderson- Trainer & Training Coordinator

Stephanie Pegues, Foster Parent & Staff Trainer

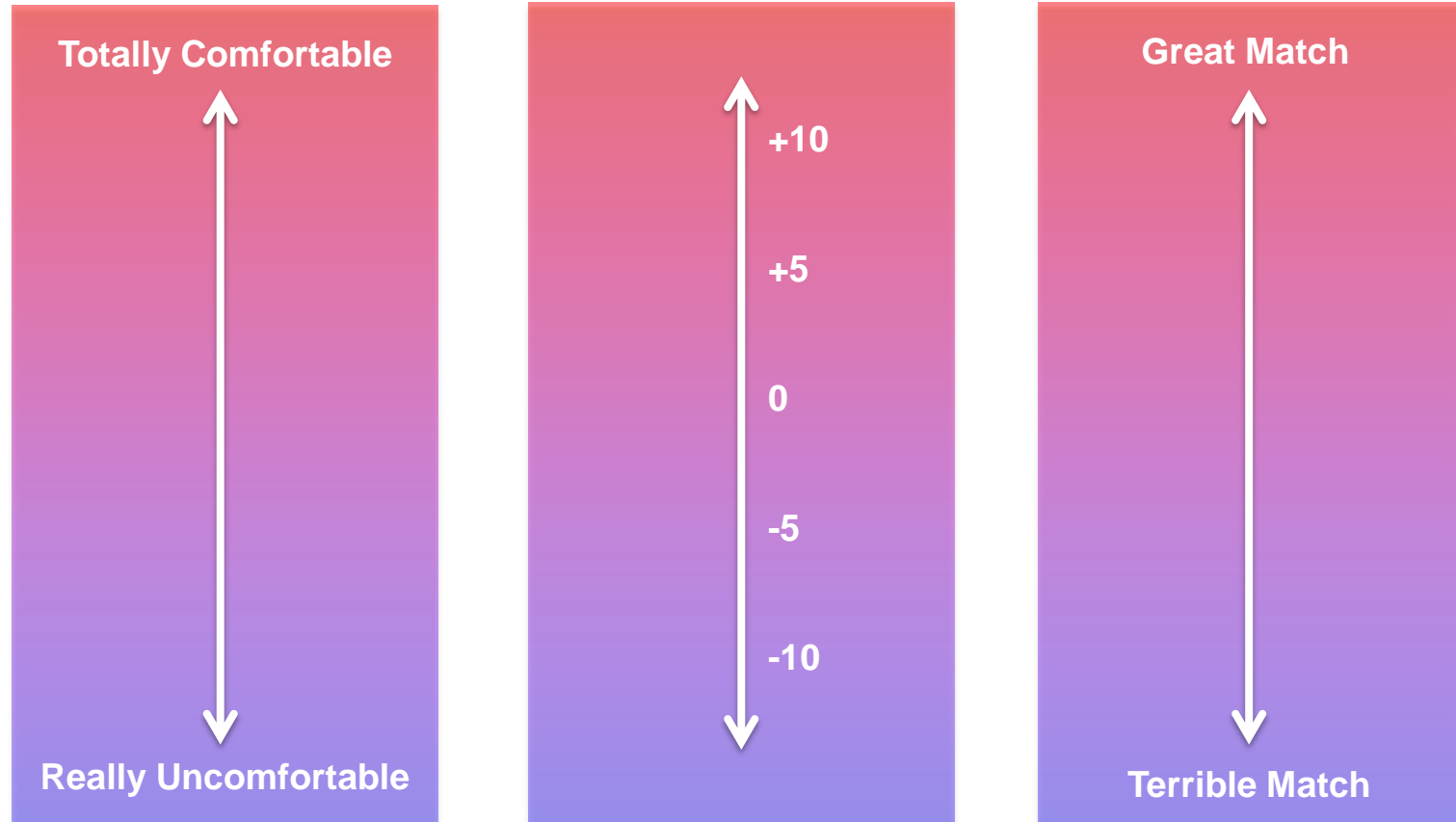


Implementation --- Things to Consider

- Leadership Team: comprised of decision makers, 6-8 members no more than 10, example to include, agency director, program manager, foster parent, supervisor, trainer, direct service staff
- Implementation/Roll Out Team: oversees successful implementation and roll-out of Reflections, overall coordination of logistics, ex. messaging and maintaining master schedule of trainings
- Trainers Team: responsible for delivery of individual training sessions to foster parents and staff
- Reflections Steering Committee: reviews, evaluates and makes recommendations as needed



Check Yourself- What is your energy right now?



Questions



Contact Information

Dana Trower

Dana.Trower@fairfaxcounty.gov

(703) 324-7589

Terri Williams-Henderson

Terri.Henderson@fairfaxcounty.gov

(703) 324-7481

Thank you for all you do!

