**ARC-Grow** is a caregiver skill-building intervention designed to enhance resilient outcomes for families who are impacted by chronic adversity or stress (Kinniburgh et al. 2011). This adaptation of the Attachment, Regulation, and Competency (ARC) Framework is delivered as a 12-session home-visiting service. The home-visiting hours include psychoeducation and skill practice in areas including but not limited to caregiver self-care, attunement to the developmental impact of trauma, supporting child/youth regulation, effective parenting practices and strategies for building daily routines. Sessions include direct teaching, experiential learning and activity based skill practice. **Grow** is an adaptation of the Attachment Regulation & Competency (ARC) framework.

**ARC Grow in New Jersey (2017-present)**

With the NJ Children’s System of Care’s (CSOC) support two learning cohorts were identified and are actively implementing the framework. In May 2019 analysis of the data from 269 participants indicated the following:

- Caregivers were predominately female with an average age of 41 years old (43% married, 40% never married, 7% divorced), while children were predominately male with an average age of 8 years old. The sample was fairly diverse with 54% Caucasian, 19% Latino, 17% Black/African American, 8% Multiracial, 2% Asian, and 1% Native/Pacific Islander, and 1% Refused to report.
- Pre/Post analysis of the CBCL 1.5yrs-5yrs old indicated (see figure 1):
  - Significant results for the following indices: Internalizing symptoms, Externalizing symptoms, ADHD symptoms, Total problems
- Pre/Post analysis of the CBCL 6yrs-8 years old indicated (see figure 2):
  - Significant outcomes for the following indices: Internalizing symptoms, Externalizing symptoms, ADHD symptoms, ODD symptoms, PTSD symptoms, and Total problems
  
- Pre/Post analysis of the PSI-4 and TSCYC indicated (see figure 3)
  - Significant decreases on the following indices: Parent total stress, Parent-child dysfunctional interactions, PTS-Avoidance, PTS-Arousal, and PTS-Total score
- The results are promising and suggest that ARC-Grow has been effective for the families we are working with; however additional data is needed to explore the impact of total # of sessions, reasons for early termination, population receiving services at varied levels of care, etc. Additionally, while families are reporting decreased symptoms and improved interactions, post-treatment scores indicate many child behaviors remain in the clinical range.

**Successes**

- In partnership with JRI, the CCRTR has successfully identified and trained talented agencies that are actively implementing the framework.
- With advocacy from the CSOC team, business rules have been established to support successful implementation.
- Families are engaging and improving as a result of the intervention.
- Awareness of the framework has increased.
- This project has contributed to a paradigm shift in the approach to child treatment. Professionals within the state are understanding that caregiver involvement is essential for successful long-lasting impact

**Barriers**

- The CCRTR continues to work with CSOC to address implementation barriers such as limited referrals for certain agencies, turnover at referral agencies, and lack of information about the framework. Site visits, newsletters, county presentations, and email announcements are used to address these issues.
Significant Outcomes for the CBCL (1.5-5)

- Internalizing
- Externalizing
- Total Prob
- ADHD
- Anxiety

Pre vs. Post

Significant Outcomes for the CBCL (6-18)

- Internalizing
- Externalizing
- Tot Prob
- ADHD
- ODD
- PTSD

Pre vs. Post

Significant Outcomes for the TSCYC and PSI-4

- TSC-Dep
- TSC-PTS/AV
- TSC-PTS/AR
- TSC-PTS/Tot
- PSI-Total Stress
- PSI-Dsf Int

Pre vs. Post