NJ CSOC in partnership with The Rutgers Children’s Center for Resilience and Trauma Recovery (CCRTR) is pleased to announce the availability of ARC – GROW, a therapeutic model designed to support children with complex trauma and their caregivers. The Rutgers CCRTR is a SAMHSA-funded Category III Trauma Services Training and Treatment Center and a member of the National Child Traumatic Stress Network. The CCRTR has several primary goals and serves as the coordinating center for the ARC - GROW Adaptation program. Please see the attached CCRTR fact sheet for additional information about the CCRTR, its goals and resources.

The ARC - GROW Model is an adaptation of the Attachment, Regulation and Competency framework for intervention with youth and families who have experienced multiple and/or prolonged traumatic stress.

**What is ARC?**
The Attachment, Self-Regulation, and Competency (ARC) framework is a core-components treatment model, developed to provide a guiding framework for thoughtful clinical intervention with complexly traumatized youth from early childhood to adolescence and their caregiving systems. Drawing from the fields of trauma, attachment, and child development, the framework recognizes the importance of working with the child-in-context, of acknowledging the role of historical experiences and adaptive responses in current presentation, and of intervening with the surrounding environment – whether primary caregivers or treatment system – to support and facilitate the child’s healthy growth and development.

ARC identifies three primary goals that need to be addressed with this population:
1) The ability to build secure and healthy relationships; (Attachment)
2) The ability to effectively understand and cope with emotions (Self-Regulation); and
3) The ability to develop skills needed for resilient outcome (competency).

**What is GROW?**
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 parenting support program is delivered as a 12 session home visiting service by parent support workers or clinical staff providing safety and stabilization support. 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. Each session offers a mix of direct teaching, experiential learning and activity based skill practice. The program is an adaptation of the ARC framework.
Important Information and Frequently Asked Questions about ARC – GROW

CSOC believes that the ARC/GROW model will positively contribute to the current service array of trauma informed care available for New Jersey’s children and families. This treatment may be particularly helpful for caregivers and youth who are part of the MRSS/DCPP Initiative to help stabilize youth in resource care in addition to other families. CSOC worked with local system partners to identify existing Intensive In Community Providers working with youth who have experienced trauma who were interested in participating in the training and supervision elements required to implement the GROW intervention model. The model is being delivered within the scope of the CSOC IIC service component.

Implementation is consistent with CSOC values, regulations and requirements and necessitates coordination by a CSOC Care Management Entity with involved providers, caregivers, and youth in planning, prior authorization, documentation, etc.

Which families/children should be identified for this treatment model?
This treatment model is primarily but not exclusively targeted for caregivers of children aged 10 and under who struggle with their own self-regulation and a lack of understanding of the identified child’s underlying issues (ex: trauma, separation, grief, anxiety, depression, ADHD). ARC/GROW teaches the caregiver the skills s/he needs to help the child heal.

Can caregiver focused treatment be authorized through Medicaid if the child is the identified person in need of treatment?
ARC GROW is a caregiver focused treatment model endorsed by CSOC with the understanding that if caregivers are better able to self-regulate and understand their children’s needs, history and adaptive behaviors, children will have the opportunity to heal in the context of the caregiver/child relationship. This has the potential to create a more sustainable model for healing. ARC GROW sessions have specified lengths and can be delivered in conjunction with other therapeutic supports. The team will plan for additional therapeutic intervention by the IIC with the youth and family as needed.

Who should identify families for this treatment model?
Mobile Response and Care Management Organizations (CMO) should be identifying families that would be appropriate for this treatment model and referring to the agencies who have been trained. Additionally, if a participating IIC agency or clinician identifies a family with whom they are working that could benefit from the ARC/GROW treatment model, they should contact the referring agency to discuss the recommendation and plan for service delivery.

How many sessions can be authorized for this treatment model?
For the ARC/GROW program participants, CSOC recommends that Mobile Response and CMO consider requesting a minimum of 12 sessions. More sessions can be requested if recommended by the CFT. The timeframe within which they are delivered can be greater than 12 weeks to accommodate scheduling challenges.
Can an IIC and a BA be present in the home at the same time during the ARC/GROW treatment sessions?
If the CFT determines that it is appropriate for a BA to be implementing his/her part of the treatment plan with the identified child while the IIC implements his/her part of the treatment plan with the caregiver, then CSOC will authorize both services to be present in the home at the same time and plan for the service coordination to ensure the transfer of skill building competencies.

Which agencies/clinicians have been trained in the ARC/GROW Treatment model?
Several IIC providers applied for the ARC/GROW training program, and the agencies selected completed a 3 day training. They are participating in ongoing monthly phone supervision with the model’s developer, Kristine Kinniburgh. The following agencies are participating in the training program:

Provider Contact Information and Agency Service Areas