

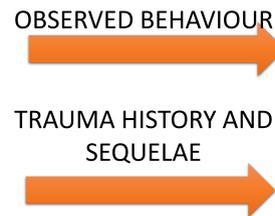
FROM KID TO CONVICT : PILOTING THE ARC MODEL OF TRAUMA-INFORMED CARE WITH JUSTICE INVOLVED YOUTH

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WHAT IS TRAUMA INFORMED CARE

Trauma-informed care is a method of clinical practice which is sensitive to the effects that complex trauma can have on an individual at various levels, including but not limited to attachment, affect-regulation, biology and cognition.



ABSTRACT

Responding to the growing evidence which links complex trauma and justice involved youth, my colleagues and I have collaborated closely with a team of professionals to adapt the ARC model to a local youth detention center.

RESEARCH OUTLINE

My research began with a detailed literature review of scholarly articles published between 2010 and the present, of complex trauma and trauma-informed care, specifically as it applies to justice involved youth.

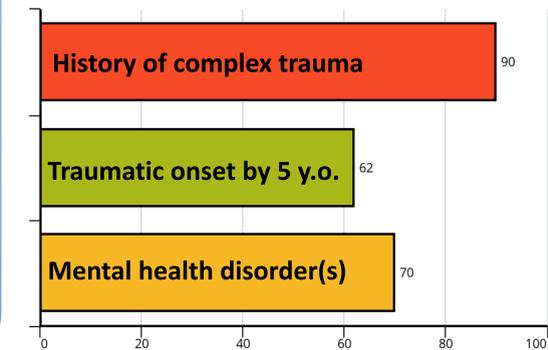
In addition to this research, I worked in close collaboration with a team of professionals from a local juvenile detention center to examine and adapt the ARC framework to two of their detention units in an ARC pilot project study.

WHAT IS COMPLEX TRAUMA

The term complex trauma describes both the exposure to multiple traumatic events, often of an invasive, interpersonal nature and occurring during sensitive developmental periods, and the wide-ranging, long-term impacts of this exposure.

(National Child Traumatic Stress network)

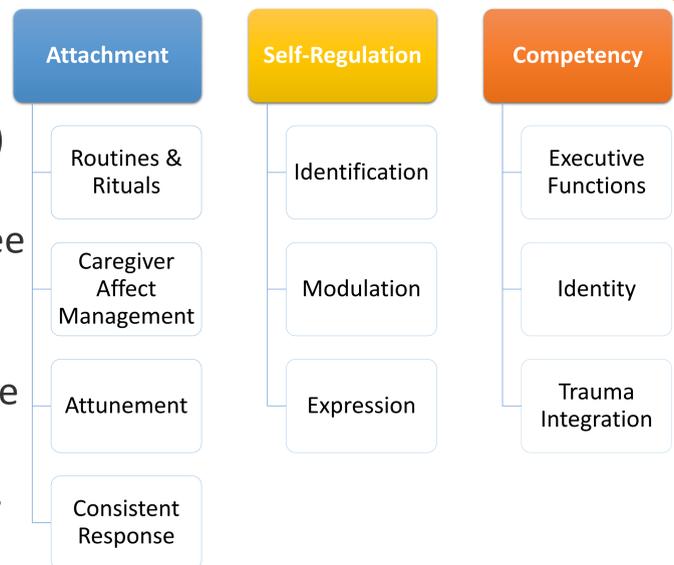
Typical Profile of Justice Involved Youth



Source: National Child Traumatic Stress Network (2013)

THE ARC FRAMEWORK

The Attachment, Self-Regulation and Competency model (ARC) is a "components based model that identifies three core domains of intervention for children and adolescents who have experienced trauma, and their caregiving systems". (Blaustein & Kinniburgh, 2010)



ARC PILOT PROJECT

This project consisted of a close collaboration between my colleagues, a team of professionals from a local juvenile justice center and I. Together, we examined the ARC model and adapted it to best fit the needs of the unit and its population, resulting in the creation of trauma-informed tools which can be applied in conjunction with the unit's pre-existing models, to help direct clinical decision making while using a trauma sensitive "lens".



An article documenting the adaptation of the ARC model for the juvenile justice population will be submitted to a Special Issue in the Journal of Aggression, Maltreatment and Traumas.