Many children and youth face challenges that compromise their well-being and social functioning, including exposure to interpersonal trauma. Trauma “occurs as a result of violence, abuse, neglect, loss, disaster, war and other emotionally harmful experiences.”

One model that aims to improve services for children impacted by trauma is the Attachment, Self-Regulation, and Competency (ARC) Framework: A System-Based Approach to Trauma by Blaustein and Kinniburgh. ARC is a promising intervention that has been implemented in more than 300 sites in the U.S.

What is the Social Issue?

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What is the CRCF Doing?

Delphine Collin-Vézina and her research team have been supporting the implementation of 4 ARC programs in partner agencies across Quebec.

Foster Families

Group Homes & Residential Care

Young Offenders Units

Schools

This model [...] encourages a proactive response to childrens’ [...] trauma versus a reactive response.

Assunta Gallo, Director of Youth Protection (CIUSSS Centre-Sud-de-Montreal)

Workers are better able to respond to [the childrens’] needs and intervene with greater sensitivity and empathy.”

Mohsen Romdhani, Director General (Boscoville)
What is ARC?

• We can positively shift the trajectories of vulnerable populations by adopting programs that incorporate the Four R’S: Key Assumptions in a Trauma-Informed Approach.¹

• The ARC framework is one of these trauma-informed approaches and comprises 10 building blocks or intervention targets.

ARC Team in Quebec

PARTNERS: Health and Social Services: CIUSSS du Centre-Sud-de-l’Île-de-Montréal, CISSS de l’Outaouais, CISSS de Lanaudière, CIUSSS de la Capitale-Nationale, CIUSSS de l’Ouest-de-l’Île-de-Montréal, CIUSSS Mauricie-Centre-du-Québec; CISSS Montérégie; CISSS Abitibi-Témiscamingue; CISSS Bas-St-Laurent; CIUSSS Estrie; CISSS Chaudière-Appalaches; CISSS Gaspésie; CIUSSS Saguenay Lac St Jean School Boards: Lester B. Pearson School Board, English Montreal School Board NGO: Boscoville

CO-RESEARCHERS: Isabelle Daigneault, Université de Montréal; Martine Hébert, Université du Québec à Montréal; Nadine Lanctôt, Université de Sherbrooke; Catherine Laurier, Université de Sherbrooke; Tristan Milot, Université du Québec à Trois-Rivières; Nico Trocmé, McGill University; Lise Milne, University of Regina

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RESEARCH TEAM: Sarah McNamee and Irene Beeman, research coordinators; Aviva Segal and Denise Brend, postdoctoral fellows; Jacqui Liljequist and Ash Lowenthal, PhD students; Julie Savoie, Maybel Gelly, Carolanne Brazeau and Marie-Éve Grise-Bolduc, research assistants

What has Been Accomplished?

Foster parents participated in the ARC program

2014 2018
10 x10 100

Workers participated in the ARC program

2014 2018
40 x10 400

• The ARC program improves placement stability and positively shifts the foster parents' perspectives on the childrens' challenges.

• The program improves the caregivers' sensitivity and attunement to the children and youths experience.