

Massachusetts Child Trauma Project: Attachment Self-Regulation and Competency (ARC)

What Is MCTP? The Massachusetts Department of Children and Families (DCF), in partnership with L.U.K. Crisis Center, Inc., Justice Resource Institute, Boston Medical Center's Child Witness to Violence Project, and the University of Massachusetts Medical School, collaborate together to integrate trauma-informed and trauma-focused practice into child protective service delivery.



What is Child Traumatic Stress?

Child traumatic stress refers to the physical and emotional responses of a child who has experienced or witnessed a traumatic event. Such events may overwhelm a child's capacity to cope and elicit intense physical and psychological symptoms.



Treatments Work

Treatment from a mental health professional who has training and experience working with traumatized children can reduce child traumatic stress and minimize physical, emotional, and social problems. MCTP trains eligible behavioral health service providers in Trauma Assessments and Evidence Based Treatments providing on-going consultation in the treatments to enhance the quality of the services.

Evidence-based Trauma Treatments

ARC Attachment, Self-Regulation, and Competency is a treatment approach for children & adolescents 3-22 and their adult caregivers designed to support children and families who have experienced multiple life stressors and adversity.

What to Expect: Specific treatment structure will depend on where you are seeking treatment. Treatment may be outpatient or in the home and will usually include both child/adolescent and caregiver(s) for a portion of the visit. Caregivers are viewed as an integral part of the treatment team, so it is very important that adults plan to be part of the treatment with the child/adolescent.

Goals of Treatment: The ultimate goal of treatment using ARC is to support children and their caregivers on their self-identified path to healthy, happy lives. ARC does this by:

- Acknowledging the ways that stress and adversity impact daily life, relationships, behaviors, feelings, and coping strategies.
- Supporting healthy relationships between children and adults
- Supporting adult caregivers in identifying supports and resources.
- Helping all family members find ways to manage feelings, body sensations and behavior
- Improving problem solving skills
- Supporting healthy development of identity
- Supporting child in processing /integrating stressful life experiences.

Trained Agencies

Baystate Medical Center: Springfield
Codman Square Health Center: Dorchester
Community Services Institute Inc.: Boston
Community Counseling of Bristol County Inc.: Taunton
Community Healthlink: Leominster & Worcester
Eliot: Malden
Family Continuity Program: Lawrence, Peabody & Whitinsville
Key: Methuen, Waltham, Worcester
LUK inc.: Fitchburg & Worcester
MSPCC: Cape Cod

North Suffolk Mental Health Association: Revere & Chelsea
Old Colony YMCA: Brockton
Riverside: Cambridge
Service Net: Northhampton & Greenfield
SMOC: Marlborough
South Bay Mental Health: Brockton, Dorchester, Weymouth
South Shore Mental Health: Quincy
Wediko: Boston
You Inc.: Worcester

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Justice Resource Institute

