

How to use the ARC measure

The ARC measure is a tool to assess relationships with carers.

The tool is designed to be used by facilitators of Clear Sky's Attachment Play Courses. The measure assesses 3 key outcomes of the Attachment play interventions,

- Strengthening relationships
- Developmental understanding
- Managing carer stress and developing carer and child resilience

Gathering ARC data

To gather ARC data, ask each carer to fill in a form at the start and end of the intervention. We find that this is most successful when done in the parent/carer 1:1's that bookmark each intervention. Alternatively, parents/carers may prefer to fill in the form and return it back to you.

Once you have completed your pre and post measures, please submit your anonymised data via the Clear Sky Report Portal on Google Forms

<https://forms.gle/gCMbvan1SGtfdcXM6>

Not all data will present a positive outcome. As facilitator, it is important that this doesn't stop you from collecting data. We know that many things can impact and influence how measures are scored on a specific day, including a person's mood or events that have happened that same day. Further the level of trust in the facilitator carer relationship may at times impact how comfortable the carer feels completing the assessment tool. A score that doesn't indicate a positive change does not necessarily reflect upon your facilitation. With this in mind, some practitioners find it useful to collect data regarding their facilitation style at the end of the intervention, separate to the ARC measure.

Benefits of gathering ARC data

Clear Sky continue to grow our evidence base to support the efficacy of our Attachment Play courses.

Clear Sky ask that licensed practitioners use the ARC measure to assess their AP interventions. As a contributing practitioner you will have access to our growing database of attachment research that you can draw upon to market and fundraise for you Attachment Play interventions.

If you have any questions or need any help, please email info@clear-sky.org.uk