

**Helping Youth Experiencing Housing Instability Thrive with Help from the ARC (Attachment, Self-Regulation and Competency) Framework for Complex Trauma**

**DATE & TIME:**

**January 29, 2026**

**9:00AM - 1:00PM**

***Sign-in begins 15 minutes prior to the training time. All participants must arrive during the sign-in period. Late arrivals will not be admitted.***

**PLACE:**

**Web Broadcast – MS TEAMS**

**REGISTRATION:**

**<https://eventshub.dmh.lacounty.gov>**

**DESCRIPTION:** The training will focus on providing an understanding of the Social Ecological Model (SEM) as it relates to the experience of housing instability for youth. The SEM embraces the importance of intersectional dynamics (impact of socio-cultural variables such as Race/Ethnicity, Gender Identity, Sexual Identity) on the experience of privilege and oppression; both for youth as well as those serving them. The SEM will serve as a backdrop to the conceptualization of Complex Trauma/CT (the amalgamation of Adverse Childhood Experiences, Traumatic Experiences, Societal Impact on intersectional variables in youth) and their experience of housing instability/homelessness. Lastly, the Attachment, Self-Regulation and Competency (ARC) Framework will be introduced as an ideal framework for assisting youth with experiences such as these, with particular emphasis to young people involved in the Foster Care system.

**TARGET AUDIENCE:** **DMH staff and mental health contracted providers rendering specialty mental health services to children, youth and families throughout Los Angeles County.**

**OBJECTIVES:**

**As a result of attending this training, participants should be able to:**

1. Define the concept of Complex Trauma and why a focus on “personhood” is more beneficial to youth than a “diagnosis and treatment.”
2. Provide two examples of intersectional variables that play a role in privilege and/or oppression in the Social Ecological Model.
3. Describe how the Neurobiology of Complex Trauma reflects the intersection of brain functioning and environmental adaptations.
4. Apply the core concepts of the ARC Framework to a case vignette.

**CONDUCTED BY:**

**Moises Rodriguez, Ph.D.**

**COORDINATED BY:**

**Brian Yager, Mental Health Training Coordinator**  
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**DEADLINE:**

**January 29, 2026 or when maximum capacity is reached.**

**CONTINUING  
EDUCATION:**

**4.0 hours for BBS, BRN, CCAPP-EI**  
**4.0 CE for Psychologist**

**COST:**

**NONE**