TRAUMATIC STRESS INSTITUTE

How to Use the ARTIC

Contact Information:

The ARTIC Scales were developed by the Traumatic Stress Institute of Klingberg Family Centers, Dr. Courtney N. Baker and Dr. Stacy Overstreet at Tulane University, and Dr. Prerna Arora. For information, please contact our team at artic@klingberg.com or (860) 832-5562.

Choosing the Version of the ARTIC to Use:

There are 6 versions of the ARTIC scale, 3 for human service organizations and 3 for education institutions. Using the below criteria, select the version that is most appropriate for your setting.

ARTIC for Human Services

1. **ARTIC 45 -- Human Services**

   - 45-item scale. Five core subscales and two supplementary subscales.
   - To be used in human service settings that have begun implementing trauma-informed care (TIC).
   - Participants from a range of human service settings including child welfare, residential treatment, community mental health, and addictions were included in the psychometric study. Though the ARTIC was designed to be relevant in other settings (e.g., corrections, primary medical care, whole communities/cities, reproductive/sexual health, etc.), professionals from these settings were not specifically targeted in the psychometric study. Current studies are under way studying the applicability of the ARTIC across additional settings.

2. **ARTIC 35 – Human Services**

   - 35-item scale. Five core subscales. Excludes two supplementary subscales.
   - To be used in human service settings that have **NOT** yet begun implementation of TIC.
   - Participants from a range of human service settings including child welfare, residential treatment, community mental health, and addictions were included in the psychometric study. Though the ARTIC was designed to be relevant in other settings (e.g., corrections, primary medical care, whole communities/cities, reproductive/sexual health, etc.), professionals from these settings were not

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specifically targeted in the psychometric study. Current studies are under way studying the applicability of the ARTIC across additional settings.

3. **ARTIC 10 -- Human Services**

- 10-item short form. One total score.
- To be used in human service settings that have or have not begun implementation of TIC.
- Used when there is time or resource limitations making ARTIC-45 and ARTIC-35 not feasible.
- Participants from a range of human service settings including child welfare, residential treatment, community mental health, and addictions were included in the psychometric study. Though the ARTIC was designed to be relevant in other settings (e.g., corrections, primary medical care, whole communities/cities, reproductive/sexual health, etc.), professionals from these settings were not specifically targeted in the psychometric study. Current studies are under way studying the applicability of the ARTIC across additional settings.

ARTIC for Education

1. **ARTIC 45 -- Education**

- 45-item scale. Five core subscales and two supplementary subscales.
- To be used in education settings that have begun implementing TIC.
- Language modified to fit education settings (ie. "student" rather than "client"). The psychometric study included a subsample of participants from educational settings.

2. **ARTIC 35 -- Education**

- 35-item scale. Five core subscales. Excludes two supplementary subscales.
- To be used in education settings that have **NOT** yet begun implementation of TIC.
- Language modified to fit education settings (ie. "student" rather than "client"). The psychometric study included a subsample of participants from educational settings.

3. **ARTIC 10 -- Education**

- 10-item short form. One total score.
- To be used for education settings that have or have not begun implementation of TIC.
- Used when there is time or resource limitations making ARTIC-45 and ARTIC-35 not feasible.
- Language modified to fit education settings (ie. "student" rather than "client"). The psychometric study included a subsample of participants from educational settings.

ARTIC Subscales

The ARTIC has 5 core subscales and 2 supplementary subscales.

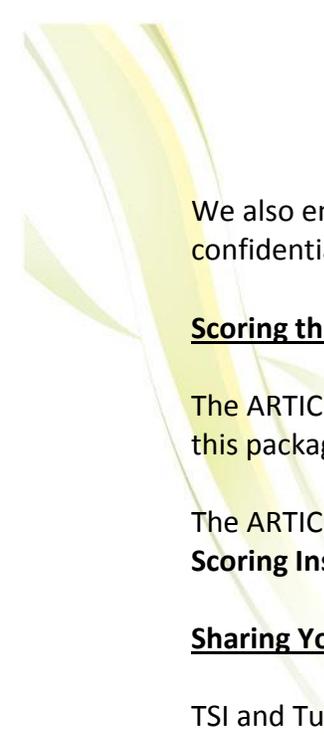### Core Subscales (ARTIC-35 and ARTIC-45; represented in the ARTIC-10)

1. **Underlying Causes of Problem Behavior and Symptoms.** Emphasizes behavior and symptoms as adaptations and malleable versus behavior and symptoms as intentional and fixed.

2. **Responses to Problem Behavior and Symptoms.** Emphasizes relationships, flexibility, kindness, and safety as the agent of change versus rules, consequences, and accountability as the agent of behavior and symptom changes.

3. **On-The-Job Behavior.** Endorses empathy-focused staff behavior versus control-focused staff behavior.

4. **Self-Efficacy at Work.** Endorses feeling able to meet the demands of working with a traumatized population versus feeling unable to meet the demands.

5. **Reactions to the Work.** Endorses appreciating the effects of secondary trauma/vicarious traumatization and coping by seeking support versus minimizing the effects of secondary trauma/vicarious traumatization and coping by ignoring or hiding the impact.

Supplementary Subscales (ARTIC-45 only)

6. **Personal Support of Trauma-Informed Care.** Endorses being supportive of, and confident about, implementation of TIC versus concerns about implementing TIC.

7. **System-Wide Support of Trauma-Informed Care.** Endorses feeling system-wide support for TIC versus NOT feeling supported by colleagues, supervisors, and the administration to implement TIC.

Administering the ARTIC

Organizations using the ARTIC are encouraged to collect demographic data on their respondents. Demographic characteristics could include the following: gender, race/ethnicity, education completed, annual income, job role, job setting, years in job role, years with the organization, years in the human services or education field, face-to-face contact with clients/students in job role, and previous training in TIC. See demographics collected in the original ARTIC study.

We also encourage organizations to assign identification numbers to respondents to protect confidentiality and preserve the ability to match ARTIC scores across multiple timepoints.

Scoring the ARTIC

The ARTIC can be scored by using the **ARTIC EXCEL SCORING TOOL** that you received as part of this package of support materials.

The ARTIC can also be scored by using statistics software such as Excel or SPSS. See the **ARTIC Scoring Instructions and Syntax** for the scoring instructions and SPSS syntax.

Sharing Your Data with the Traumatic Stress Institute (TSI)

TSI and Tulane University maintain a master data base on the ARTIC which we use to further validate and develop the ARTIC as a premier tool for measuring TIC.

We strongly encourage you to send your ARTIC data to us so that we can add it to the database. Thank you!!!