



Survey and Feedback Materials

ARC REFLECTIONS

SUMMER 2017



THE ANNIE E. CASEY FOUNDATION

ARC REFLECTIONS

ARC, or Attachment, Regulation and Competency, is a framework for working with children and teens who have experienced trauma. Developed by Margaret Blaustein and Kristine Kinniburgh of the Justice Resource Institute, ARC builds on the resilience of children, teens and families.

ARC Reflections — an ARC-informed caregiver training curriculum for foster parents, kin and other caregivers — was written by Blaustein and Kinniburgh with support and consultation from the Annie E. Casey Foundation. The model was piloted in six child welfare agencies in 2015 and evaluated by Child Trends, a nonprofit, nonpartisan research center with a focus on child welfare.

ARC REFLECTIONS CURRICULUM

The nine-session ARC Reflections curriculum is available free of charge from the Annie E. Casey Foundation. In addition to these survey and feedback materials, the curriculum includes:

- An implementation guide
- Nine training presentations
- Nine facilitator guides
- Handouts for foster parents
- Olivia's story
- A case manager guide

TECHNICAL ASSISTANCE

For more information about ARC Reflections, please contact:

- Tracey Feild, Managing Director, Child Welfare Strategy Group, the Annie E. Casey Foundation, at tfeild@aecf.org.
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THE ANNIE E. CASEY FOUNDATION



TRAUMA CENTER

At Justice Resource Institute

CONTENTS

1	THANK YOU
3	CAREGIVER PRE-TRAINING SURVEY
7	CAREGIVER POST-TRAINING SURVEY
13	FACILITATOR FEEDBACK AND FIDELITY CHECKLISTS
13	Session One: Understanding Trauma
15	Session Two: Behavior Makes Sense
17	Session Three: Put on Your Oxygen Mask
19	Session Four: Cultivate Connection
21	Session Five: Mirror, Mirror
23	Session Six: Calm, Cool, Connected
25	Session Seven: Respond, Don't React
27	Session Eight: Who Are You? All About Identity
29	Session Nine: Endings and Beginnings

THANK YOU

Thank you for your interest in ARC Reflections! The Annie E. Casey Foundation is excited to share Survey and Feedback Materials for ARC Reflections, a promising curriculum that supports caregivers in their critical roles. ARC Reflections was piloted in six child welfare agencies in 2015 and evaluated by Child Trends, a nonprofit, nonpartisan research center. Foster parents, caseworkers and supervisors who used it found it immediately helpful in understanding and supporting children and teens in their care.

Part of implementing any training is evaluating whether participants gain in knowledge and skills as a result of the training. Likewise, agencies will want to focus on making continuous improvements in training facilitation and logistics.

Use materials in this publication to review the effectiveness of ARC Reflections as implemented in your agency, including pre- and post-training surveys for foster parents and feedback forms for facilitators. Your agency will want to decide how best to use data gathered from these tools to ensure you get the maximum benefit from this training and realize three goals:

- retaining more foster parents in your system;
- helping them feel more supported and competent in their parenting roles; and
- increasing placement stability for children in their care.

The Casey Foundation hopes your agency will use these survey and feedback materials when it implements ARC Reflections. Child welfare systems and programs throughout the country are helping children and families thrive and it is the Foundation's honor and pleasure to offer these resources to support you.

Tracey Feild

Managing Director

Child Welfare Strategy Group

The Annie E. Casey Foundation

CAREGIVER PRE-TRAINING SURVEY

ARC REFLECTIONS

As part of your participation in the ARC Reflections training, we kindly ask that you complete a survey to tell us about your perceptions of child trauma and trauma-informed care. We will ask you to complete a similar survey at the end of your participation in ARC Reflections training.

RISKS. It is not expected that you will be exposed to any risk by answering this survey. The questions will not involve any sensitive information and, therefore, should not cause any discomfort to you.

BENEFITS. You will probably not get any benefit from answering the questions, but your answers will help us understand how well this training is helping parents learn and use trauma-informed practices.

COMPENSATION. You will not be paid (or given anything) to answer this survey.

CONFIDENTIALITY. To protect your privacy, your name will not be documented on this survey and your responses will not be able to be traced back to you. Any reports based on the results from this survey will be reported in aggregate.

VOLUNTARY. Answering this survey is completely voluntary. There are no consequences for choosing not to answer the survey.

1. Please indicate your agreement to answer this survey (check next to the appropriate answer).

I am willing to participate in this survey: Yes _____ No _____

2. What is today's date? _____ / _____ / _____

BACKGROUND

3. How many years have you been a foster parent and/or kinship care provider? _____

4. What is your educational background? (Check one answer)

_____ Less than a high school diploma/GED _____ Bachelor's degree or equivalent

_____ High school diploma/GED _____ Master's degree

_____ Some college/college courses _____ Doctoral degree

5. What is your gender?

_____ Female

_____ Male

6. What is your age?

_____ 20 years old or less

_____ 21–25 years old

_____ 26–30 years old

_____ 31–40 years old

_____ 41–50 years old

_____ 50 years old or more

7. Are you Hispanic or Latino?

_____ Yes _____ No

8. What is your racial background? (Check all that apply)

_____ Alaska Native

_____ American Indian

_____ Asian

_____ Black

_____ Native Hawaiian/Pacific Islander

_____ White

_____ Other

PRIOR TRAINING

9. Please answer the following questions about your trauma training experiences prior to your involvement in ARC Reflections. *For each question below, please circle one answer.*

QUESTION:	NONE	VERY LITTLE	SOME	A LOT
How much training have you had on child trauma?	1	2	3	4
How much training have you had on parent trauma?	1	2	3	4
How much training have you had on secondary traumatic stress?	1	2	3	4

PERCEPTION OF CHILDREN IN FOSTER CARE AND UNDERSTANDING OF TRAUMA

10. Please rate the following statements to help us understand your perception of children in foster care and your understanding of trauma. *Please circle one answer for each question.*

STATEMENT:	STRONGLY DISAGREE	DISAGREE	NEUTRAL	AGREE	STRONGLY AGREE
I understand how traumatic events can impact the way my child's brain works	1	2	3	4	5
Almost all children who have been in foster care or institutions have experienced trauma	1	2	3	4	5
I routinely think about how my child is physically safe in my home, but might not feel safe	1	2	3	4	5
I routinely tell others (teachers, caseworkers, etc.) about my child's traumatic stress symptoms so they can respond more effectively to my child	1	2	3	4	5
An important part of my role as a parent is to identify trauma reminders in my child's life	1	2	3	4	5
My child's past experiences impact how I respond to his/her misbehavior	1	2	3	4	5
Doing things for myself is an important part of being a good parent	1	2	3	4	5
Praises and rewards should outnumber commands and consequences	1	2	3	4	5
It is important for me to have a relationship with my child's therapist	1	2	3	4	5
There is always a reason for misbehavior	1	2	3	4	5
Bedtimes and mealtimes are stressful for children who have been in foster care	1	2	3	4	5
When I think about my child's birth parent(s), I feel sorry that his/her childhood was probably difficult too	1	2	3	4	5
I feel confident about my ability to handle challenging behaviors	1	2	3	4	5
I think defiant kids need to be praised more	1	2	3	4	5
I feel confident speaking up for my child's trauma-specific needs with my child's school or day care	1	2	3	4	5

STATEMENT:	STRONGLY DISAGREE	DISAGREE	NEUTRAL	AGREE	STRONGLY AGREE
If my child brings up the bad things that happened to her/him in the past, I feel like it's a good idea to praise her/him for bringing it up	1	2	3	4	5
I feel like I have the skills to help my child heal	1	2	3	4	5
I know strategies to help my child express a variety of emotions	1	2	3	4	5
It is easy for me to think about the strengths my child has gained from his or her birth family	1	2	3	4	5
When my child has intense feelings that don't seem to make sense, I understand how those feelings might be related to his/her past	1	2	3	4	5
I know the warning signs of problems that can come from caring too much for others and not enough for myself	1	2	3	4	5
I know what I should look for in a trauma-informed assessment for my child	1	2	3	4	5
I can care for a child who rejects me	1	2	3	4	5
I can care for a child who curses at me or says mean and hurtful things to me	1	2	3	4	5
I feel sure of myself as a parent of a child who has experienced trauma	1	2	3	4	5
I know I am doing a good job as a foster parent	1	2	3	4	5
I know things about being a foster parent that would be helpful to other parents	1	2	3	4	5
When things are going badly between my child and me, I keep trying until things begin to change	1	2	3	4	5

Adapted from the Caring for Children Who Have Experienced Trauma Resource Parent Survey, National Child Traumatic Stress Network, funded by SAMHSA/HHS, 2010

CAREGIVER POST-TRAINING SURVEY

ARC REFLECTIONS

As part of your participation in the ARC Reflections training, we kindly ask that you complete a post-training survey to tell us about your perceptions of child trauma and trauma-informed care. This brief survey should take 15 minutes or less. Thank you for your participation!

RISKS. It is not expected that you will be exposed to any risk by answering this survey. The questions will not involve any sensitive information and, therefore, should not cause any discomfort to you.

BENEFITS. You will probably not get any benefit from answering the questions, but your answers will help us understand how well this training is helping parents learn and use trauma-informed practices.

COMPENSATION. You will not be paid (or given anything) to answer this survey.

CONFIDENTIALITY. To protect your privacy, your name will not be documented on this survey and your responses will not be able to be traced back to you. Any reports based on the results from this survey will be reported in aggregate.

VOLUNTARY. Answering this survey is completely voluntary. There are no consequences for choosing not to answer the survey.

1. Please indicate your agreement to answer this survey (check next to the appropriate answer).

I am willing to participate in this survey: Yes _____ No _____

2. What is today's date? _____ / _____ / _____

3. Please respond to the following statements about the ARC Reflections training you received. Please circle one answer for each question.

TRAINING FORMAT AND CONTENT

STATEMENT:	STRONGLY DISAGREE	DISAGREE	SLIGHTLY DISAGREE	SLIGHTLY AGREE	AGREE	STRONGLY AGREE
All sessions of the training were interesting and engaging	1	2	3	4	5	6
There was a good balance of presentations, discussion and activities	1	2	3	4	5	6
I already knew a lot of what was covered in the training	1	2	3	4	5	6

STATEMENT:	STRONGLY DISAGREE	DISAGREE	SLIGHTLY DISAGREE	SLIGHTLY AGREE	AGREE	STRONGLY AGREE
The presenters/trainers were clear and effective	1	2	3	4	5	6
The activities during the trainings were helpful	1	2	3	4	5	6

4a. Please describe your favorite or most helpful activity/activities:

b. Please describe your least favorite or least helpful activity/activities:

5. What are your thoughts about trauma and ARC Reflections?

QUESTION:	NONE	VERY LITTLE	SOME	A LOT
All children who experience trauma will benefit from ARC Reflections	1	2	3	4
I feel more equipped to care for traumatized children than I did prior to the training	1	2	3	4
My knowledge of ARC Reflections will be helpful for the children I care for	1	2	3	4
The training will help me talk to my child's worker about how trauma affects children in my care	1	2	3	4

6. Was there anything that you hoped to learn from this training that you did not learn?

_____ Yes _____ No

If YES: What were you hoping to learn?

7. Have you used ARC Reflections skills, tools or approaches since your training?

_____ Yes _____ No

PERCEPTION OF CHILDREN IN FOSTER CARE AND UNDERSTANDING OF TRAUMA

8. Please rate the following statements to help us understand your perception of children in foster care and your understanding of trauma. *Please circle one answer for each question.*

STATEMENT:	STRONGLY DISAGREE	DISAGREE	NEUTRAL	AGREE	STRONGLY AGREE
I understand how traumatic events can impact the way my child's brain works	1	2	3	4	5
Almost all children who have been in foster care or institutions have experienced trauma	1	2	3	4	5
I routinely think about how my child is physically safe in my home, but might not feel safe	1	2	3	4	5
I routinely tell others (teachers, caseworkers, etc.) about my child's traumatic stress symptoms so they can respond more effectively to my child	1	2	3	4	5
An important part of my role as a parent is to identify trauma reminders in my child's life	1	2	3	4	5
My child's past experiences impact how I respond to his/her misbehavior	1	2	3	4	5
Doing things for myself is an important part of being a good parent	1	2	3	4	5

STATEMENT:	STRONGLY DISAGREE	DISAGREE	NEUTRAL	AGREE	STRONGLY AGREE
Praises and rewards should outnumber commands and consequences	1	2	3	4	5
It is important for me to have a relationship with my child's therapist	1	2	3	4	5
There is always a reason for misbehavior	1	2	3	4	5
I feel confident talking with my child about his/her feelings about his/her biological parent(s)	1	2	3	4	5
Bedtimes and mealtimes are stressful for children who have been in foster care	1	2	3	4	5
When I think about my child's birth parent(s), I feel sorry that his/her childhood was probably difficult too	1	2	3	4	5
I feel confident about my ability to handle challenging behaviors	1	2	3	4	5
I think defiant kids need to be praised more	1	2	3	4	5
I feel confident speaking up for my child's trauma-specific needs with my child's school or day care	1	2	3	4	5
If my child brings up the bad things that happened to her/him in the past, I feel like it's a good idea to praise her/him for bringing it up	1	2	3	4	5
I feel like I have the skills to help my child heal	1	2	3	4	5
I know strategies to help my child express a variety of emotions	1	2	3	4	5
It is easy for me to think about the strengths my child has gained from his or her birth family	1	2	3	4	5
When my child has intense feelings that don't seem to make sense, I understand how those feelings might be related to his/her past	1	2	3	4	5
I know the kinds of questions to ask a therapist to determine if he or she is trauma informed	1	2	3	4	5

STATEMENT:	STRONGLY DISAGREE	DISAGREE	NEUTRAL	AGREE	STRONGLY AGREE
I know the warning signs of problems that can come from caring too much for others and not enough for myself	1	2	3	4	5
I know what I should look for in a trauma-informed assessment for my child	1	2	3	4	5
I can care for a child who curses at me or says mean and hurtful things to me	1	2	3	4	5
I feel sure of myself as a parent of a child who has experienced trauma	1	2	3	4	5
I know I am doing a good job as a foster parent	1	2	3	4	5
I know things about being a foster parent that would be helpful to other parents	1	2	3	4	5
When things are going badly between my child and me, I keep trying until things begin to change	1	2	3	4	5

Adapted from the Caring for Children Who Have Experienced Trauma Resource Parent Survey, National Child Traumatic Stress Network, funded by SAMHSA/HHS, 2010

FACILITATOR FEEDBACK AND FIDELITY CHECKLIST

SESSION ONE: UNDERSTANDING TRAUMA

Did you complete the following?

(If *NO*, please comment)

Comments

Warm-Up	Yes	No	_____
Opening Check-In	Yes	No	_____
Report Back	Yes	No	_____
Self-Reflection	Yes	No	_____
Take Home	Yes	No	_____
Closing Check-In	Yes	No	_____

Check all topics covered during **this** session:

- Definition of trauma, including exploration of potentially traumatic experiences

Notes: _____

- Impact of trauma on development

Notes: _____

- Impact of trauma on child's view of self, others and relationships

Notes: _____

- Impact of trauma on child's sense of danger

Notes: _____

- Trauma responses and survival

Notes: _____

The following questions will help your agency refine its implementation of the ARC Reflections curriculum. Please answer these questions based on your experience with the group today:

What aspect(s) of today's group did you think was most useful for your participants?

Did any content or activity seem not to resonate with your group? Please describe.

Did any content feel redundant to other training offered by your county/office? Please explain.

Did you choose to skip any content or elements? If **yes**, and not captured by your responses on the previous page, please indicate which items/topics and why they were omitted.

Did you choose to add any additional content or elements not originally included? If **yes**, please briefly describe what you added and why.

SESSION TWO: BEHAVIOR MAKES SENSE

Did you complete the following?

(If *NO*, please comment)

Comments

Warm-Up Yes No _____

Opening Check-In Yes No _____

Report Back Yes No _____

Self-Reflection Yes No _____

Take Home Yes No _____

Closing Check-In Yes No _____

Check all topics covered during **this** session:

Discussed the utility of behavior (e.g., behavior makes sense, need-driven)

Notes: _____

Role of the “lens” in understanding a child’s behavior

Notes: _____

Behavior is motivated by survival and a child’s needs

Notes: _____

Importance of identification of child’s resources

Notes: _____

Role of caregiver curiosity

Notes: _____

The following questions will help your agency refine its implementation of the ARC Reflections curriculum. Please answer these questions based on your experience with the group today:

What aspect(s) of today's group did you think was most useful for your participants?

Did any content or activity seem not to resonate with your group? Please describe.

Did any content feel redundant to other training offered by your county/office? Please explain.

Did you choose to skip any content or elements? If **yes**, and not captured by your responses on the previous page, please indicate which items/topics and why they were omitted.

Did you choose to add any additional content or elements not originally included? If **yes**, please briefly describe what you added and why.

SESSION THREE: PUT ON YOUR OXYGEN MASK

Did you complete the following?

(If *NO*, please comment)

Comments

Warm-Up	Yes	No	_____
Opening Check-In	Yes	No	_____
Report Back	Yes	No	_____
Self-Reflection	Yes	No	_____
Take Home	Yes	No	_____
Closing Check-In	Yes	No	_____

Check all topics covered during **this** session:

Difficulties associated with foster parenting

Notes: _____

Caregiver's well-being matters

Notes: _____

Identification of hard days

Notes: _____

Four self-care tools

Notes: _____

The following questions will help your agency refine its implementation of the ARC Reflections curriculum. Please answer these questions based on your experience with the group today:

What aspect(s) of today's group did you think was most useful for your participants?

Did any content or activity seem not to resonate with your group? Please describe.

Did any content feel redundant to other training offered by your county/office? Please explain.

Did you choose to skip any content or elements? If **yes**, and not captured by your responses on the previous page, please indicate which items/topics and why they were omitted.

Did you choose to add any additional content or elements not originally included? If **yes**, please briefly describe what you added and why.

SESSION FOUR: CULTIVATE CONNECTION

Did you complete the following?

(If *NO*, please comment)

Comments

Warm-Up Yes No _____

Opening Check-In Yes No _____

Report Back Yes No _____

Self-Reflection Yes No _____

Take Home Yes No _____

Closing Check-In Yes No _____

Check all topics covered during **this** session:

Ingredients of good relationships

Notes: _____

Role of the child's lens in relationship building

Notes: _____

Preparing for the child to arrive

Notes: _____

Building a relationship

Notes: _____

Understanding and responding to disconnection

Notes: _____

The following questions will help your agency refine its implementation of the ARC Reflections curriculum. Please answer these questions based on your experience with the group today:

What aspect(s) of today's group did you think was most useful for your participants?

Did any content or activity seem not to resonate with your group? Please describe.

Did any content feel redundant to other training offered by your county/office? Please explain.

Did you choose to skip any content or elements? If **yes**, and not captured by your responses on the previous page, please indicate which items/topics and why they were omitted.

Did you choose to add any additional content or elements not originally included? If **yes**, please briefly describe what you added and why.

SESSION FIVE: MIRROR, MIRROR

Did you complete the following?

(If *NO*, please comment)

Comments

Warm-Up Yes No _____

Opening Check-In Yes No _____

Report Back Yes No _____

Self-Reflection Yes No _____

Take Home Yes No _____

Closing Check-In Yes No _____

Check all topics covered during **this** session:

Ways we communicate

Notes: _____

Being curious about child's way of communicating (the child's "language")

Notes: _____

Becoming a detective, such as identifying what the child communicates through nonverbal and verbal clues

Notes: _____

Importance of observing versus reacting

Notes: _____

Mirroring through language and behavior

Notes: _____

The following questions will help your agency refine its implementation of the ARC Reflections curriculum. Please answer these questions based on your experience with the group today:

What aspect(s) of today's group did you think was most useful for your participants?

Did any content or activity seem not to resonate with your group? Please describe.

Did any content feel redundant to other training offered by your county/office? Please explain.

Did you choose to skip any content or elements? If **yes**, and not captured by your responses on the previous page, please indicate which items/topics and why they were omitted.

Did you choose to add any additional content or elements not originally included? If **yes**, please briefly describe what you added and why.

SESSION SIX: CALM, COOL, CONNECTED

Did you complete the following?

(If *NO*, please comment)

Comments

Warm-Up	Yes	No	_____
Opening Check-In	Yes	No	_____
Report Back	Yes	No	_____
Self-Reflection	Yes	No	_____
Take Home	Yes	No	_____
Closing Check-In	Yes	No	_____

Check all topics covered during **this** session:

- Regulation in infancy and early childhood

Notes: _____

- Impact of lack of soothing on young children (impact on affect and behavior)

Notes: _____

- Importance of laying a good foundation (using routines, strategies, engaged connection)

Notes: _____

- Importance of responding in the moment (by reading clues, using tools, cueing child's use of tools, offering opportunities for control)

Notes: _____

The following questions will help your agency refine its implementation of the ARC Reflections curriculum. Please answer these questions based on your experience with the group today:

What aspect(s) of today's group did you think was most useful for your participants?

Did any content or activity seem not to resonate with your group? Please describe.

Did any content feel redundant to other training offered by your county/office? Please explain.

Did you choose to skip any content or elements? If **yes**, and not captured by your responses on the previous page, please indicate which items/topics and why they were omitted.

Did you choose to add any additional content or elements not originally included? If **yes**, please briefly describe what you added and why.

SESSION SEVEN: RESPOND, DON'T REACT

Did you complete the following?

(If *NO*, please comment)

Comments

Warm-Up Yes No _____

Opening Check-In Yes No _____

Report Back Yes No _____

Self-Reflection Yes No _____

Take Home Yes No _____

Closing Check-In Yes No _____

Check all topics covered during **this** session:

Behavior is driven by needs

Notes: _____

Tool 1: Being proactive

Notes: _____

Tool 2: Identifying child's needs

Notes: _____

Tool 3: Using go-tos

Notes: _____

Tool 4: Using other strategies (such as praise and reinforcement, problem solving, limit setting)

Notes: _____

The following questions will help your agency refine its implementation of the ARC Reflections curriculum. Please answer these questions based on your experience with the group today:

What aspect(s) of today's group did you think was most useful for your participants?

Did any content or activity seem not to resonate with your group? Please describe.

Did any content feel redundant to other training offered by your county/office? Please explain.

Did you choose to skip any content or elements? If **yes**, and not captured by your responses on the previous page, please indicate which items/topics and why they were omitted.

Did you choose to add any additional content or elements not originally included? If **yes**, please briefly describe what you added and why.

SESSION EIGHT: WHO ARE YOU? ALL ABOUT IDENTITY

Did you complete the following?

(If *NO*, please comment)

Comments

Warm-Up Yes No _____

Opening Check-In Yes No _____

Report Back Yes No _____

Self-Reflection Yes No _____

Take Home Yes No _____

Closing Check-In Yes No _____

Check all topics covered during **this** session:

Identity development

Notes: _____

Impact of trauma on identity

Notes: _____

Supporting the foster child: Unique self

Notes: _____

Supporting the foster child: Building positive experiences

Notes: _____

Supporting the foster child: Tolerating vulnerability

Notes: _____

Supporting the foster child: Holding on to past, present and future

Notes: _____

The following questions will help your agency refine its implementation of the ARC Reflections curriculum. Please answer these questions based on your experience with the group today:

What aspect(s) of today's group did you think was most useful for your participants?

Did any content or activity seem not to resonate with your group? Please describe.

Did any content feel redundant to other training offered by your county/office? Please explain.

Did you choose to skip any content or elements? If **yes**, and not captured by your responses on the previous page, please indicate which items/topics and why they were omitted.

Did you choose to add any additional content or elements not originally included? If **yes**, please briefly describe what you added and why.

SESSION NINE: ENDINGS AND BEGINNINGS

Did you complete the following?

(If *NO*, please comment)

Comments

Warm-Up Yes No _____

Opening Check-In Yes No _____

Report Back Yes No _____

Self-Reflection Yes No _____

Take Home Yes No _____

Closing Check-In Yes No _____

Check all topics covered during **this** session:

Complexity of transitions for foster children

Notes: _____

Transitions and trauma

Notes: _____

Ways foster children cope with transitions

Notes: _____

Supporting the transition (start early, prepare the child, reflect, provide ongoing connection, etc.)

Notes: _____

The following questions will help your agency refine its implementation of the ARC Reflections curriculum. Please answer these questions based on your experience with the group today:

What aspect(s) of today's group did you think was most useful for your participants?

Did any content or activity seem not to resonate with your group? Please describe.

Did any content feel redundant to other training offered by your county/office? Please explain.

Did you choose to skip any content or elements? If **yes**, and not captured by your responses on the previous page, please indicate which items/topics and why they were omitted.

Did you choose to add any additional content or elements not originally included? If **yes**, please briefly describe what you added and why.
