

Free Participation for Schools

- Schools and providers receive **ongoing consultation and support for implementation, data collection, and quality assurance** at no cost.
- Providers receive **clinician certification** in CBITS and Bounce Back.
- **Sustainability funding is also available** to schools and providers based on performance.

Support for CBITS/BB

The CBITS/BB Initiative is funded by the **Connecticut Department of Children and Families** as part of the State's effort to expand trauma-informed services to communities across Connecticut.

CHDI serves as the **CBITS/BB Coordinating Center** for CT.



Bring CBITS & BB to Your School



Scan the QR code below or download an application at chdi.org/cbits



Learn more about the models at traumaawareschools.org



Interested school staff:
Contact **Alice Kraiza, MPH**
• akraiza@chdi.org

Find a Provider

Locate a CBITS/BB provider in Connecticut:
ebp.dcf.ct.gov/ebpsearch



CBITS and Bounce Back:

Help Students Exposed to Trauma

Information on trauma care in schools for providers, parents, and caregivers



Child Health and
Development Institute



CONNECTICUT
Children & Families

How It Works

Cognitive Behavioral Intervention for Trauma in Schools (CBITS) and Bounce Back are **brief, trauma-focused, evidence-based group practices** developed for use **within schools** to help children exposed to **violence, abuse, and other forms of trauma**.

Both are **10-week groups** that include **individual, parent, and teacher sessions**.

- CBITS is for students in **grades 5-12**.
- Bounce Back is for students in **grades K-5**.



Our Results

- **10,500+ children** in Connecticut have been **screened for trauma exposure**
- Over **150 schools** have offered CBITS/BB
- **6,100+ children** received **treatment** through CBITS/BB
- Over **70% of children** who participate **finish treatment**
- **70% of children in BB** and **68% in CBITS** show a **reduction in PTSD symptoms**



Benefits

- Teaches children coping skills that can help **foster healthy relationships, better academic performance and engagement, and a higher quality of life**
- **Helps caregivers develop an understanding of trauma** and learn to support their child
- **Reduces symptoms** of post-traumatic stress disorder (PTSD), depression, and behavior concerns