

Referral Support for CBITS & Bounce Back

Outreach tips for school-based clinicians

Due to the high prevalence of childhood trauma, we encourage school-based clinicians offering Cognitive Behavioral Intervention for Trauma in Schools (CBITS) or Bounce Back to expand their outreach to the wider school population, not just their caseload. This resource offers tips to help you talk with school staff and families about the impact of traumatic stress and how CBITS/BB groups can help.



General Tips

- Getting successful referrals to CBITS or BB is about making connections. It takes time. Be a broken record!
- When talking about trauma and traumatic stress, use clear, non-intimidating, plain language.
- Due to common misconceptions about trauma, some may need further explanations and conversations.



Talking with School Staff

- Create informational one-pagers or brochures to share (contact CHDI for example materials!).
- Utilize times that are already set aside, like having a session during a professional development period.
- Help staff understand how traumatic stress can impact children academically as well as behaviorally.
- Discuss the ways trauma can look like other conditions, such as ADHD.

TRAUMA + LEARNING



Explain how traumatic stress symptoms can impact academic performance and attention.



Talking with Families

- Ensure all communications and documentation are understandable and available in families' preferred language.
- Remember, engagement and psycho-education start at first contact with the family.
- Explain the overarching goal, e.g., *"These groups help children identify their feelings and connect those feelings with their behaviors. This helps them better understand how what happened to them impacts them now."*

THE RULE OF

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Reach out to the parent or caregiver at least three times.

ADDITIONAL RESOURCES + SUPPORT

[Trauma ScreenTIME Schools Course](#) Free online course for school staff on child trauma + trauma screening
[Is it ADHD or Child Traumatic Stress?](#) Guide from the National Child Traumatic Stress Network

