

## **PARTICIPATION IS FREE**

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/providers based on performance.

## **SUPPORT FOR CBITS**

The CBITS 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 throughout Connecticut.

CHDI serves as the CBITS Coordinating Center.

## **LEARN MORE**

Download an application at [www.chdi.org/cbits](http://www.chdi.org/cbits)

Read about each model at [www.cbitsprogram.org](http://www.cbitsprogram.org) or [www.bouncebackprogram.org](http://www.bouncebackprogram.org)



# LEARN HOW YOU CAN **HELP STUDENTS EXPOSED TO TRAUMA**

**COGNITIVE BEHAVIORAL  
THERAPY FOR TRAUMA  
IN SCHOOLS (CBITS)  
and BOUNCE BACK**

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Free training, support, and performance-based funding for participating schools and providers



# CBITS AND BOUNCE BACK ARE WORKING IN CONNECTICUT SCHOOLS

## HOW IT WORKS

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 through 12

Bounce Back is for students in grades K through 5

## 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

## OUR RESULTS

More than 3,600 students have been screened for trauma exposure.

Over 100 schools in Connecticut have offered CBITS or Bounce Back

More than 1,900 students have engaged in groups

84% of the children who participate are able to successfully complete CBITS or Bounce Back

Children completing treatment show significant reductions in PTSD symptoms (70% for Bounce Back and 65% for CBITS)

96% of caregivers were satisfied with their child's participation