

## **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 /BOUNCEBACK**

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/Bounce Back Coordinating Center.

## **LEARN MORE**

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

Read about each model at  
[www.traumaawareschools.org](http://www.traumaawareschools.org)

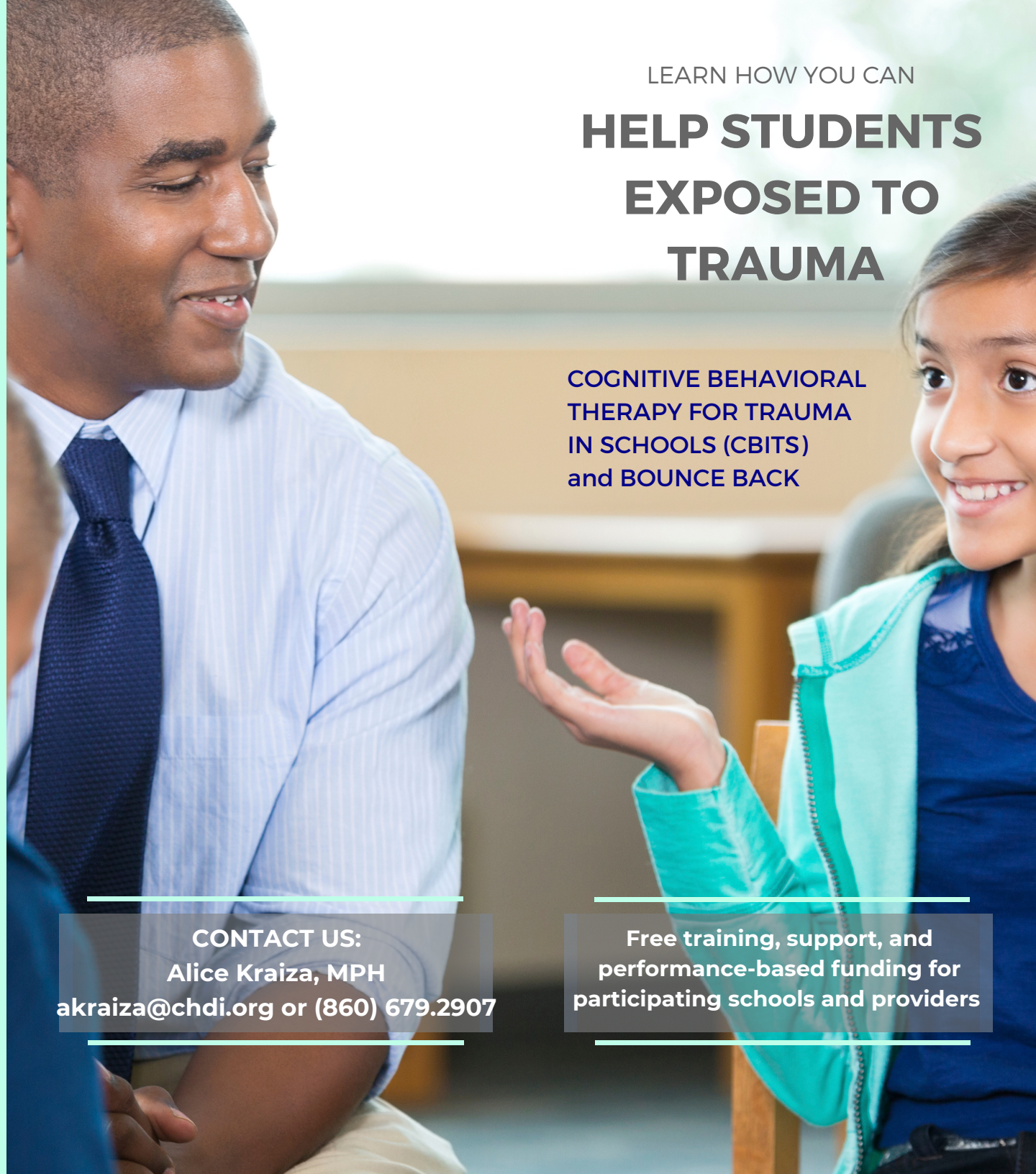


# LEARN HOW YOU CAN **HELP STUDENTS EXPOSED TO TRAUMA**

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

**CONTACT US:**  
**Alice Kraiza, MPH**  
**[akraiza@chdi.org](mailto:akraiza@chdi.org) or (860) 679.2907**

**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

The cost savings of CBITS and similar trauma treatments for children have been estimated at \$23,875 per child served (WA State Institute for Public Policy, 2019).

## OUR RESULTS

More than 5,300 students have been screened for trauma exposure.

Over 150 schools in Connecticut have offered CBITS or Bounce Back

More than 2,700 students have engaged in groups

Over 70% 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 68% for CBITS)

98% of caregivers were satisfied with their child's participation