



Cognitive Behavioral Intervention for Trauma in Schools (CBITS)/Bounce Back (BB)

–Tier 2–

Overview: Games and activities that teach skills for healing from traumatic events, as well as cognitive behavioral therapy to address trauma symptoms

Intervention	Modality	Intended Audience	Staffing Requirements	Additional Materials Needed
Bounce Back	Ten- session group delivered over 10-12 weeks (weekly group sessions are 45 mins-1hr) plus 3 individual sessions (the last session must be with a caregiver)	K-5 th grade	<ul style="list-style-type: none"> Master-level licensed clinician Recommended to have familiarity with child trauma, group therapy and cognitive behavioral therapy 	Space to hold groups within the school building or clinical setting, small giveaway prizes, books referenced in the training,
CBITS	Ten- session group delivered over 10-12 weeks (weekly group sessions are 45 mins-1hr) plus 1-3 individual sessions with students	6-12 th grade	<ul style="list-style-type: none"> Master-level licensed clinician Recommended to have familiarity with child trauma, group therapy and cognitive behavioral therapy 	<i>*The National Center for School Mental Health will provide the training manual, worksheets, and handouts within a shared folder to all trainees</i>

Target Outcomes

- Reduce symptoms related to trauma exposure
- Enhance coping and problem-solving strategies
- Build peer and caregiver support

Training Requirements and Important Considerations

Types of Training (during regular business hours):

- Bounce Back ONLY: **Two-day virtual training** (14 hours, 7 hours per day)
- CBITS ONLY: **Two-day virtual training** (14 hours, 7 hours per day)
- CBITS/Bounce Back Combination: **Three-day virtual training** (21 hours, 7 hours per day)

Continuing Education Units: Participants can receive up to 11 CEU credits for CBITS & Bounce Back ONLY; Participants can receive up to 17 CEU credits for CBITS/Bounce Back Combination

Expectations for full participation and certificate of attendance: To be considered trained, the expectation is that trainees complete the full training, demonstrate engagement (e.g., on-time, stay for the full session, camera on, participation in role-plays, practice activities). **If you miss key components of the training, you may not receive CEUs or a certificate of attendance and will need to reregister and complete the full training if spots are available.**

Important Considerations:

- A referral process is needed to assist in identifying children who have been exposed to traumatic events and have current moderate to severe PTSD symptoms
- Students will need to be screened using a trauma screener
- Active parental consent is required

Ongoing Engagement and Expectations

POC/Supervisor Expectations:

- **Attend a Virtual Planning Meeting:** Meet with the National Center for School Mental Health and the Maryland Community Health Resource Commission to discuss metrics and deliverables including reach and target demographics, service offerings, and outcome expectations as well as the training and implementation plan for your organization.
- **Maintain regular communication** with coordinator(s) from the National Center for School Mental Health to ensure progress toward training and implementation goals including review of a monthly training email containing training and evaluation updates for your organization, and action items.
- **Provide administrative and supervisory support** to staff, including, but not limited to:
 - Share important dates (e.g. training dates, implementation support call dates), registration links, training evaluation completion reminders, and other important information with staff.
 - Ensure that providers in your organization attend the selected Evidence Based Practices (EBPs) for which they are registered. If staff register for training and do not show up, there is not a guarantee they can train at a future date, which may impact implementation plans outlined in your grant application.
 - Please provide ongoing communication with your organization's providers about training attendance and expectations. Consider providing funding for staff time to attend training and implementation calls as appropriate.
 - Ensure staff complete all training, evaluation, and implementation tasks.

Providers/Trainees Expectations:

- **Commit to attending the training once registered**
- **Complete the post-training evaluation survey** for each selected EBP immediately following the training
- **Attend quarterly implementation support meetings** offered over the year for each EBP you are implementing and complete implementation surveys prior to each meeting
- **Implement intervention** components as specified in the training and tailored to local community as needed

*For more information or questions pertaining to priority EBP training logistics and expectations, please contact the National Center for School Mental Health at BlueprintEBP@som.umaryland.edu. For grant-related requirements or fiscal questions, please contact Megan Brown, the Consortium Director at megan.brown@maryland.gov. For evaluation or metrics and deliverables questions, please contact the National Center for School Mental Health at BlueprintEval@som.umaryland.edu.