## Child Traumatic Stress

While numerous national studies have documented the very high prevalence of exposure to traumatic life experiences in children, research also shows the vast majority of traumatic experience in childhood goes untreated.

Untreated child traumatic stress can lead to increased risk for a variety of life-long physical, emotional and behavioral challenges, such as depression, anxiety, suicidal thoughts, substance misuse, and risk-taking behavior.

In school, the effect of child traumatic stress can manifest itself in a variety of ways, such as:

- Difficulty regulating emotions
- Irritability and aggression
- Reduced attendance
- Reduced school performance and grades
- Difficulty concentrating
- Depression or anxiety
- Somatic complaints

School-based treatment for traumatic stress has been shown to be highly effective.

Center for Trauma Care in Schools

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# Bounce Back

## School-based Group Treatment for Traumatic Stress for Elementary School-aged Children

Alliance for Inclusion & Prevention

The Center for Trauma Care in Schools (CTCS) is a hub for training and school-based delivery of evidence-based practices to treat traumatic stress in children. Operated by Alliance for Inclusion and Prevention, CTCS is a center of The National Child Traumatic Stress Network funded through a grant from SAMHSA.

## What is Bounce Back?

Bounce Back is a ten-week school-based intervention. It is used to treat symptoms of Post-traumatic Stress Disorder and accompanying behavioral and emotional challenges. It is designed to help students improve school performance, such as grades, attendance and relationships.

Bounce Back uses cognitive-behavioral techniques, such as psycho-education, relaxation, cognitive restructuring, exposure and social problem solving.

Bounce Back is an evidence-based group treatment listed on SAMHSA's National Registry of Evidence-based Programs and Practices.

## Who is eligible for Bounce Back?

Bounce Back is a treatment that has been designed for use with students from kindergarten to fifth grade who have experienced or witnessed stressful life events such as community violence, physical accidents, physical abuse, domestic violence, and natural or manmade disasters.

Clinicians use a screening tool to measure traumatic exposure and the level of resulting symptomatology to assess eligibility for the group treatment.

## Adaptations of Bounce Back

**CBITS**
Designed for use by clinicians with students in fifth to twelfth grade

**SSET**
Designed for use by non-clinical staff for use with students in fifth to twelfth grade

**FOSTER CARE**
Special adaptation designed for clinical staff working with children in the foster care system

## Bounce Back Training

Center for Trauma Care in Schools offers periodic Bounce Back trainings during each school year. Trainings are two full days and are held in various locations in the metro Boston area. Trainings are intended for school clinicians and interns, as well as agency clinical staff who are working in schools. To learn more about Bounce Back, its research base, as well as information about child traumatic stress, go to the Bounce Back website at: bouncebackprogram.org.

### For more information about Bounce Back training for yourself, your agency or your school

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