

## 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.

Reactions of Boston area students to their experience with CBITS group treatment:

*"I learned that I can start trusting more people with my problems. It helps me have less stress and think about stuff before I do it."*

-8<sup>th</sup> grade boy

*"I learned to keep calm in hard situations."*

-6<sup>th</sup> grade girl

*"I learned how to calm down consistently in class and everywhere I go."*

-8<sup>th</sup> grade boy

*"I liked learning how to take control of my problems."*

-7<sup>th</sup> grade boy

# CBITS

## Cognitive Behavioral Intervention for Trauma in Schools

### School-based Group Treatment for Traumatic Stress



Alliance for  
Inclusion &  
Prevention

Center for Trauma Care in Schools

31 Heath Street  
Boston, MA 02130

P: 617-849-7419

F: 617-849-7421

W: [www.aipinc.org](http://www.aipinc.org)

## Who is eligible for CBITS?

CBITS is a treatment that has been designed for use with students from fifth to twelfth 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 CBITS

### CBITS

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

### BOUNCE BACK

Designed for use by clinicians with elementary school-aged children

### 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

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 CBITS?

Cognitive Behavioral Intervention for Trauma in Schools (CBITS) 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.

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

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

## CBITS Training

Center for Trauma Care in Schools offers periodic CBITS 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 CBITS, its research base, as well as information about child traumatic stress, go to the CBITS website at [cbitsprogram.org](http://cbitsprogram.org).

For more information about CBITS Training for yourself, your agency or your school

Contact:

Lisa Baron, Program Director

Center for Trauma Care  
in Schools  
31 Heath Street  
Boston, MA 02130

P: 617-849-7419

F: 617-849-7421

E: [lbaron@aipinc.org](mailto:lbaron@aipinc.org)