

Cognitive Behavioral Interventions for Trauma in Schools (CBITS) and Bounce Back Programs



Program Information

Cognitive Behavioral Interventions for Trauma in Schools (CBITS) and Bounce Back Program are school-based programs to help students in grades K-12 feel better and bounce back after experiencing a stressful or traumatic event.

The program is run during school hours with minimal impact on your child's academics.

10 Group Sessions (1-hour) during school hours

3 Parent Sessions by phone, Zoom, or in-person at CMHA's downtown office location

3 Individual Sessions with child by Zoom or in-person at school

What To Expect In Treatment:

Learn coping skills to manage challenging emotions

Raise awareness of trauma reminders and body responses

Challenge negative thoughts and distortions that often occur after a trauma

2,800 students served across 30 school districts statewide

89% treatment completion rate - 91% of students report satisfaction with treatment

For questions about the program please contact: Christopher Marino, LPC at 860.993.5709

