

Cognitive Behavioral Intervention for Trauma in Schools (CBITS)

1-21-2019



CBITS Brief Description:

The Cognitive Behavioral Intervention for Trauma in Schools (CBITS), is a skill-based, group intervention that is aimed at relieving symptoms of Post Traumatic Stress Disorder (PTSD), depression, and general anxiety among children exposed to trauma. Children are provided with normalizing education about common reactions to stress and trauma, and learn skills such as relaxation, how to challenge and replace upsetting thoughts, and social problem solving. Children also work on processing traumatic memories and grief in both individual and group settings. The program consists of ten, 1-hour group sessions (6-8 children) usually conducted once a week in a school or mental health clinic setting. It also includes 1-3 individual sessions, 2 parent sessions, and a teacher education session.

Training Requirements:

Basic CBITS Training Package: This package is the essential CBITS training recommended for mental health clinicians, already somewhat familiar with child trauma, group therapy and cognitive behavioral therapy. This 2-day clinical training includes:

- 1) An overview of child trauma and PTSD and the mental health and academic consequences.
- 2) A review of the history and evidence base of CBITS.
- 3) Thorough session by session demonstrations and supervised practice of each core concept for child group and individual sessions, including how to make the material culturally and contextually relevant to the audience.
- 4) Review of parent and teacher sessions.
- 5) Engagement activities around implementation issues and site planning.

To implement the CBITS Program, training and consultation requirements include:

Training Component	Cost
Download free manual (Cognitive Behavioral Intervention for Trauma in Schools, Second Edition Jaycox, Langley & Hoover, 2018) for clinicians. Participants must bring their manuals to the training.	Free download, or purchase bound manual for \$34
Participate in two-day training, 15 participants max per trainer	\$5000 trainer fee, plus travel costs of up to \$1500. Depending on level of interest, EPISCenter may coordinate a training for multiple sites- thus we recommend applicants budget \$6500 for an onsite training, with the understanding that these costs may decrease.
Complete the 5-hour online training (Part 1 & Part 2) at www.cbitsprogram.org before initial implementation.	No cost- plan for time clinicians need to complete this free online training, in preparation for first group implementation.
Participate in 12 bi-weekly consultation calls, one hour.	Budget for \$250 per hour, or a total of \$3000. If consultation calls are combined across multiple sites, these costs may decrease.



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To run the program clinicians/schools will need:

- To ensure school and parent buy-in. Materials are available for helping administration and staff understand the impact of trauma on learning, at cbitsprogram.org. It can be useful to present the idea to parents via newsletters and parent meetings.
- The Cognitive Behavioral Intervention for Trauma in Schools Manual – Second Edition (Lisa Jaycox, Audra Langley, & Sharon Hoover 2018)
- Caregiver consent for screening and group participation. Active parental consent is normally required. Outreach to parents and collection of consent forms can be time intensive, thus administrative support is helpful.
- A strategy for identifying student participants (referral, existing caseload, classroom screening). Classroom screening is recommended to identify students who may be symptomatic, but are not already receiving services. These procedures can be time intensive, thus administrative support is helpful. All students should be screened for PTSD symptoms, even if known to have experienced a traumatic event. Screening usually includes a self-report measure of PTSD symptoms, and an individual meeting to validate the screener and discuss interest in the intervention.
- Sufficient protected clinician time to prepare and implement the full CBITS model.
- An onsite space to run a group that will fit 4-8 students
- Onsite space to provide 1:1 sessions
- Onsite space to host parent group
- Access to school infrastructures to coordinate student schedules, screening activities, teacher education session, etc.
- Access to copier for creating student handouts
- Group participation incentives (could include food, small prizes, etc.)

Clinician Time Estimates for Running CBITS:

Student Group: 2 hrs/week (with planning/prep) **20 hours total**

Individual sessions: For each group (approximately 6 students) clinician will provide 2 individual sessions each. This will account for approximately **24 hours total**

Parent Outreach and Sessions: 2 hours of outreach per child (12hrs) plus 2 hours of prep for each of the two parent groups (4 hours) plus delivery of the two parent groups (4 hours) totaling approximately **20 hours**.

Teacher Session: 2 hours of planning and 2 groups: **4 hours**

Estimated hours to run the entire CBITS Curriculum over the course of 10 weeks: **68 hours**



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Impact and Fidelity Monitoring Tools

The EPISCenter in collaboration with the Pennsylvania Commission on Crime and Delinquency (PCCD) will require the use of the following tools for all PCCD Grantees:

Screening Tools:

- Trauma Exposure Checklist
- Child PTSD Symptom Scale

Evaluation Tools:

- Child PTSD Symptom Scale
- Strengths and Difficulties Questionnaire for Children

Adherence and Model Fidelity Tool:

- CBITS Fidelity Adherence Measure

To access recommended screening tools and measures go to: <https://cbitsprogram.org>

For questions about the CBITS intervention please contact:

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