

TRAUMA IN SCHOOLS

ASK FOR IT BY NAME: CBITS

? What is CBITS?

CBITS is a school-based, group therapy that works to lessen symptoms of Post-Traumatic Stress Disorder (PTSD), depression, and general anxiety among youth exposed to trauma. Youth learn skills for relaxation, challenging upsetting thoughts, social problem-solving, and processing traumatic memories and grief. The goals of CBITS are to reduce symptoms related to trauma exposure, build skills, enhance resilience to stress, and build peer and caregiver support.

🧑 Is CBITS right for me?

Youth (ages 11-18) struggling to manage the following trauma reactions may benefit from CBITS:

- Unwanted memories of the trauma
- Nightmares and sleep problems
- Lack of positive emotions
- Intense ongoing fear or sadness
- Angry outbursts
- Acting helpless, hopeless, or withdrawn
- Avoiding places or people associated with a traumatic event

🏠 Core Components

CBITS teaches six cognitive-behavioral techniques:

- Education about reactions to trauma
- Relaxation training
- Cognitive restructuring
- Real life exposure
- Stress or trauma exposure
- Social problem-solving



Don't Miss Out!

Call CBH Member Services at 888-545-2600 and ask for CBITS.

For more detailed information, visit [DBHIDS.org/EPIC](https://www.dbhids.org/EPIC).

THE EVIDENCE-BASED PRACTICE AND INNOVATION CENTER (EPIC)

Effective Practices that Support People with Behavioral Health Challenges

EVIDENCE-BASED PRACTICES: EBP

CBITS is offered to students who receive services in school through Intensive Behavioral Health Services (IBHS). IBHS is a managed level of care and an evaluation with a treatment recommendation is required. If you believe you or your youth could benefit from CBITS, contact CBH Member Services at 888-545-2600 for support in setting up an evaluation with a provider agency.

What are EBPs?

Evidence-based practices are treatments supported by research which shows people who receive that treatment get better.

Why are EBPs important?

Just like how doctor's offices look for the best treatments for physical health concerns, DBHIDS wants to do the same for behavioral and mental health concerns. EBPs treatments shown to work in supporting people with behavioral and mental health get better.

Where can I find EBP providers?

Visit our website, DBHIDS.org/EPIC or call Member Services at 888-545-2600.

