

BOUNCE BACK

ASK FOR IT BY NAME: BB

? What is Bounce Back?

Bounce Back (BB) is a school-based, group therapy that works to lessen symptoms of child traumatic stress, anxiety, depression, and functional impairment among elementary school (ages 5-11) who have been exposed to traumatic events. Children learn skills for relaxation, challenging upsetting thoughts, social problem-solving, and processing traumatic memories and grief.

👤 Is Bounce Back right for my child?

Children struggling to manage the following trauma reactions may benefit from Bounce Back (BB):

- 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- Acting helpless, hopeless, or withdrawn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

Bounce Back teaches cognitive-behavioral techniques:

- Psycho-education
- Feelings Identification
- Positive Activities
- Relaxation Training
- Cognitive Coping
- Gradual Exposure for Functional Impairment
- Trauma Narrative
- Social Support/Connecting with Others
- Problem Solving/Conflict Resolution



Don't Miss Out!

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

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

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.



Bounce Back is offered to children 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 your child could benefit from BB, contact CBH Member Services at 888-545-2600 for support in setting up an evaluation with a provider agency.