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.
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](http://DBHIDS.org/EPIC) or call Member Services at 888-545-2600.