



Following the **2021 (virtual) Conference on Advancing School Mental Health**, the **National Center for Safe Supportive Schools (NCS3)\***, a Category II Center of the National Child Traumatic Stress Network (NCTSN), is offering **free**, online **Post-Conference Trainings** on school-based group interventions for students who have experienced stress or trauma.

## Upcoming Virtual Trainings

October 18-19<sup>th</sup> 11:00am – 5:00pm ET\*\*

### **CBITS**

[\*\*Apply Here\*\*](#)

### **Bounce Back**

[\*\*Apply Here\*\*](#)

### **STRONG**

[\*\*Apply Here\*\*](#)

**Cognitive Behavioral Intervention for Trauma in Schools (CBITS)** is an evidence-based, 10-session group intervention for middle and high school students who are exhibiting symptoms of traumatic stress. CBITS uses cognitive-behavioral techniques, such as psycho-education, relaxation, cognitive restructuring, exposure, and social problem solving and includes individual trauma narrative sessions with students.

**Bounce Back** is an evidence-based adaptation of CBITS for elementary school students (K-5<sup>th</sup>). The skills-based group intervention has been developed to relieve symptoms of anxiety, stress, depression, and post-traumatic stress among young students exposed to stressful events. Children learn a range of skills including relaxation exercises, ways to challenge upsetting thoughts, and social problem solving. The Bounce Back program includes 10 student group sessions and 2-3 individual student sessions with some parent participation.

**Supporting Transition Resilience of Newcomer Groups (STRONG)** is an evidence-informed, school-based intervention for newcomer (refugee/immigrant) youth (K-12th grades) to support their transition to a new school and community. STRONG is intended for students experiencing psychological distress or difficulties functioning at home, school or in their community, often related to the adversities and trauma experienced during the transitions of migration and settlement. STRONG is delivered by school mental health clinicians and is comprised of 10 group sessions, one individual student session, and teacher and parent education sessions. Elementary (K-5th grade) and Secondary (6th-12th grade) versions are available.

Teams may only apply for **one** of the intervention trainings. **Deadline for submitting the application is September 10<sup>th</sup>**, with notification of acceptance by September 17<sup>th</sup>.

All trainings will be delivered synchronously online using Zoom. All trainings are **free of charge** and **manuals are available to download**. Space is limited to 30 clinicians per intervention training and will be selected based on an application process. **A minimum of 2 and maximum of 6 clinicians will be accepted from each implementation site**. An implementation site is a district or a school.

The NCSMH will not be offering continuing education credits for these trainings.

**Site must:**

- Identify 1 team lead to oversee implementation and serve as liaison to NCS3.
- Have district and/or school administrator support to deliver the intervention in school or virtually (support includes, but is not limited to, time and private space – in person or virtually - to implement group interventions).

**Participants in the training must:**

- Participate in the complete training (Oct 18-19).
- Deliver the group intervention during the 2021-2022 school year (4-6 students per group, 6-8 students if co-leading).
- Implement the intervention with fidelity while also recognizing the importance of tailoring to the individual site/students.
- Complete all data requests for clinician- and student-level implementation data (e.g., number of students receiving intervention, group attendance, and implementation successes and challenges). No student data will be collected.
- Participate in at least five of seven 1-hour Implementation Support Virtual Meetings between November 2021-May 2022.
- Agree to be recorded during the training for the purpose of quality assessment and improvement. Recordings will not be shared beyond the NCS3 training faculty.

**Questions to be responded to within the online application are listed below:**

Please fill in information about your team members who would participate in the training (number of participants, names, contact and basic information for team lead and other participants). In 200 words or fewer for each question:



- Describe your district's commitment to trauma responsive schools.
- Describe your school's or district's experience with supporting Tier 2/3 group interventions, including ongoing implementation support.
- Describe your team's ability to identify and engage students in the intervention.
- Describe your team's ability to support cultural and linguistic needs of students selected for the group.

For questions, please contact Maddie Keleher at [mkeleher@som.umaryland.edu](mailto:mkeleher@som.umaryland.edu).

\*The **National Center for Safe Supportive Schools** (NCS3) is a national-regional partnership between the **National Center for School Mental Health** (NCSMH) at the University of Maryland School of Medicine, the **NCTSN Center for Trauma Care in Schools** (CTCS; Massachusetts) and the **Center for Childhood Resilience** (CCR; Illinois), a team of experts and trainers on the impact of childhood trauma exposure and trauma-informed systems, policies and practices and their fit within multi-tiered systems of supports (MTSS) in schools. The NCS3 is a Treatment and Services Adaptation Center (Category II) within the National Child Traumatic Stress Network (NCTSN), funded by the Substance Abuse and Mental Health Services Administration.

\*\*CBITS and STRONG trainings will be held from 11am-5:00pm ET. The Bounce Back training will be held 11:00am-3:30pm ET.

For general information about CBITS and Bounce Back, see <https://traumaawareschools.org/>