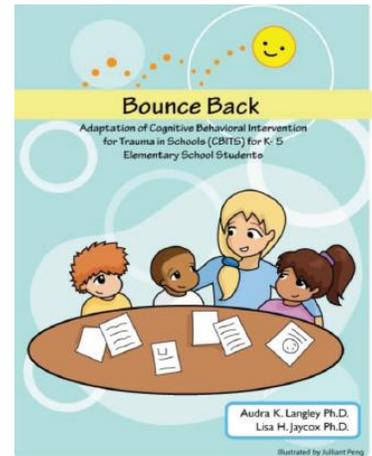


Bounce Back

Virtual Training October 26-28, 2020

What is Bounce Back?

Bounce Back is an adaptation of Cognitive Behavioral Intervention for Trauma in Schools (CBITS) for elementary school students. It is a 10-week school-based group intervention that is used to treat symptoms of Post-traumatic Stress Disorder and accompanying behavioral and emotional challenges. It is designed to help students improve school performance, such as grades, attendance and relationships. Bounce Back is an evidence-based practice that uses cognitive-behavioral techniques, such as psychoeducation, relaxation, cognitive restructuring, exposure, and social problem solving.



Who is eligible for Bounce Back?

Bounce Back is an intervention that has been designed for use with students from kindergarten to fifth grade who have experienced or witnessed stressful life events such as community violence, physical accidents, physical abuse, domestic violence, and natural or manmade disasters. Clinicians use a screening tool to measure traumatic exposure and the level of resulting symptomatology to assess eligibility for the group treatment.

What do Bounce Back groups include?

- 1 Screening/Orientation meeting for each group member
- 10 Group Sessions, delivering the CBT content
- 2 Individual meetings with each group member
- 1 Caregiver/Child meeting with each group member
- Caregiver/Teacher Education Resources



Bounce Back Training

The Center for Safe Supportive Schools (CS3) is offering a free, virtual training for school and district teams as a pre-conference to the [Annual Conference on Advancing School Mental Health](#). For more information about this Bounce Back training contact: Elissa Robinson - elissa.robinson@som.umaryland.edu

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