

# Addressing Barriers to Implementation of a School-Based Group Treatment for Trauma

**Center for Trauma Care in Schools**

Alliance for Inclusion and Prevention

31 Heath Street, Boston, MA 02130

[www.aipinc.org](http://www.aipinc.org)

# Alliance for Inclusion and Prevention



Center for  
Trauma Care  
In Schools

# All Change is Challenging



*“The thing is, you have to really want to change.”*

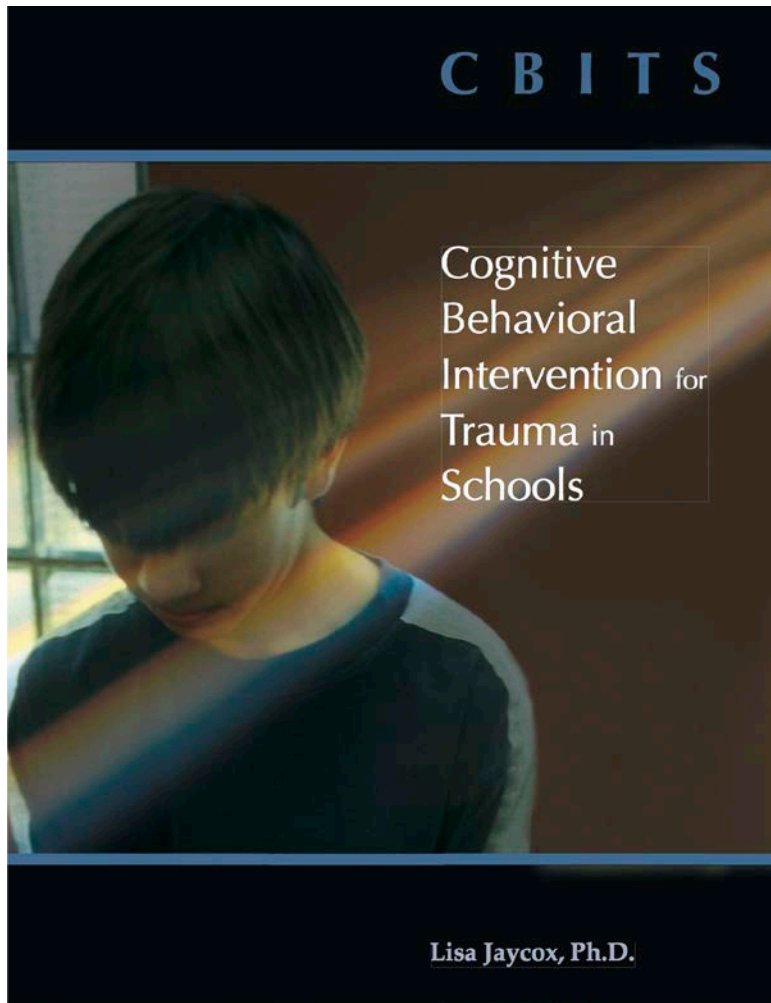
# What is CBITS?



## 10-Week Group Treatment Model for Students Grade 5-12

- 10 individual sessions
- 2 parent education sessions
- 1 teacher education session

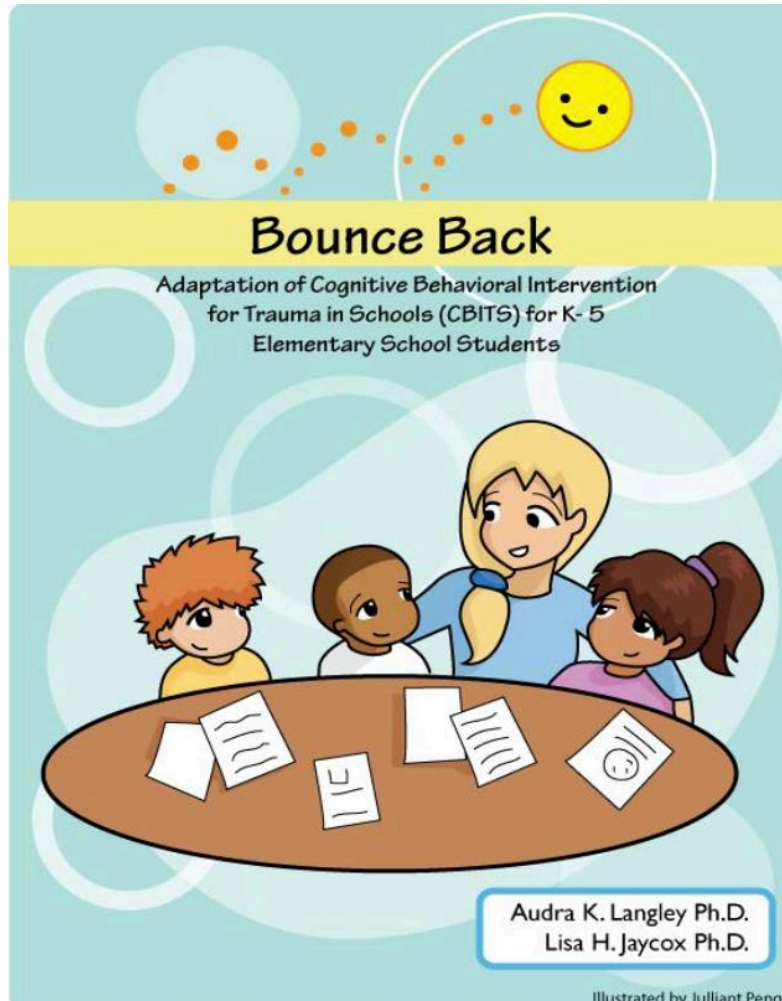
# What is CBITS?



## CBT Techniques

- Psycho-education
- Relaxation
- Cognitive Restructuring
- Exposure
- Social Problem Solving

# What is CBITS?



## **Bounce Back**

Adaptation for  
elementary students

## **Support For Students Exposed to Trauma (SSET)**

Adaptation to be  
delivered by non-  
clinical school staff

# Why Trauma Care in Schools?

## Prevalence of Traumatic Experiences

41.2% of children and youth experienced a physical assault within the previous year, 10.1% resulting in injury



89.7% of adults report exposure to traumatic events

Physical assault: 43.7%, Sexual assault: 29.7%



	0 ACEs	1 ACEs	2 ACEs	3+ ACEs
US	55	24	11	10
MA	62	23	8	7
NV	48	29	10	13

# Why Trauma Care in Schools?

## Research Related to the Usage of Outpatient Child Mental Health Services

Average Length of Treatment:

3.9 sessions

~~~~~  
Children Remaining in Treatment After 12 weeks:

9%

~~~~~  
“Making treatment available outside the traditional clinic walls through school- and home-based service delivery models is promising for the promotion of initial engagement and service retention.”



# Why Trauma Care in Schools?

## **Research Related to Access to School-based Services**

Study following Hurricane Katrina in which students were randomly assigned to CBITS or TF-CBT

91% of students assigned to CBITS completed treatment

15% of students assigned to TF-CBT completed treatment

Jaycox, et al., 2010

# Successful Implementation

## Barriers

- Competing Responsibilities
- Lack of Parent Engagement
- Logistics
- Lack of Leadership Support

## Facilitators

- Availability of Implementation Support
- Perception of the Program
- Clinical Consultation

Langley, et al., 2010

# PROMOTE PREVENT

## Special Commission on Behavioral Health Promotion and Upstream Prevention

PromotePrevent.com

April 2018

**A plan to promote mental, emotional, and behavioral health  
and to prevent behavioral health issues in our Commonwealth**

**Representative James M. Cantwell, House Chair  
Vice Chair, Joint Committee on Judiciary  
4<sup>th</sup> Plymouth, Marshfield and Scituate**

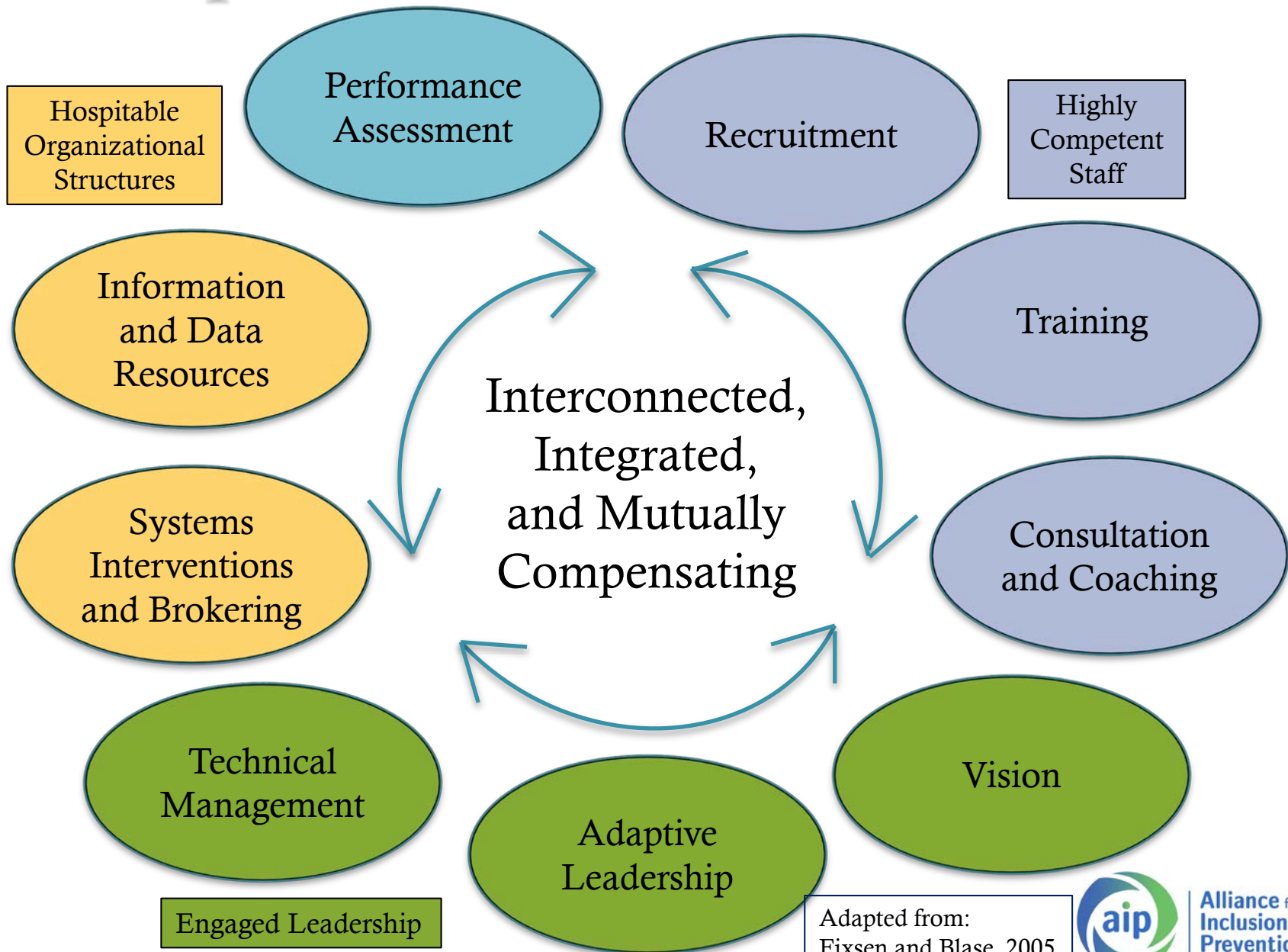


# DPH-DMH-RESULTS FIRST ANALYSIS: Summary Report

(Full analysis from DPH and DMH can be found on page 89)

Program/Practice	Agency	Funded	Evidence-base Rating	Per Participant			Cost-Benefit Ratio
				Benefits	Costs	Net Present Value (benefits-costs)	
<b>Community Prevention Systems</b>							
Communities that Care	DPH	No	Highest	\$3,437	\$451	\$2,986	\$7.62
PROSPER	DPH	No	Highest	\$1,576	\$529	\$1,047	\$2.98
<b>Universal Prevention Programs</b>							
Life Skills Training	DPH	Yes	Highest	\$1,479	\$33	\$1,446	\$44.81
PAX Good Behavior Game	DPH	Yes	Highest	\$11,356	\$325	\$11,031	\$34.94
Strengthening Families	DPH	No	Highest	\$5,125	\$2,736	\$2,389	\$1.87
All Stars	DPH	No	Promising	\$2,388	\$173	\$2,215	\$13.80
Family Check Up	DPH	No	Highest	\$444	\$317	\$127	\$1.40
<b>Selective / Indicated Prevention Programs</b>							
Cognitive Behavioral Intervention for Trauma in Schools (CBITS)	DMH	Yes	Highest	\$23,737	\$374	\$23,363	\$63.47
NAVIGATE - 1 <sup>st</sup> Episode Psychosis	DMH	Yes	Promising	\$23,071	\$2,444	\$20,627	\$9.44
CASASTART (MassSTART)	DPH	Yes	No Effect	<b>-\$3,010</b>	\$10,708	<b>-\$13,718</b>	<b>\$0.28</b>
Multidimensional Fam. Therapy	DPH	No	Highest	\$6,924	\$3,263	\$3,661	\$2.12
Multisystemic Therapy	DPH	No	Highest	\$8,335	\$7,074	\$1,261	\$1.18
FAST	DPH	No	Highest	\$3,904	\$5,995	-\$2,091	\$0.65

# Implementation Drivers



Adapted from:  
Fixsen and Blase, 2005



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# Staffing and Training Drivers

- Recruitment
- Training
- Consultation and Coaching
- Binders
- Train the Trainer
- Community of Practice/Dr. Bitsy
- Professional Resilience
- Appreciation
- **CBITS Book: Sometimes I'm a Pillow**
- **Trauma-Focused Intern Training**

# SOMETIMES I'M A PILLOW

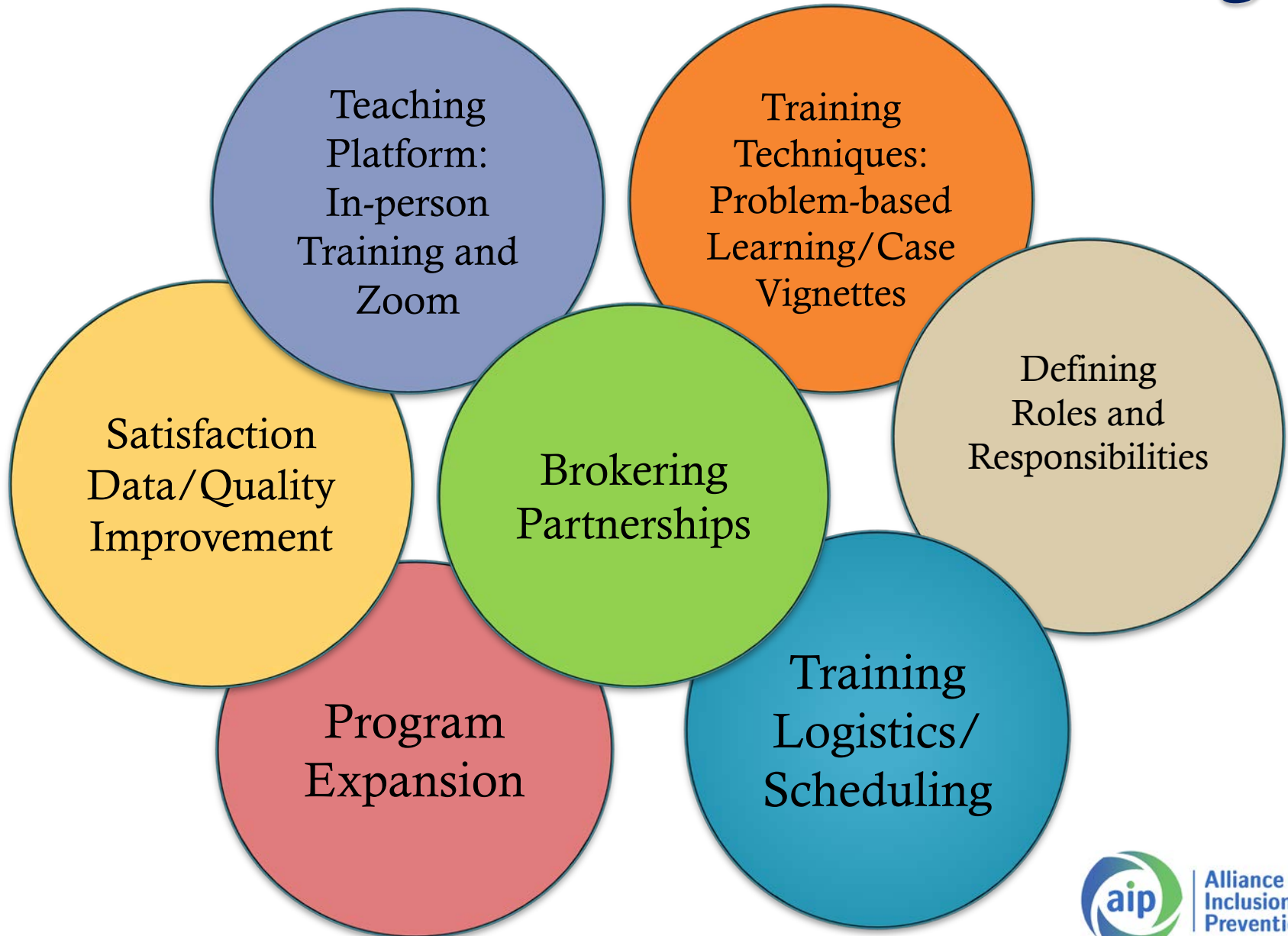


WRITTEN BY SUSAN LOVETT, LICSW  
ILLUSTRATED BY LARISA IVANKOVIĆ



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# Trauma-Focused Intern Training





# Organizational Drivers

- Information and Data Resources
- Systems Interventions and Brokering
- Flex Funds
- Non-billable Hours
- Website Portal
- Steering and Implementation Committees
- **Clinical Asset Mapping**

# Clinical Asset Mapping

## **Graduate Schools of Social Work:**

*Where and how can we place our students in more public school settings?*

## **Social Work Interns:**

*How can I get an internship in a school setting?*

## **School Districts:**

*Where are all of the school-based clinical assets deployed throughout our district?*

## **District Schools:**

*How can we increase our capacity to meet the mental health needs of our students?*

## **Community Mental Health Partners:**

*How do we meet the clinical needs of the students in the schools we serve?*

## **School-based Supervisors:**

*How can I get a Social Work intern to work with students no one else has the time to see?*

## **Center for Trauma Care in Schools:**

*Can we maximize the provision of CBITS groups by training clinicians in schools with multiple clinical assets, including interns?*



# Clinical Asset Mapping

Agency (Columns) School (Rows)	Home for Little Wanderers					Boston Public Health Commission					Interns (Trauma Trained)					Boston Public School School Psychologist					Boston Public School School Psychology Intern					School Totals				
	M	T	W	Th	F	M	T	W	Th	F	M	T	W	Th	F	M	T	W	Th	F	M	T	W	Th	F	M	T	W	Th	F
Adams Elementary																									0	0	0	0	0	
Alighieri Dante Montessori School																									0	0	0	0	0	
Another Course to College						2		2		2															2	0	2	0	2	
Baldwin Early Learning Pilot Academy																				1						0	0	0	0	1
Bates Elementary	1		1																						1	0	1	0	0	
Beethoven Elementary					1																				0	0	0	0	1	
Blackstone Innovation School										1		1		1											1	0	1	0	1	
Boston Arts Academy																									0	0	0	0	0	
Boston Community Leadership Academy		1		2	2	1	1	1	1	1	1	1					1	0.5							2	3	2	3.5	3	
Boston Day/Evening Academy			1													1	1	1	1	1					1	1	2	1	1	
Boston Green Academy																			1	1					0	0	0	1	1	
Boston International																									0	0	0	0	0	
Boston Latin Academy						1	1	1	1	1															1	1	1	1	1	
Boston Latin School		1		0.5	1																				0	1	0	0.5	1	
Boston Teachers Union K-8 Pilot	1	2	2	1	1																				1	2	2	1	1	
Bradley Elementary																									0	0	0	0	0	
Brighton High School						1	1	1	1	1															1	1	1	1	1	
Burke High School						1	1	1	1	1															1	1	1	1	1	
Channing Elementary																									0	0	0	0	0	
Charlestown High School	1	1	2	2	1	1	1	1	1	1															2	2	3	3	2	
Chittick Elementary			1																						0	0	1	0	0	
Clap Innovation School		1	1	1																					0	1	1	1	0	
Community Academy of Science and Heal	1	1	1																						1	1	1	0	0	
Condon K-8	1	1		2	2																				1	1	0	2	2	
Conley Elementary	1	1		1	1																				1	1	1	2	1	
Curley K-8 School		3	2	2	2														1	1						1	1	2	1	
Dearborn 6-12 STEM Academy						1																				0	3	2	2	2
																										1	0	0	0	0

# Performance Assessment

- Training Satisfaction Surveys
- Consultation Satisfaction Surveys
- **Boston ACE Checklist & School Behavior Checklist**
- **Online Group Tracking Form**

# Boston ACE Checklist

## Center for Trauma Care in Schools

### Boston ACE Checklist

**Abuse**

**YES ✓**

**EMOTIONAL ABUSE**

**PHYSICAL ABUSE**

**SEXUAL ABUSE**

**Neglect**

**EMOTIONAL NEGLECT**

**PHYSICAL NEGLECT**

**Family Dysfunction**

**DOMESTIC VIOLENCE WITNESS**

**FAMILY SUBSTANCE MISUSE**

**FAMILY MENTAL ILLNESS**

**INCARCERATED FAMILY MEMBER**

**PARENTAL SEPARATION OR DIVORCE**

**Boston ACE Indicators**

**ADVERSE NEIGHBORHOOD EXPERIENCE**

**BULLYING (CHRONIC OR SEVERE)**

**COMMUNITY VIOLENCE WITNESS**

**FOSTER CARE OR GROUP CARE**

**HOMELESSNESS**

**LOSS OF SIGNIFICANT FAMILY MEMBER**

**PEER VIOLENCE VICTIM**

**RACISM AND/OR DISCRIMINATION**

# School Behavior Checklist

## Center for Trauma Care in Schools School Behavior Checklist

Almost  
Never ✓ Some-  
times ✓ Often ✓

**Appears Anxious, Fidgety, or Squirmy**

**Appears Depressed, Sad, or Tearful**

**Demonstrates Angry Outbursts Toward Peers**

**Fights with or Threatens Peers**

**Difficulty Following Directions**

**Argues with Teachers**

**Unable to Concentrate in Class**

**Difficulty Completing Assignments**

**Disruptive in Class**

**Sleeps During Class**

**Avoidant of School (Tardy or Absent)**

**Appears Socially Withdrawn or Isolated**

**Avoidant of Class (Arrives Late, Asks to Leave)**

**Substance Misuse**

**Sexually Inappropriate**

# Online Group Tracking Form

### Pre-Group Summary

Total Number of Students Screened  
7 \_\_\_\_\_

Total Number of Students participating in Group  
4 \_\_\_\_\_

Type of Group

CBITS

Bounce Back

Date Group Started

MM DD YYYY  
04 / 06 / 2018

Are you ready to track Group Progress?

Yes

No

You're editing your response. Sharing this URL allows others to also edit your response.

**FILL OUT A NEW RESPONSE**





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