

**Everything You Ever Wanted to Know About Cognitive Behavioral Intervention for Trauma in Schools (CBITS), But Were Afraid to Ask:
An Intensive Overview of CBITS, and First Steps to Implementation at Your School**

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The Cognitive Behavioral Intervention for Trauma in Schools (CBITS) program is a school-based, group and individual intervention. It is designed to reduce symptoms of post-traumatic stress disorder (PTSD), depression, and behavioral problems, and to improve functioning, grades and attendance, peer and parent support, and coping skills. CBITS has been used with students from 5th grade through 12th grade who have witnessed or experienced traumatic life events such as community and school violence. CBITS is a 10-group session and 1-3 individual session intervention designed specifically for use in schools by licensed mental health professionals. This workshop will provide an intensive overview of CBITS, including guidance on how to be formally trained, and the implementation science of starting CBITS groups in your school.

CBITS is cited as a recommended practice by several national agencies that assess the quality of mental health interventions, including the CDC Prevention Research Center, SAMHSA's National Registry of Evidence-Based Programs and Practices, and the U.S. Department of Justice's Office of Juvenile Justice and Delinquency Prevention program. Since 2001, CBITS has been implemented widely across the United States and abroad in response to a wide variety of childhood traumas and is actively disseminated through SAMHSA's National Child Traumatic Stress Network (NCTSN). Implementation settings have included: California, Colorado, District of Columbia, Illinois, Louisiana, Maryland, Mississippi, Missouri, Montana, New Jersey, New Mexico, Tennessee, Washington, and Wisconsin. CBITS has also been implemented abroad in Australia, China, Japan, and Guyana.

Objectives:

- Participants will be able to recognize the therapeutic and educational components of CBITS
- Participants will understand the rationale supporting the therapeutic and educational components of CBITS
- Participants will be provided with the tools necessary to initiate on-line and face-to-face training in CBITS
- Participants will learn how to coordinate CBITS into existing school and community mental health systems of care