



# Treatment and Services Adaptation Center for Resiliency, Hope, and Wellness in Schools



## Supporting Trauma Informed Schools

### Students

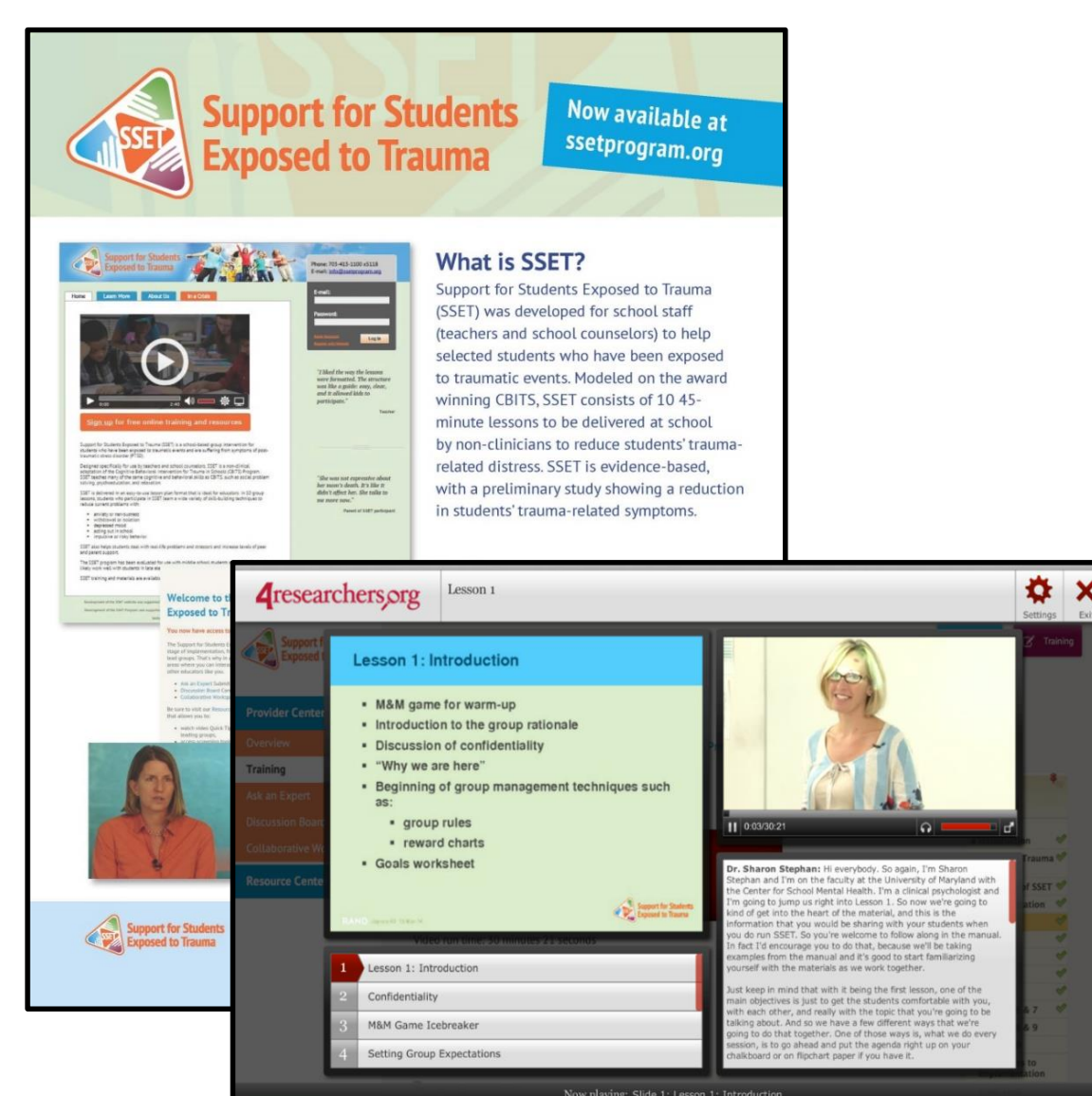
#### CBITS: Cognitive Behavioral Intervention for Trauma in Schools

- CBITS is an evidence-based early intervention for children and adolescents ages 10 to 18.
- CBITS groups have been disseminated in schools nationwide for the past 15 years.
- CBITS has been rated as an effective program by the NREPP.



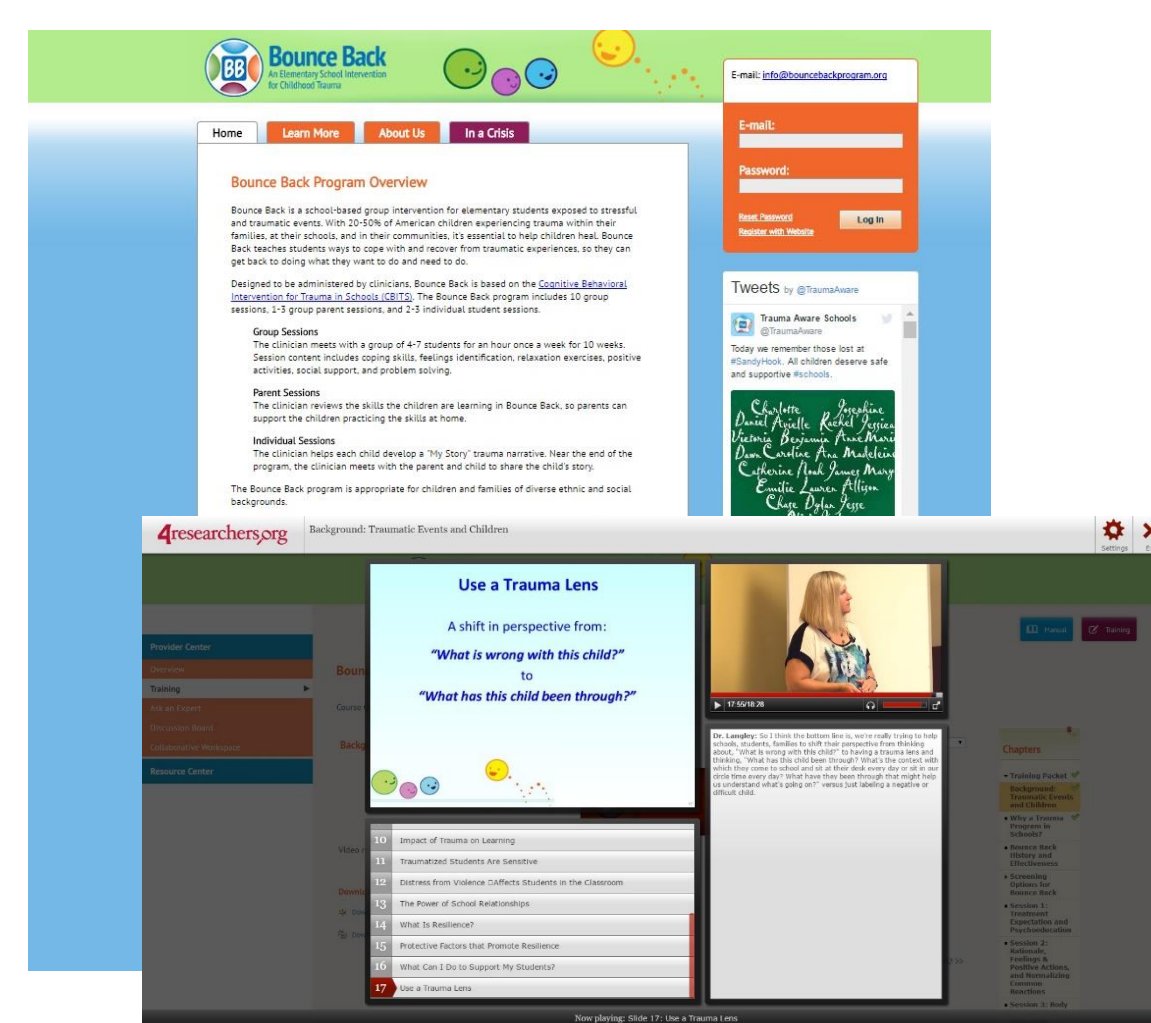
#### SSET: Supporting Students Exposed to Trauma

- SSET was developed for delivery by school staff to help students who have been exposed to traumatic events.
- SSET is evidence-based and has been shown to reduce students' trauma-related symptoms.



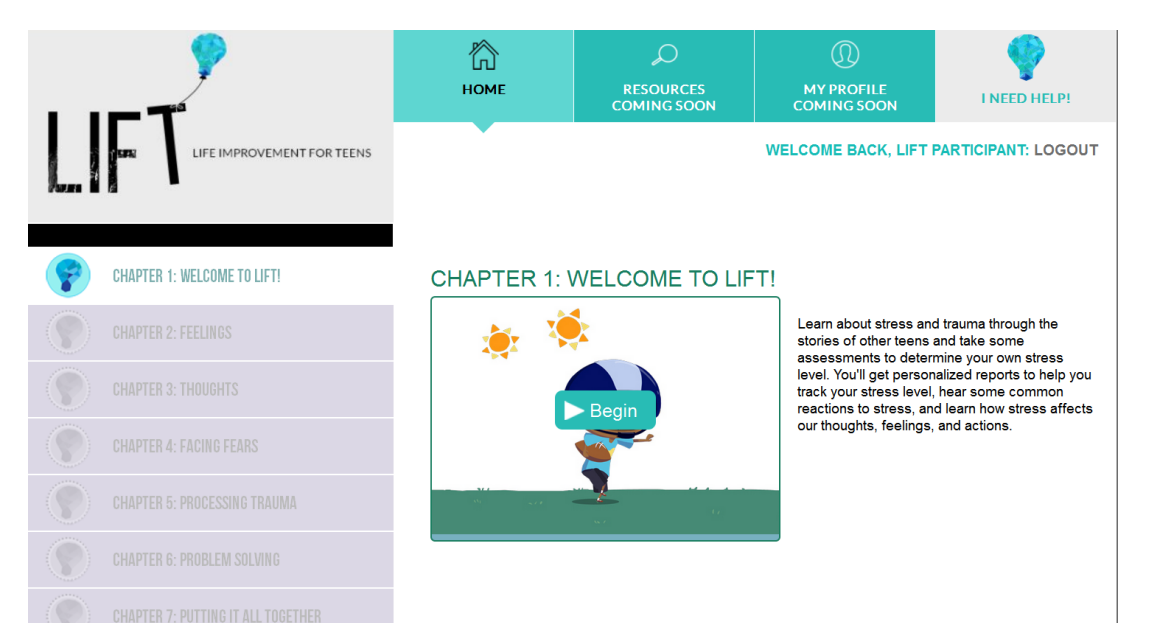
#### Bounce Back

- Bounce Back is an elementary school intervention for childhood trauma.
- Bounce Back has been rated as an effective program by the NREPP.



#### LIFT: Life Improvement for Teens

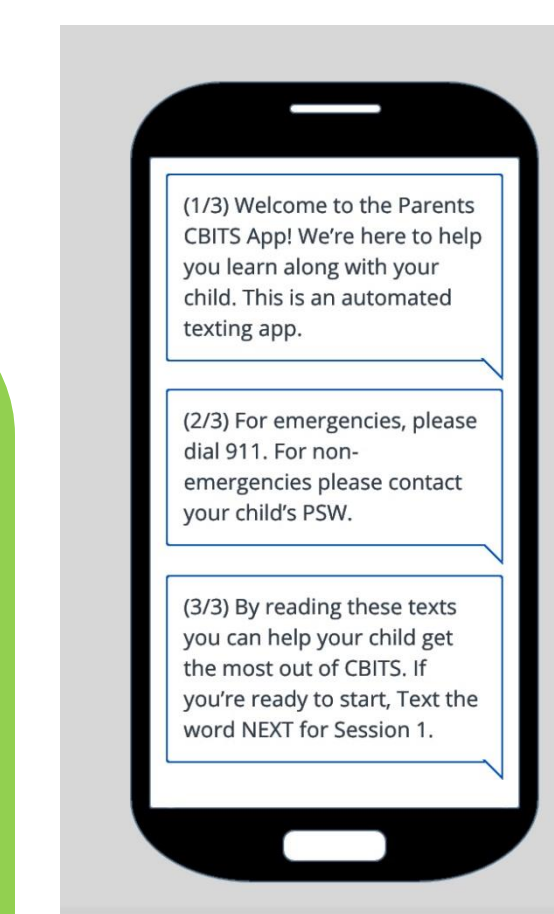
- LIFT is a web-based stress and trauma curriculum for teens that can be a companion for CBITS and SSET.
- It's designed to extend and augment learning with a different modality that is fun and interactive.
- LIFT is currently being piloted in two different schools.



### Parents

#### Parent CBITS Texting App

- The Parent CBITS Texting App is for parents whose children are in a CBITS group.
- Parents receive automated text messages each week with information on the CBITS sessions.
- The Parent CBITS Texting app is available in both English and Spanish.



### School Resource Officers (coming soon)

#### TIPS: Trauma Informed Policing in Schools

- TIPS is a community-partnered effort to develop a trauma curriculum that enhances officers' ability to *Realize, Recognize, Respond, and prevent Re-traumatization*
- We will integrate the voices of educators, young men of color, and national law enforcement leaders including Chiefs of the Los Angeles Unified Police Department (LAPD) and the Los Angeles School Police Department (LASPD).



### School Administrators (coming soon)

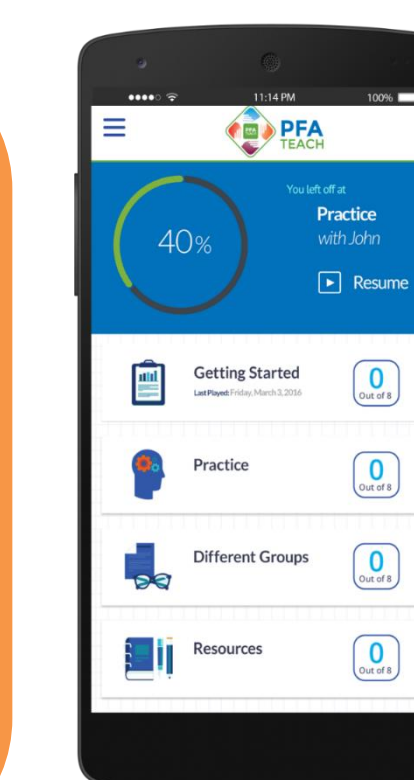
#### Online Trauma Informed School Self-Assessment

- A tool that will enable schools to gauge their trauma-informed performance.
- This assessment will produce a report that gives schools feedback on their strengths and weaknesses as well as a list of options for improving areas or filling gaps.

### Teachers (coming soon)

#### PFA-TEACH: Psychological First Aid for Teachers

- PFA-TEACH is a mobile intervention created for teachers and school staff designed to enhance empathic listening, provide support for students exposed to traumatic events, and to help to connect teachers and school staff to appropriate supports.



#### STAT : Support for Teachers Affected by Trauma

- STAT is a digital tool to support teachers and school staff with information about how trauma affects students, classrooms, and how teachers can:
  - Prevent Secondary Traumatic Stress (STS) in themselves when interacting with traumatized students
  - Access mental health resources that may be available to teachers and other school staff

#### TIES: Trauma Informed Educator Simulations

- A personalized online learning system with virtual student simulations to enhance educators' knowledge about the impact of trauma, the potential paths for recovery, and how to interact supportively with trauma-exposed students.
- Available on both computers and smartphones, TIES will enable educators to better Realize the impact of trauma on students, Recognize the signs and symptoms of trauma in students, Respond supportively by fully integrating knowledge about trauma into daily interactions with students and their families, and avoid accidentally Re-traumatizing students during interactions.