



Child Health and Development Institute of Connecticut, Inc.



Cognitive Behavioral Intervention for Trauma in Schools (CBITS) and Bounce Back (BB) in Connecticut

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CBITS Partners

- Connecticut Department of Children and Families
- Sharon Stephan (CBITS Trainer)
- Child Health and Development Institute
- Wheeler Clinic

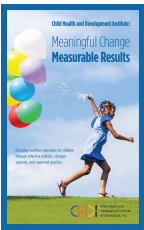





Child Health and Development Institute

Our Vision
All children have a strong start in life with ongoing supports to ensure their optimal health and well-being.



Our Mission
To ensure healthy outcomes for all children in Connecticut by advancing effective policies, stronger systems, and innovative practices.

Our Strategy
We identify, demonstrate, support and promote effective health and mental health care innovations and improvements, working closely with providers, policymakers, academic institutions and state agencies.

What is CBITS/BB?

- **CBITS:** School-based, group trauma focused intervention
 - 10 group sessions
 - Plus individual child, caregiver, teacher sessions
 - **Grades 5-12**
- **Bounce Back:** Adaptation for **Grades K-5**
- **Designed to:**
 - Reduce PTSD symptoms, depression, behavior problems
 - Improve grades, attendance, coping skills, peer/parent support



CBITS/BB Eligibility

- Clinicians screen children to assess their eligibility for CBITS/BB using two screening assessments (trauma exposure & PTSD symptoms)

To be eligible for CBITS/BB:



- **1 reported trauma exposure** via the Trauma Exposure Checklist
- Score of **14+** on the Child PTSD Symptom Scale (at least moderate PTSD symptoms)

• Note: ~50% of all children screened to date have screened positive



CBITS/BB Implementation in CT

- **2014:** Cohort 1 started in two school-based health centers in Bridgeport (CBITS only)
- **2015:** Cohort 2 started in New Haven, New London, and Stamford (CBITS only)
- **2016:** Cohort 3 started in East Hartford, Norwalk, Bristol, New Haven, Hartford, and Enfield (CBITS & BB)

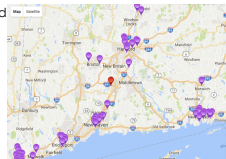


CBITS/BB Implementation in CT

- Two learning communities: ongoing clinical and implementation consultation for all CBITS clinicians
- Measurement & feedback system: data on all children served (EBP Tracker)
- Train-the-trainer: Selected clinicians who have implemented CBITS/BB are trained as CBITS/BB trainers



Current CBITS/BB Providers

- Optimus Health Care – Bridgeport
- Southwest Community Health Center – Bridgeport
- Wheeler Clinic – Bristol
- Integrated Health Services – East Hartford
- Community Health Center – Enfield
- The Village for Families & Children – Hartford
- Child & Family Agency of Southeastern CT – New London
- Mid-Fairfield Child Guidance Center - Norwalk
- Stamford Public Schools - Stamford
- Clifford Beers Clinic – New Haven

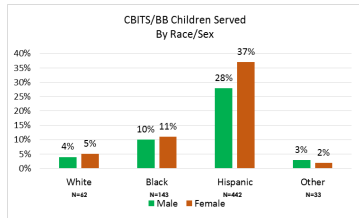
Outcomes to Date

- 10 agencies
- 61 sites
- 139 clinicians trained
- 768 children served






Children Served

CBITS/BB Children Served By Race/Sex



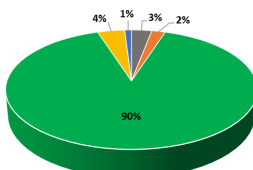
Children reported an average of **7.9 different types of trauma events** prior to treatment



Outcomes to Date

N=527

Discharge Reasons



- Family moved out of area
- Referred
- Successfully completed treatment
- Other
- Family discontinued

FY16 Outcomes

- 98% of group session activities completed
- Average clinician fidelity rating across groups = 3.6 out of 4
- 94% of caregivers satisfied with their child's treatment

