

Cognitive Behavioral Intervention for Trauma in Schools (CBITS)

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Serving Central Pennsylvania



Cognitive Behavioral Intervention for Trauma in Schools

Cognitive Behavioral Intervention for Trauma in Schools (CBITS) connects children who have been exposed to trauma and show symptoms of a stress disorder to a group and individual intervention delivered by mental health professionals in the school setting. The aim of the program is to reduce symptoms of trauma, depression, and behavioral problems, and to improve functioning, grades and attendance, peer and parent support, and coping skills.

CBITS Eligibility

CBITS is available for students in grades 5-12 enrolled at Line Mountain, Milton Area, Mount Carmel Area, Shamokin Area, Shikellamy, or Warrior Run Schools Districts who have

witnessed or experienced traumatic life events like social isolation, community and school violence, accidents and injuries, physical abuse and domestic violence, and natural and man-made disasters.

The Program Includes

- group therapy
- individual sessions
- parent psychoeducation
- teacher education

Students receive between 1-3 individual sessions, usually held before group meetings.

There are ten weekly group sessions that consist of eight students per group that last an hour.

CBITS also includes two parent education sessions and one teacher consultation session.

CBITS Strategies

- relaxation training
- combating negative thoughts
- reducing avoidance
- developing a trauma narrative
- building social problem solving skills

Benefits

CBITS has been proven to decrease:

- trauma symptoms
- depressive symptoms
- psychosocial dysfunction

Make a Referral

Referrals accepted from schools, agencies, and families in Northumberland County for students in grades 5-12 who have been witnessed or experienced trauma.

Call: 717-221-8004

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Email:

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