

# Bounce Back

hempfieldpa.com

Serving Central Pennsylvania



## Bounce Back

The Bounce Back program helps school-based clinicians work with children in Kindergarten through fifth grade. The program is intended for students exposed to at least one traumatic event who are experiencing traumatic stress symptoms. 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.

## Bounce Back Eligibility

Bounce Back is available for students in grades Kindergarten—5 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 sessions
- individual sessions
- parent psychoeducation
- teacher education

There are ten weekly group sessions that consist of 4-6 students per group and last 45-60 minutes. New groups will start every fall and spring.

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

Bounce Back also includes parent education sessions and teacher consultation session.

## Bounce Back Strategies

- feelings identification
- relaxation training

- courage thoughts
- problem solving and conflict resolution
- build positive activities
- social support

## Benefits

Bounce Back has been proven to:

- reduce trauma symptoms
- build resilience to stress
- enhance coping and problem solving strategies
- improve student academic performance

## Make a Referral

Referrals accepted from schools, agencies, and families in Northumberland County for students in grades K-5 who have experienced a traumatic or stressful event.

**Call: 717-221-8004**

**Fax: 717-221-8006**

**Email: [hbhservices@gmail.com](mailto:hbhservices@gmail.com)**

# HEMPFIELD

BEHAVIORAL HEALTH, INC.

INNOVATION ▪ COMMUNITY ▪ EXPERIENCE

## Hempfield Behavioral Health

2019 N 2nd Street  
Harrisburg, PA 17102

29 North Market Street  
Selinsgrove, PA 17870

Visit us on the web: [hempfieldpa.com](http://hempfieldpa.com)

Like us on Facebook! 