

# Learn More



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<https://cbitsprogram.org/>

**1 in 4**  
**children are**  
**thought to be**  
**affected by**  
**trauma**



## Cognitive Behavioral Intervention for Trauma in Schools (CBITS)



### Parent Involvement and Community Outreach

Training & Support Services Center

3924 Riverview Drive

Jurupa Valley, CA 92509

Phone: 951-360-4175

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## What is CBITS?

- CBITS is a brief, trauma-focused, evidence-based group practice developed for use within schools to help children exposed to violence, abuse, and other forms of trauma.
- 10 week groups that include individual, parent, and teacher sessions
- CBITS is for students in grades 6 through 9
- CBITS is provided to Jurupa Middle, Mission Middle, Mira Loma Middle, and Patriot High School's AAA Academy students

## BENEFITS

Teaches children coping skills that can help foster healthy relationships, better academic performance and engagement, and a higher quality of life

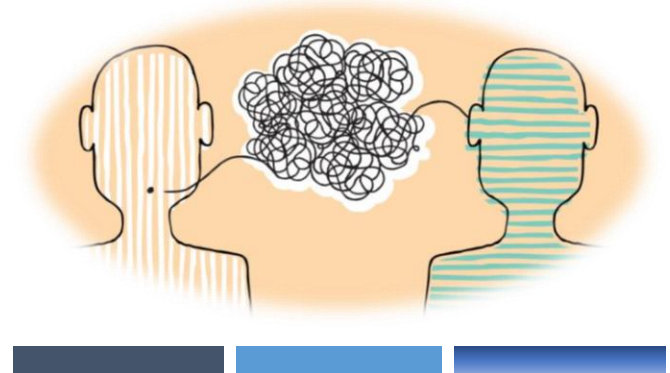
Helps caregivers develop an understanding of trauma and learn to support their child

Reduces symptoms of posttraumatic stress disorder (PTSD), depression, and behavior concerns

Improve functioning, grades, attendance, coping skills, peer and parent support



## Testimonies



**“I learned how to handle stressful situations.”**

**“I learned that I am not alone and that other people have also gone through traumatic events.”**

**“I liked that I can talk about my trauma with others.”**