

**CBITS (Cognitive Behavioral Intervention for Trauma in Schools)** is grounded in a 12-year partnership with Journey Mental Health, United Way, and neighboring school districts. It involves universal screening in all MMSD middle schools where 6th graders answer a series of questions relating to emotional functioning, trauma exposure, and trauma reactions or “PTSD symptoms”. Collaborators at Journey Mental Health closely track student data and notify school staff when follow-up is required for a student. They also notify our teams to meet with kids within 24 hours if they identify any critical items relating to safety concerns. Students are then identified for the CBITS intervention group, or other social/emotional interventions (anxiety/depression, grief and loss, family change, etc.). Community service providers (therapists) then deliver the CBITS intervention in our schools, in collaboration with school-based student services staff. CBITS is a 10-week group intervention and includes parent communications, teacher updates, and small-group/individual sessions with students.

For more information: <https://cbitsprogram.org/>