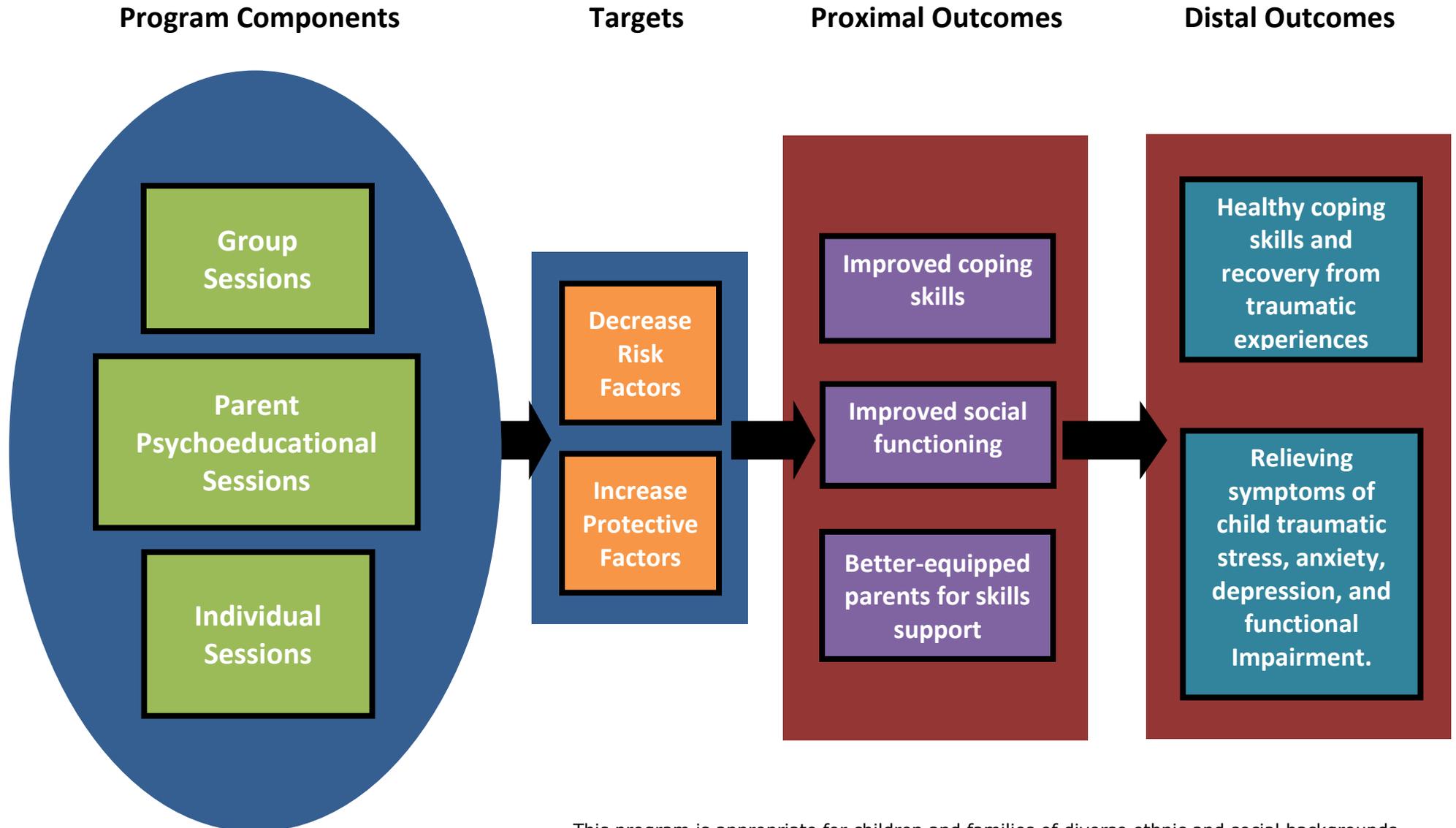


Bounce Back (An Elementary School Intervention of CBITS) Logic Model

Program Developed by Audra Langley, PhD, Lisa Jaycox, PhD.

Logic Model created by Evidence-based Prevention and Intervention Support (EPIS) at Penn State University.



This program is appropriate for children and families of diverse ethnic and social backgrounds.

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Components & Goals

Screening

Parental permission and Screening: A handout is sent home to parents, followed by screening of students. A screening procedure is recommended to assist in identifying children who have been exposed to traumatic events and have current moderate to severe PTSD symptoms.

Groups

The clinician meets with a group of 4-7 students for an hour, once a week for 10 weeks. Session content includes:

Coping Skills

Feelings Identification

Relaxation Exercises

Courage Thoughts

Positive Activities

Social Support

Problem Solving

Conflict Resolution

Individual Sessions

2-3 Sessions to support Trauma Narration & Processing: Children complete a trauma narrative to process their traumatic memory and grief and share it with a parent/caregiver. Between sessions, children practice the skills they have learned.

Parent Sessions

2-3 Psychoeducational Sessions: Caregivers learn common reactions to trauma, and how to help child practice the skills learned.

Change Mechanisms

These factors, addressed in Bounce Back, are shown to impact child outcomes.

Intra/Interpersonal Change

Desensitization to trauma memories and reminders

Peer support and connectedness

Providing support to the caregiver, and increasing caregiver support of the child

Systemic Change

Reach underserved students who might not otherwise receive mental health care

Reduces barriers to care such as transportation and cost

Outcomes

Bounce Back is an adaptation of CBITS (Cognitive Behavioral Intervention for Trauma in Schools) which has an extensive evidence base. Read through Bounce Back's 2015 study: <https://traumaawareschools.org/index.php/learn-more-bounce-back/>

Children

- Significant immediate improvements in PTSD and anxiety symptoms
- Maintained/showed continued gains in all symptom domains over 3-month follow-up.

Parent

- Equipped for skills support
- Improved parent-child interactions

School

- Improved academic performance
- Increased high school graduation rates

Rated as promising by National Institute of Justice Crime Solutions <https://crimesolutions.ojp.gov/ratedprograms/515>

Rated as promising by California Evidence Based Clearinghouse for Child Welfare <https://www.cebc4cw.org/program/bounce-back/detailed>

Gradual exposure and habituation to traumatic memories occurs throughout Bounce Back.

Please see the developers' website, <https://traumaawareschools.org/index.php/learn-more-bounce-back/>, for official information about Bounce Back training, and to purchase a subscription for Bounce Back modules, materials, activities, and resources!