

## CONTACT INFORMATION

The Los Angeles Unified School District (LAUSD) Trauma Services Adaptation Center for Schools and Communities is a program partnership with staff from LAUSD Crisis Counseling, RAND Health, UCLA Health Services Research Center, and the UCLA Child Anxiety Program

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LOS ANGELES UNIFIED SCHOOL DISTRICT  
CRISIS COUNSELING & INTERVENTION SERVICES  
TRAUMA SERVICES ADAPTATION CENTER  
FOR SCHOOLS AND COMMUNITIES

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A PARTNERSHIP  
WITH  
RAND HEALTH  
UCLA HEALTH SERVICES  
RESEARCH CENTER AND  
UCLA CHILD ANXIETY  
PROGRAM



A PARTNER IN  
NCTSN

The National Child  
Traumatic Stress Network

A MEMBER OF THE NATIONAL CHILD  
TRAUMATIC STRESS NETWORK (NCTSN)

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# **CBITS COGNITIVE-BEHAVIORAL INTERVENTION FOR TRAUMA IN SCHOOLS**

## **TRAUMA SERVICES ADAPTATION CENTER FOR SCHOOLS (TSA)**

The LAUSD Trauma Services Adaptation (TSA) Center for Schools and Communities, in partnership with Rand Health, UCLA Health Services Research Center, and the UCLA Anxiety Program, provides national leadership to assist in the development, implementation, evaluation, and dissemination of trauma-informed services for schools, including crisis response and recovery services.

## **THE CBITS PROGRAM**

CBITS is a skills-based group intervention that is aimed at relieving symptoms of Post Traumatic Stress Disorder (PTSD), depression, and general anxiety among children exposed to community violence and trauma. Designed for use in schools by school based mental health professionals, CBITS was developed in close collaboration with school staff and administrators to alleviate behaviors that interfere with learning and regular school attendance.

CBITS has been implemented in elementary and middle schools across the country, with bicultural and bilingual students (Spanish, Russian, Armenian, and Korean) and multicultural, urban and rural populations, including Native American adolescents. The program has been studied extensively and has been shown in a randomized control trial to reduce Post Traumatic Stress (PTSD) symptoms and depression. (Stein, et al, JAMA, 2003)

## **TREATMENT DESCRIPTION**

### **TARGET POPULATION**

CBITS has been implemented in grades six to nine (ages 10 to 15) with students who have experienced a wide range of violence such as community violence, trauma due to accidents and disasters, and trauma involving significant loss.

### **INTENSITY**

CBITS consists of 10 group sessions (six to eight children per group) of approximately an hour in length, conducted once a week in a school setting. In addition to the group sessions, participants receive one to three individual sessions, usually held before the exposure exercises. CBITS also includes two parent education sessions and one teacher education session. Student case management services and teacher consultations are added as needed .

### **CBITS TREATMENT COMPONENTS**

- ◆Education about reactions to trauma
- ◆Learning skills in relaxation
- ◆Cognitive therapy
- ◆Real life exposure
- ◆Stress or trauma exposure

*As with other therapeutic interventions, parental permission is required for children to participate in CBITS groups in schools.*

## **CBITS TRAINING**

The two-day CBITS training consists of required readings, an intensive review of the Manual, a site readiness assessment, video vignettes, and role playing. It is recommended that a mental health professional (at least at the masters degree level) receive training to deliver the CBITS program and, following training, that ongoing supervision from a local clinician with expertise in CBT (cognitive behavioral therapy) be made available. For further training information, contact Dr. Audra Langley, Director of CBITS Training.

## **THE CBITS MANUAL**

A published manual is available with session-by-session descriptions of activities and helpful overview for group leaders. The CBITS manual can be ordered at: [www.sopriswest.com](http://www.sopriswest.com)

**BY REQUEST, FURTHER  
INFORMATION IS AVAILABLE ON  
ASSESSMENT AND OUTCOME  
MEASURES.**

## **TREATMENT DEVELOPERS**

Rand Corporation, Los Angeles Unified School District, and UCLA (Lisa Jaycox, Bradley Stein, Marleen Wong, Sheryl Kataoka).

For more information on the CBITS model, contact :  
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