



### **Intervention Program for Students at Cesar Batalla School**

The Cognitive Behavioral Intervention for Trauma in Schools (CBITS) program and the Bounce Back (BB) Program are school-based, group and individual interventions offered by Southwest Community Health Center at Cesar Batalla School. It is a school-based group intervention for elementary students exposed to stressful and traumatic events. It is designed to reduce symptoms of post-traumatic stress disorder (PTSD), anxiety, depression, and behavioral problems. The goal is to improve their functioning, improve peer and parent support, and learn coping skills. With 20-50% of American children experiencing trauma within their families, at their schools, and in their communities, it's essential to help children heal.

CBITS/ BB programs teach students ways to cope with and recover from traumatic experiences, so they can get back to doing what they want to do and need to do.

If interested and for more details, please contact Diana Sanchez, LCSW at 203-579-8599 or email [dsanchez@swchc.org](mailto:dsanchez@swchc.org)

Thank you,  
Diana Sanchez, LCSW  
CBITS Clinician  
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