



## Bounce Back (BB)

### Program Description:

Bounce Back is a skill-based, group intervention that is aimed at relieving symptoms of Post-Traumatic Stress Disorder (PTSD), anxiety, and depression among elementary aged (K-5 th grade) children exposed to trauma. Children are provided with normalizing education about common reactions to stress and trauma and learn skills such as feelings identification, relaxation, helpful thinking, scheduling positive activities, building social support, and problem solving. Children also work on processing traumatic memories and grief in individual sessions with their group leader. The program consists of ten, 1-hour group sessions (4-6 children) usually conducted once a week in a school setting, 2-3 individual trauma narrative sessions, and a parent education session.

### Training:

#### One-Day Bounce Back Training

The 1-day clinical training includes: Thorough session by session demonstrations and supervised practice of each core concept for child group and individual sessions, including how to make the material culturally and contextually relevant to the audience. This package is the essential Bounce Back training recommended for mental health clinicians who have been trained in CBITS and/or TF-CBT and who have solid familiarity with child trauma, group therapy and cognitive behavioral therapy.

Component	Includes	Total Cost
1-day onsite trainer	1 trainer per 15 trainees	\$2,500 per trainer
Travel expenses	Flight, hotel, meals	Varies depending on location
Materials	Bounce Back Manual	Free download/ Cost of printing



**1.5 Day Bounce Back Training:**

The Bounce Back 1 ½ day Training Package includes all the essential elements provided in the one-day training package. However, this package also includes an extra ½ day of instruction for those clinicians who have not been previously trained in CBITS. It includes:

1. Thorough session by session demonstrations and supervised practice of each core concept for child group and individual sessions, including how to make the material culturally and contextually relevant to the audience.
2. An overview of child trauma and PTSD and the mental health and academic consequences
3. A review of the history and evidence base of CBITS and Bounce Back
4. Review of parent sessions
5. Engagement activities around implementation issues and site planning

Component	Includes	Total Cost
1.5 day onsite trainer	1 trainer per 15 trainees	\$3,750
Travel expenses	Flight, hotel, meals	Varies depending on location
Materials	Bounce Back Manual	Cost of printing

**Train- the Trainer Process & Expenses:**

All of the following steps must be complete to become a CBITS/ Bounce Back Site-based trainer:

1. Complete live (in-person/virtual) training
2. Conduct a full intervention group with close supervision by an approved supervisor.
3. Participate in the trainer preparation orientation. This can be done in one-full day or broken into several modules. **Cost is \$2500**
4. Conduct live Bounce Back trainings (at the expense of the participant) alongside a CBITS/ BB faculty in order to be rated as successful on all sessions using the trainer rating checklist. Trainers-in-training must receive a score of 80% or higher on all sections of the trainer rating checklist. The number of trainings necessary to complete this process can vary. Each co-training opportunity is conducted at the standard training cost (\$3,750 for Bounce Back). This part of the TOT process will **cost a minimum of \$3750-\$5000.**



## Supplemental Training/ Consultation & Expenses:

### **Web Support:**

All training options include free access the website ([www.bouncebackprogram.org](http://www.bouncebackprogram.org) ) The website includes:

- Full training course with videos, slides, and role plays to extend and augment live training.
- Video 'Quick Tips' from experts
- Support materials (sample consents, articles, measures, etc.)
- On-line community
  - Ask and expert
  - Discussion board
  - Collaborative workspace

### **Quality Assurance and Coaching-**

To ensure fidelity to the CBITS/Bounce Back models and improve treatment success, trainees will tape record group sessions or lessons which are then reviewed and rated by our faculty. **Estimated Cost: \$250/hour**

### **Ongoing Supervision**

Implementers and/or supervisors may participate in regular conference calls on a prescheduled (i.e., twice per month) or an as-needed basis with our faculty, for ongoing clinical and implementation consultation as they implement the program. Specifically, clinicians, educators or supervisors can discuss session by session protocol as well as an opportunity to troubleshoot barriers and facilitating factors in delivering these interventions in schools under the guidance of our faculty. **Estimate Cost: \$250/hour**