**TARGET AUDIENCE**
This program is for children who are in elementary school and have been exposed to traumatic or stressful events and their parents.

**SUMMARY**
Bounce Back, a school-based program, is designed to teach children skills that can help them manage and recover from traumatic experiences (e.g., community, family, or school violence; natural disaster; separation from a loved one).

**EVIDENCE**
A randomized controlled trial with a wait-list control group was performed. Results demonstrated that those participants who received the program first experienced significantly greater improvements in parent- and child-reported post-traumatic stress and child-reported anxiety symptoms upon program completion compared to children in the control group. The delayed intervention group experienced significant improvements in parent- and child-reported post-traumatic stress, anxiety, and depression. Children who received the intervention first maintained their improvements over the 3-month follow-up period (i.e., while the delayed group received the intervention).

**COMPONENTS**
Bounce Back, an adaptation of the Cognitive Behavioral Intervention for Trauma in Schools (CBITS)* program, intends to decrease symptoms of post-traumatic stress, anxiety, and depression in children utilizing psychoeducation, relaxation training, cognitive restructuring, social problem-solving, healthy activities, and trauma-focused intervention techniques. The program includes group and individual sessions.

- **Group child sessions** - children develop coping and problem-solving skills, identify feelings, practice relaxation exercises, engage in positive activities, and explore social support;
- **Group parent sessions** - parents learn and understand the skills that children are being taught so they are able to guide and support children when they practice skills at home; and
- **Individual child sessions** - children create a trauma narrative, with the help of a clinician, which helps them tell their own story. The clinician meets with parent and child to share the child's story.

*A separate fact sheet is available for this program.

**PREVIOUS USE**
Bounce Back has been implemented in California, Connecticut, Illinois, Louisiana, Nebraska, and New York.
Bounce Back

TRAINING
This program is implemented by master's-level mental health clinicians. Bounce Back offers online and in-person training. Online training and materials are free. To schedule an in-person training, please call 1-703-413-1100 EXT 5119 or use the email address listed in the Contact section.

CONSIDERATIONS
Considerations for implementing this program include recruiting facilitators with suitable credentials and providing them the opportunity to complete training, acquiring school administration and parent buy-in and support, obtaining a meeting space, making time for child sessions during the school day, and arranging parent sessions at convenient times.

The Clearinghouse can help address these considerations. Please call 1-877-382-9185 or email Clearinghouse@psu.edu

IMPLEMENTATION
If you are interested in implementing Bounce Back, the Clearinghouse is interested in helping you!
Please call 1-877-382-9185 or email Clearinghouse@psu.edu

The program includes 10 group student sessions that are held weekly, 1 to 3 group parent sessions, and 2 to 3 individual student sessions. Group sessions are 50 to 60 minutes each, and individual sessions are 30 to 50 minutes each.

Implementation materials are free by registering on the program website.

EVALUATION PLAN
To move Bounce Back to the Promising category on the Clearinghouse Continuum of Evidence, at least one evaluation should be performed demonstrating positive effects lasting at least one year from the beginning of the program or at least six months from program completion.

The Clearinghouse can help you develop an evaluation plan to ensure the program components are meeting your goals. Please call 1-877-382-9185 or email Clearinghouse@psu.edu

CONTACT
Contact the Clearinghouse with any questions regarding this program.
Phone: 1-877-382-9185 Email: Clearinghouse@psu.edu

You may also contact Bounce Back by phone 1-213-821-4398, email info@bouncebackprogram.org, or visit https://bouncebackprogram.org/

SOURCE

www.militaryfamilies.psu.edu