

CBITS Staff

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<https://cbitsprogram.org/>



2 out of 3
children report
experiencing a
traumatic event
by age 16.

(2008, Presidential Task Force on Posttraumatic Stress Disorder and Trauma in Children and Adolescents)



Cognitive Behavioral Intervention for Trauma in Schools (CBITS)



Parent Involvement and Community Outreach

Training & Support Services Center

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What is CBITS?

- CBITS is funded through the Mental Health Services Act (MHSA)
- CBITS is a brief, trauma-focused, evidence-based group practice developed for use within schools to help children exposed to violence, abuse, and other forms of trauma.
- 10 week groups that include individual, parent, and teacher sessions
- CBITS is for students in grades 6 through 9
- CBITS is available at all school sites

BENEFITS

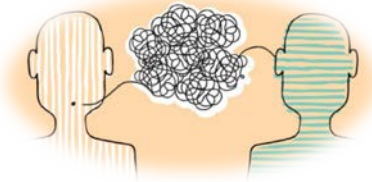
Teaches children coping skills that can help foster healthy relationships, better academic performance and engagement, and a higher quality of life

Helps caregivers develop an understanding of trauma and learn to support their child

Reduces symptoms of posttraumatic stress disorder (PTSD), depression, and behavior concerns

Improve functioning, grades, attendance, coping skills, peer and parent support

Testimonies



“I learned how to handle stressful situations.” – 7th grade student

“I learned that I am not alone and that other people have also gone through traumatic events.” – 8th grade student

“The CBITS screener proved to be an important and impactful tool for understanding our students more fully and provided an additional layer of information for our teachers and staff. The subsequent student supports that resulted from the CBITS screener has been intentional and exactly what our students need to navigate adverse childhood experiences.” – Nicholas Blake, Principal Mission Middle School

“CBITS has been the most amazing program for students who are hurting or at-risk, students that may have gone unnoticed in the past. These students now get consistent services which includes parental involvement. I have seen positive academic, behavioral, and emotional change in the students who participate in the CBITS’ group. We have been so blessed to have these wonderful counselors on our campus.” – Laura Beal, 7th grade Counselor Mira Loma Middle School

