



# IS YOUR CHILD HURTING?

Sometimes, when our children experience or witness something very upsetting, the effects of that event can linger long after the original event has ended. This is called “**Child Traumatic Stress**” and it can show itself in problem behaviors, performance in school, even how they sleep! Until a child learns how to move past what happened and cope with anxiety and stress, they may be unable to find happiness or reach their full learning potential.

## WHAT CAN YOU DO TO HELP?

As a parent or caregiver who wants the best for their child, it’s important to know when asking for help is not only OK, it’s the first step toward helping your child bounce back and start on a new path. **The Learning Lamp has teamed up with Cambria County Drug & Alcohol Program to help you and your child take that first step.** The **CBITS** or Cognitive Behavioral Intervention for Trauma in Schools program is **FREE** and available to youth/families in Cambria County. Accepting referrals now in partnership with schools, after school programs, mental health providers and other youth-serving organizations, a certified counselor will screen your child and, if CBITS is a good fit, meet with him/her in a small group setting once a week for 10 weeks. Counselors will also meet with children individually and update parents on progress being made along the way. **Here’s how CBITS works:**

- ✓ Kids ages 10-18 (Grades 5-12)
- ✓ Screenings will be conducted as referrals are made
- ✓ 10 Weekly Group Sessions (max. 10 children/group with separate groups for younger and older kids)
- ✓ 1-3 individual sessions for child & 2 caregiver progress reports (by phone or in-person)
- ✓ **Click here to meet CBITS Lead Facilitator Katie Horner.** [http://bit.ly/CBITS\\_Intro](http://bit.ly/CBITS_Intro)



For more information about CBITS, or to schedule services for your students, call **CBITS Lead Facilitator Katie Horner** at 814-262-0732 ext. 292 or email [khorner@thelearninglamp.org](mailto:khorner@thelearninglamp.org). 2021-22 funding for CBITS is provided through a grant from Cambria County Drug & Alcohol Program.