ZUMBRO VALLEY
HEALTH CENTER

Bounce Back

Intervention for Elementary School Children Exposed to Stressful Events

Bounce Back is an intervention for elementary school children exposed to stressful, difficult or traumatic events developed by Dr. Audra Langley, PhD, from the University of California, Los Angeles (UCLA) and associates. The goal of the intervention program is to help teach students ways of coping with and recovering from the difficult experience(s). It includes 10 skill-building group sessions for students, held at school. With parent consent, students are screened for eligibility. Children may be eligible if they endorse that they have been exposed to one or more stressful event(s) and have current symptoms. The initial evaluation shows that students participating in the program showed significant reductions in anxiety and stress symptoms compared to those who did not participate.

Group Sessions
- ❖ 1 hour group sessions once a week for 10 weeks.
- ❖ Groups of 4-7 students in similar grade levels.
- ❖ Led by Brittany Vega, LGSW-School Linked Mental Health Therapist (Zumbro Valley Health Center)
- ❖ Content: coping skills, feelings identification, relaxation, positive activities, social support, problem solving, reducing any stress or anxiety they feel about being exposed to a stressful/traumatic event, getting back to doing what they want and need to be able to do.
- ❖ The clinician will send a letter home to parents each week to let them know what their child is learning during these sessions and to tell parent how they can help at home.

Parent Sessions
- ❖ Clinician will hold 1-3 group parent sessions to inform parents of the skills that the children are learning so they can support them at home. Parents will also be invited to meet privately toward the end of the program to hear their child's story.

Individual Student Sessions
- ❖ Clinician will hold 1 - 2 individual sessions with each student to help them develop their stories about their stressful / difficult event(s) and help them prepare to share their story with their parent.