



Christi Barrett
Superintendent

Vincent J. Christakos
Assistant Superintendent

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Assistant Superintendent

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**Professional Development
Service Center**

1791 W. Acacia Avenue
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(951) 765-5100
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**Professional Development
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2085 W. Acacia Avenue
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www.hemetusd.org

Governing Board

Stacey Bailey
Rob Davis
Megan Haley
Gene Hikel
Vic Scavarda
Patrick Searl
Ross Valenzuela

Cognitive Behavioral Intervention for Trauma in Schools (CBITS)

Dear Guardian,

Hemet Unified School District is fortunate to have a special counseling program for students who have experienced stressful events. We have found that students who have experienced trauma as victims or witnesses often suffer from a unique kind of stress, called traumatic stress. It could show up in the form of your child not wanting to go to school or difficulties with class work and concentration.

If we find that your child has been a victim or witness to a stressful event, we would like to offer your child a ten-week program focused on helping her or him to process the traumatic experience and reduce the traumatic stress, Cognitive Behavioral Interventions for Trauma in Schools (CBITS). As a part of the program, we will meet 1-2 times with your child individually in addition to the weekly group meetings and schedule two parent meetings to give you any necessary information related to your child's progress and experience in the program. In signing the bottom of this form, you as the parent or guardian are indicating your understanding that information regarding your child and your family will be held in confidence with the exception of situations that may be harmful to the health and safety of others, including yourself and your children. It is your right to accept, refuse, or stop services at any time.

During the CBITS group, the facilitators will hold your child's name and her or his personal information, which may be discussed during participation in group and individual sessions, in strict confidence. No information discussed during participation in individual and group sessions will become a part of my child's academic record, nor be released to the public by any employee of Operation SafeHouse without your written authorization.

The CBITS program is provided by an Associate Marriage, Family Therapist, Associate Clinical Social Worker and/or Associate Professional Clinical Counselor. They are supervised by a Licensed Marriage, Family Therapist, on staff with Operation SafeHouse. The facilitators attend group/individual supervision once a week, where they will discuss the group and participants with the supervisor in order to ensure that your child is receiving the best care possible.

The CBITS facilitators are mandated by law to break confidentiality and take action under the following conditions:

- If your child presents an imminent threat of harm to her or himself or others.
- When there is an indication of abuse of a child, dependent adult or elderly adult.
- If your child becomes gravely disabled.
- If information is required by a court subpoena or court order.



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If you believe your child would benefit from this group. Please sign below and return the forms to the counselor or therapist at your school site.

Student Signature: _____

Date: _____

Parent/Guardian Signature: _____

Date: _____

Parent/Guardian Signature: _____

Date: _____