

# A Health Story

## *How Jasmine Found her Inner Strength*



**Jasmine found school impossible after she lost her biggest supporter.**

At the beginning of the school year, Jasmine, a sixth grader from Sun Prairie, WI, lost her father to a senseless act of violence. As she and her family worked hard to cope with their loss, Jasmine began struggling academically.

Overwhelmed, Jasmine was identified by the United Way's **Cognitive Behavioral Intervention for Trauma in Schools (CBITS)**. The program engages individuals in group therapy sessions that are facilitated by a school counselor and a trained behavioral health therapist. Over the course of two semesters, Jasmine learned better ways to manage the effects from trauma. Now she's more open with classmates, improving her grades and has gained the confidence to move forward.

