

CBT Schools report 2009-2015



The project started in 2009 and to date have processed 12 schools and measured the success in outcomes. The number of expellings, exclusions, and referrals to CAHMS. The results so far show a 50% reduction in referrals to CAHMS, 21% on exclusions and 40% on expelling.

The success of this is due to the collaborative working of the teachers in building a working knowledge and becoming a CBT schools consultant. The driving force is the teachers and the department heads.

“I use to bully but now I don’t because I learnt something new, so I made changes

a student



Overall the program has brought about a reduction in unwanted behaviours through an understanding of how to build confidence, solve problems, discuss feelings and thoughts in a open environment.

The chart below is based on questionnaires completed by students in year 5 & 7 in the schools involved in the program. They completed one before the lessons started and then one at the end of the 6 week lesson program

Fig 1: The Outcomes of the Schools Project

