



## Introducing RISE: Kaiser Permanente's Resilience in School Environments

Our nation's schools provide the educational foundation that helps shape our society and ensure that our children are prepared to choose their future. Like all communities, they are places where we bring our whole selves – our life experiences, cultural backgrounds, challenges and trauma, and hopes and aspirations – into interaction with the world. But often, the experiences we encounter in school environments can become sources of stress and adversity that can have a major impact on our health and well-being.

Kaiser Permanente's RISE (Resilience in School Environments) empowers schools to create safe and supportive learning environments by cultivating practices that strengthen the social and emotional health of all students and staff. Developed as part of Kaiser Permanente's Thriving Schools initiative, RISE works with schools and districts to prepare school staff to better understand and integrate social and emotional well-being into all aspects of school life, both theirs and their students.

Kaiser Permanente, together with Alliance for a Healthier Generation – a leading organization working in school health – understand that schools function best when students, staff, and teachers are happy and healthy. RISE is an important pathway to helping schools get there. By bringing together our strengths and assets in health care and education, with an emphasis on the role that school staff and leadership play in ensuring healthy school environments, we believe we have a unique contribution to offer to this work.

### Adverse Childhood Experiences

Children's social and emotional health is foundational for empowering them to develop lifelong healthy habits and strengthening them over their lifetime. Sadly, more than 2 in 5 children have dealt with at least one adverse childhood experience, or ACE, in their lifetime, which can influence their overall development, impact their ability to learn, and put them at increased risk for obesity and other chronic health conditions.

ACEs impact the school environment as well as the health of educators who work with students and may bring their own experiences of childhood trauma.

By focusing on resilience, we can foster the development of internal resources that can act as a buffer from adverse experiences for both kids and adults.

Visit our website for more information about this and other **KAISER PERMANENTE THRIVING SCHOOLS** initiatives.

[kp.org/thrivingschools](https://kp.org/thrivingschools)

## How RISE Works

At its core, RISE works with school staff, teachers, districts, and the community to address the underlying factors of stress in schools and develop strategies and practices that foster more positive school environments. RISE seeks these outcomes:

- Increased staff job satisfaction, including reducing staff stress
- Improved safety, connectedness, and relationships among students and staff
- Increased skills related to social and emotional learning for staff and students
- Increased mental health supports

RISE work is guided by the RISE Index, an assessment tool that gauges how well schools and districts are addressing social and emotional health, lifts up best practices, and encourages achievable action steps toward improvements. Insights from the RISE Index serve as the foundation for resilience work happening through a variety of approaches.



### On-Site Intervention

Through the support of on-the-ground Alliance for a Healthier Generation program managers, RISE's on-site programming provides select schools with guidance, training, and technical assistance to help them make positive changes in their school environments.

Additionally, Kaiser Permanente workforce health consultants engage with school districts to assess current strengths and opportunities, develop relevant programming, and measure progress made towards building more resilient schools for students, staff, and teachers.



### Virtual Support and Learning

It is our intent that all schools can benefit from the support that RISE offers. The RISE Index, as well as additional tools, resources, and curricula for building social and emotional health, will be available online in the 2019-2020 school year to any school in the country at no cost.



### Data-Driven Insights

In order to improve health, it's important to know where you're starting from. That's why Kaiser Permanente is leading efforts to use big data to identify how schools and communities are affected by and responding to social and emotional health. Through the use of the RISE Index and other data-driven tools, we can help schools assess their needs, connect to relevant community resources for support, and identify bright spots that can inform communities around the country about what works.

## RISE Ambassadors

Kaiser Permanente wants everyone who works with schools to understand the impact of social and emotional wellness and how cultivating resilience can help to counter everyday stress and adversity. Together with our workforce health leaders, community health leaders, clinicians, labor liaisons, and sales and account managers, we are building teams of people empowered with the tools and knowledge to help schools incorporate RISE into their policies and practices.

## Educational Theatre

For more than 30 years, Kaiser Permanente's Educational Theatre program has been delivering powerful performances to school audiences across the country, helping to foster breakthrough conversations that get audiences thinking about how to live healthier lives.

Several theatre performances have been developed with an intentional focus on social and emotional health. RISE UP (Resilience In School Environments: Understanding and Practice) is an educational theatre workshop designed for school employees that addresses topics of mental health and wellness. And, Ghosted is a performance for youth designed to raise awareness about anxiety and depression, helping young people take the first steps towards resiliency, personal strength, and mutual support.