Increasing Student and Staff Resilience: Join the RISE Initiative!

Schools function best when students *and* teachers are happy and healthy. How do you turn that vision into reality?

IMAGINE A SCHOOL THAT PRIORITIZES STAFF WELL-BEING—creating spaces where they can enjoy a quiet lunch break or take a moment to re-center themselves during a hectic day, from teachers and administrators to bus drivers and custodians. Here, students are personally greeted by friendly teachers and school staff each morning as they enter their classrooms. When a conflict between students occurs, they find a peaceful resolution and are given space to take a mental break to relax and refocus on learning

This is the everyday experience at a resilient school.

The Resilience in School Environments (RISE) Initiative empowers schools to create safe and supportive learning environments by developing policies and practices that improve the social-emotional health of all students and staff.

Who?

RISE engages school and district administrators, teachers, guidance counselors, social workers, parents, students, health services personnel and local mental health providers and other community stakeholders to build resilient schools that foster strong social-emotional health.

Why?

Schools and districts can play a vital role in partnering with staff and the community to reduce educator burnout and foster the development of confident, happy kids who excel socially, emotionally, and academically.

What?

Through RISE, staff, students and the community will collaborate to understand, integrate and support the wellness of their entire school. They'll learn how to:

- ✔ Improve relationships within the school community
- ✔ Boost student and staff social-emotional learning
- ✔ Increase staff job satisfaction, including reducing staff stress
- ✔ Engage in more positive disciplinary practices
- ✔ Strengthen student & staff mental health support systems

Learn more about Kaiser Permanente's work in schools at
thrivingschools.kaiserpermanente.org.

ALLIANCE FOR A
HEALTHIER
GENERATION

KAISER PERMANENTE®

PARTICIPATING SCHOOLS AND DISTRICTS HAVE ACCESS TO:

✔ Customizable guidance and technical assistance to help you make positive changes

✔ An online assessment and action plan to track your individual progress

✔ Resources and tools to help you foster a safe and supportive school environment

✔ Virtual training center with online curricula and on-demand trainings

✔ Network of support through local community partners and enhanced peer-to-peer learning

✔ Support staff to answer your questions via email or phone

✔ Professional development and consultation from social-emotional health experts

✔ Opportunity to achieve national recognition

FAST FACTS: WHY ARE SCHOOLS FOCUSED ON SOCIAL-EMOTIONAL HEALTH?

- Social-emotional health is critical to empowering kids to develop lifelong healthy habits.

- Approximately 1 in 5 youth aged 13–18 (21.4%) experiences a severe mental disorder at some point during their life. For children aged 8–15, the estimate is 13%.[1]

- Research has shown that over 41% of teachers leave the profession within five years of starting.[2]

- Staff burnout is linked to higher rates of staff absenteeism, which can have a significant impact on student achievement.

- More than 2 in 5 U.S. children have experienced at least one adverse childhood experience, which can influence their overall development, impact their ability to learn, and put them at increased risk for obesity and other chronic health conditions.[3]

- Fostering strong social-emotional skills—in both students and staff—allows teachers and students to better manage emotions, recognize strengths and weaknesses, and rise above adversity. A safe and supportive school can increase students' academic performance as well as job satisfaction and performance in adults.

To get started on your journey toward a happier, healthier school, visit
www.HealthierGeneration.org/RISE

[1] National Institute of Mental Health: https://www.nimh.nih.gov/health/statistics/mental-illness.shtml

[2] Ingersoll, R., Merrill, L., & Stuckey, D. (2014). Seven trends: the transformation of the teaching force, updated April 2014. CPRE Report (#RR-80). Philadelphia: Consortium for Policy Research in Education, University of Pennsylvania.

[3] Child Trends: https://www.childtrends.org/publications/prevalence-adverse-childhood-experiences-nationally-state-race-ethnicity