

Engaging with RISE: Meet Your Virtual Support Network



Resilience in School Environments (RISE) – presented in partnership by Kaiser Permanente and the Alliance for a Healthier Generation (Healthier Generation) – is a national initiative that provides teachers and school staff with skills and resources to support student mental health and to better tend to their own emotional needs, especially during times of uncertainty and increased stress. Through engagement with RISE, schools, teachers and educators will learn how to better manage emotions, recognize strengths and weaknesses, and rise above adversity.

As a result of the COVID-19 pandemic, schools and districts are navigating an unprecedented shift in their learning environments, creating an even greater need for resources to support the well-being and resilience of students and educators. By design, RISE is well-equipped to immediately meet these needs.

RESPONSIVE AND PERSONALIZED SUPPORT: A CLICK OR PHONE CALL AWAY



All RISE participants have free and direct access to Healthier Generation’s team of program and content managers who are just a phone call, video chat or email away.

In addition to providing content expertise to guide schools and districts in making healthy changes, they also connect participants with tools and best-in-class trainings to fit their unique needs and goals.

When schools and district champions engage in RISE, they can breathe easy knowing they have the convenience of virtual support personnel to guide them in creating and sustaining more resilient environments.

School and district leaders have direct virtual access to:

- Technical assistance and support to guide leaders in creating sustainable change
- Strategies and resources to increase resilience of students and staff
- On-demand webinars relating to stress management for educators, comprehensive self-care, finding balance & more
- Intensive engagement with administrators to help revamp mental health supports
- The [Healthier Generation Action Center](#), an easy-to-use, online platform where participants can communicate with team members, track progress, and access best practices and trainings

ACHIEVING YOUR GOALS THROUGH RISE

Healthier Generation and Kaiser Permanente staff are committed to meeting the unique needs of schools and districts, particularly as they navigate the COVID-19 pandemic. From building a leadership team to making a plan of action, participants are guided through a continuous improvement process proven to help create – and sustain – healthy changes. Within the [Healthier Generation Action Center](#), schools and districts have direct, free access to:

SOCIAL-EMOTIONAL WELL-BEING ASSESSMENT

- The RISE Index is the core tool to help districts and schools assess, prioritize and plan key actions that promote the social-emotional health of staff and students.
- Schools and districts use tailored versions of the RISE Index to self-assess across a variety of distinct topic areas and discover opportunities for improvement.

PERSONALIZED RESOURCES

- After completing the RISE Index, Healthier Generation, in partnership with Kaiser Permanente, helps schools and districts explore research-based strategies and trainings to support improvement efforts.
- Schools and districts can access live trainings and expert-created recorded webinars and choose those that best fit their schedules and interests.