



The RISE Index: Your Tool to Assess & Prioritize Social-Emotional Health

WHAT IS THE RESILIENCE IN SCHOOL ENVIRONMENTS (RISE) INDEX?



The RISE Index is a social-emotional well-being assessment tool for schools and districts. The RISE Index helps schools and districts assess, prioritize and plan key actions that promote the social-emotional health of students, teachers and staff. 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.

HOW DOES THE RISE INDEX WORK?

The RISE Index helps schools and districts identify and evaluate their ability to meet best practices in resilience, social and emotional learning and mental wellness of staff and students. The RISE Index is a key component of the [Healthier Generation Action Center](#) — the Alliance for a Healthier Generation's easy-to-use, online platform where participants can build a team, track progress, and access resources and trainings.

After creating a free account, school and district champions can log in, answer questions and get an instant snapshot of opportunities to improve social-emotional health within their environment. It's that simple!

TOPIC AREAS OF THE RISE INDEX

FOR SCHOOLS

- **School-Staff Well-Being**
Building the resilience of staff with a focus on physical environments for staff, personal wellness and collective care
- **School Systems**
Factors that support implementation and sustainability of social-emotional health policies and practices
- **Universal Prevention Strategies**
Evidence-based universal strategies available to all students
- **Targeted Intervention Strategies**
Evidence-based interventions used with a selected population of students
- **School-Level Collaboration**
Development of relationships among students, caregivers and community providers

FOR DISTRICTS

- **District-Staff Well-Being**
Building the resilience of staff with a focus on the well-being of staff employed at the district level
- **District Leadership Team**
Roles and responsibilities of the district leadership team in implementing district-wide social-emotional health policies and practices
- **District-Wide Policies & Procedures**
Policies and practices at the district level that support school-level social-emotional health policies and practices
- **District-Level Collaboration**
Development of relationships among district staff, school leadership, parents and the community

GETTING STARTED WITH THE RISE INDEX

District and school staff are encouraged to collaborate with their teams to read, discuss and answer the RISE Index questions. Then, with support from Healthier Generation and Kaiser Permanente, teams will build an action plan that prioritizes items to work on throughout the year. Free, online resources and on-demand trainings from Healthier Generation, Kaiser Permanente and other RISE partners are accessible anytime, anywhere in the [Healthier Generation Action Center](#).

RISE — presented in partnership by Kaiser Permanente and the Alliance for a 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.



Visit HealthierGeneration.org/ActionCenter today to get started



Increasing Student and Staff Resilience: Join the RISE Initiative!

Schools function best when students and teachers are happy and healthy.

Resilience in School Environments (RISE) 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.

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 — with on-demand trainings, free resources, personalized support and more only a click away.

Who?

RISE engages all school staff, including school and district administrators, teachers, student services, support staff, parents, students and health services personnel, 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 resilient students and teachers who feel supported in navigating stress, uncertainty or anxiety.

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:

- ✓ Increase staff job satisfaction, including reducing staff stress
- ✓ Boost student and staff social-emotional learning
- ✓ Improve safety, connectedness and relationships among students and staff
- ✓ Increase efficiency and effectiveness of mental health support systems

PARTICIPATING SCHOOLS AND DISTRICTS HAVE DIRECT ONLINE 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>

Engaging with RISE: Meet Your Virtual Support Network



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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.