

YOUR WEBINAR IS STARTING SOON...

Welcome

- Today's webinar is from **12:30 PM - 1:30 PM PST**.
- To reduce background noise, please remain muted.
- No sound? Locate the audio menu in your app or browser. Connect through your computer or phone.
- There will be a Q&A Session at the end of the presentation.



Tech issue or need assistance
with audio or video?
Chat to Moderator.



Feedback, ideas, and
comments to share?
Chat to All Participants.

WARM UP ACTIVITY

Share How Stress Shows Up For You

Beliefs

Thoughts or stories we tell ourselves that may increase stress like

I'll never be able to remember to unmute myself!



Body

The ways stress impacts our physical body like

*Headaches
Loss of sleep*



Behavior

Things we start and stop doing when stressed like

*I **start** checking Facebook more and **stop** answering important emails.*



Use the chat box to respond. Send your message to ALL PARTICIPANTS.



WELCOME TO RISE!

Supporting Staff & Student Health: Kaiser Permanente's Resilience in School Environments

OCTOBER 8, 2020



Logistics

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Today's Presenters



Staci Boretzky

Project Manager,
Community Health

KAISER PERMANENTE



Dev Cuny

RISE Manager, Social Emotional
Health

ALLIANCE FOR A HEALTHIER
GENERATION



Jennifer Taylor

School Based Mental Health
Clinician

A BETTER WAY



Will Cushman

Principal

FAIRFIELD HIGH SCHOOL

About Kaiser Permanente

217K employees and
22K physicians

deliver high-quality care
to members
& on the front lines of
COVID-19 response



12.3M
people

get care + coverage
from Kaiser Permanente

8 regions

- Colorado
- Georgia
- Hawaii
- Mid-Atlantic States
- Northern California
- Southern California
- Northwest
- Washington



39
Hospitals

+



701
medical offices

Exceptionally
Prepared

- Telehealth options
- Consolidation to meet critical needs
- Careful supply management

COVID-19
Response



Why Is Kaiser Permanente Focused on Schools?



RECIPROCAL IMPACT

Health impacts educational attainment and education impacts life-long health.

HEALTH ↔ ED



LOCUS OF BEHAVIOR CHANGE

Health interventions in and around school settings can make significant impacts on health behaviors.



SUPPORT FOR OUR MEMBERS

Whether in-person or virtually, one in five Kaiser Permanente members is “in” schools every weekday.

1:5

About Kaiser Permanente Thriving Schools

- Thriving Schools was launched in spring of 2013 in an effort to **more deeply demonstrate Kaiser Permanente's commitment to strengthening health in schools.**
- Part of our ongoing commitment to improve nutrition, increase physical activity, and building social and emotional well-being in school settings.
 - Designed to create a culture of health in K - 12 schools.
 - For all students, staff, and teachers — not just for Kaiser Permanente members



Today's Intentions

- 1 Learn about RISE
- 2 Explore RISE Index and Resources
- 3 Discuss application of RISE with school partners
- 4 Connect to Virtual Support team



OUR MISSION

We're on a mission to empower
kids to develop lifelong healthy
habits by ensuring the
environments that surround them
support their physical, social,
and emotional health.

HEALTHIER GENERATION'S APPROACH

Whole School, Whole Community, Whole Child

(CDC, 2019)



Why RISE?

SOCIAL EMOTIONAL HEALTH

By the Numbers

90%

Teachers believe social and emotional skills benefit students.

80%

Teachers want more support to address students' social and emotional development.

97%

Principals believe more focus on SEL will improve students' academic achievement.

90%

Parents think schools have a role in reinforcing the development of "life skills."

80%

Employers say social and emotional skills are the most important to success.



Schools



Schools function best when students *and* staff are happy and healthy.



Students



Social-emotional skills can improve:

student behavior

academic performance

college/career readiness

regardless of race, socioeconomic background, and school location.

Staff / Administration



Developing staff social and emotional health **improves well-being** and **student learning** as well as **reduces stress, burnout, and staff turnover.**





Whole Community



For every dollar invested, there is **11 times the monetary return on social-emotional initiatives.**

Think & Share

Imagine a resilient school,
what does it look like?

Use the chat box to respond. Send your message to ALL PARTICIPANTS.

RISE Initiative

A whole-school focus on increasing student and staff resilience
by improving:

RISE Initiative

A **whole-school focus** on increasing **student and staff resilience** by improving:



POLICIES

RISE Initiative

A **whole-school focus** on increasing **student and staff resilience** by improving:



POLICIES



PRACTICES

RISE Initiative

A **whole-school focus** on increasing **student and staff resilience** by improving:



POLICIES



PRACTICES



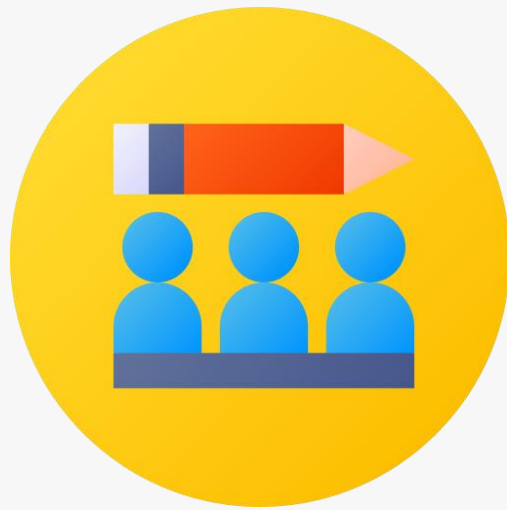
SYSTEMS

RISE Initiative

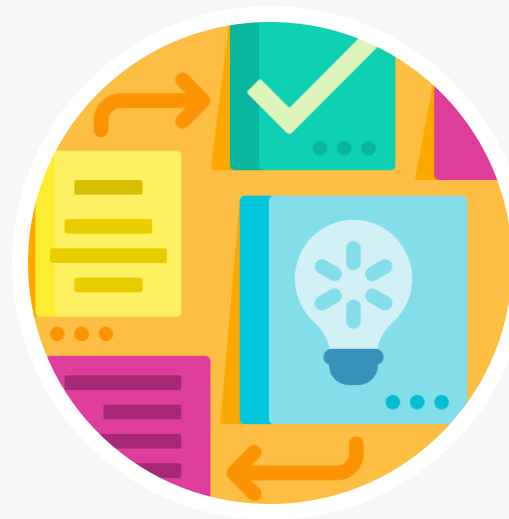
A **whole-school focus** on increasing **student and staff resilience** by improving:



POLICIES



PRACTICES



SYSTEMS



ENVIRONMENTS

RISE Initiative Goals

RISE GOALS



Increase staff job
satisfaction/reducing staff
stress



RISE GOALS



Increase staff job
satisfaction/reducing staff
stress



Improve safety,
connectedness &
relationships among
students & staff

RISE GOALS



Increase staff job satisfaction/reducing staff stress



Improve safety, connectedness & relationships among students & staff



Increase SEL skills among students and staff



RISE GOALS



Increase staff job satisfaction/reducing staff stress



Improve safety, connectedness & relationships among students & staff



Increase SEL skills among students and staff



Increase mental health supports

Which RISE Goal is most urgent to you?



Increase staff job satisfaction/reducing staff stress



Improve safety, connectedness & relationships among students & staff



Increase SEL skills among students and staff



Increase mental health supports

Use the chat box to respond. Send your message to ALL PARTICIPANTS.

RISE Index

RISE Index

SCHOOL EDITION



Background of the RISE Index

- Field tested
- Expert reviewed
- Research backed
- Based on existing tools in the field

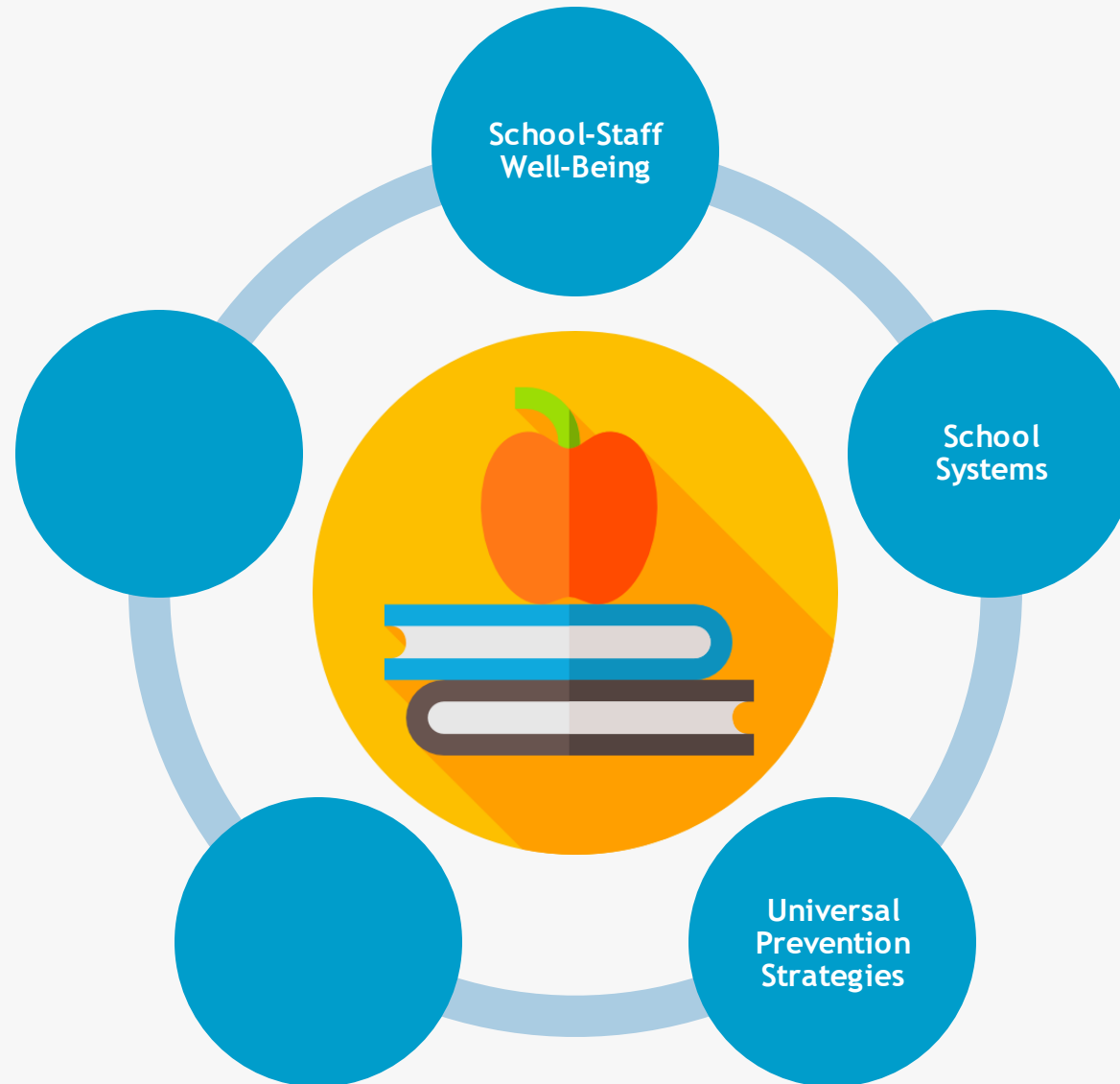
RISE Index Schools Edition



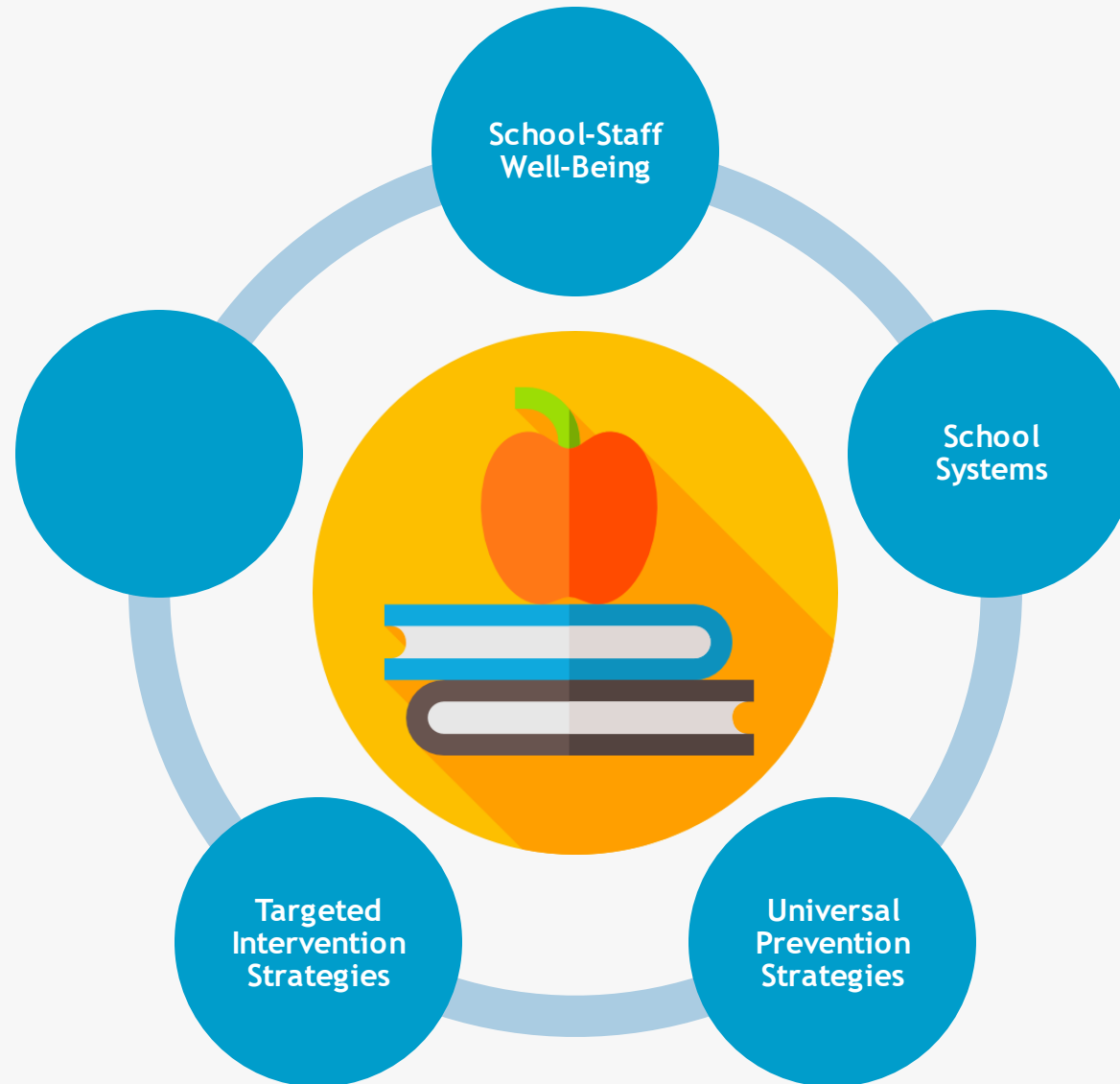
RISE Index Schools Edition



RISE Index Schools Edition



RISE Index Schools Edition



RISE Index Schools Edition



EXAMPLE SCHOOL QUESTION

To What Extent

Universal Prevention Example

...does your school's learning environment have designated calming spaces available for student use when needed?

- 0 - Not in place
- 1 - Partially in place
- 2 - Mostly in place
- 3 - Fully in place: Our school's learning environments have accessible, effective, calming spaces for student use when students need to self-regulate.

To What Extent



Your turn to share

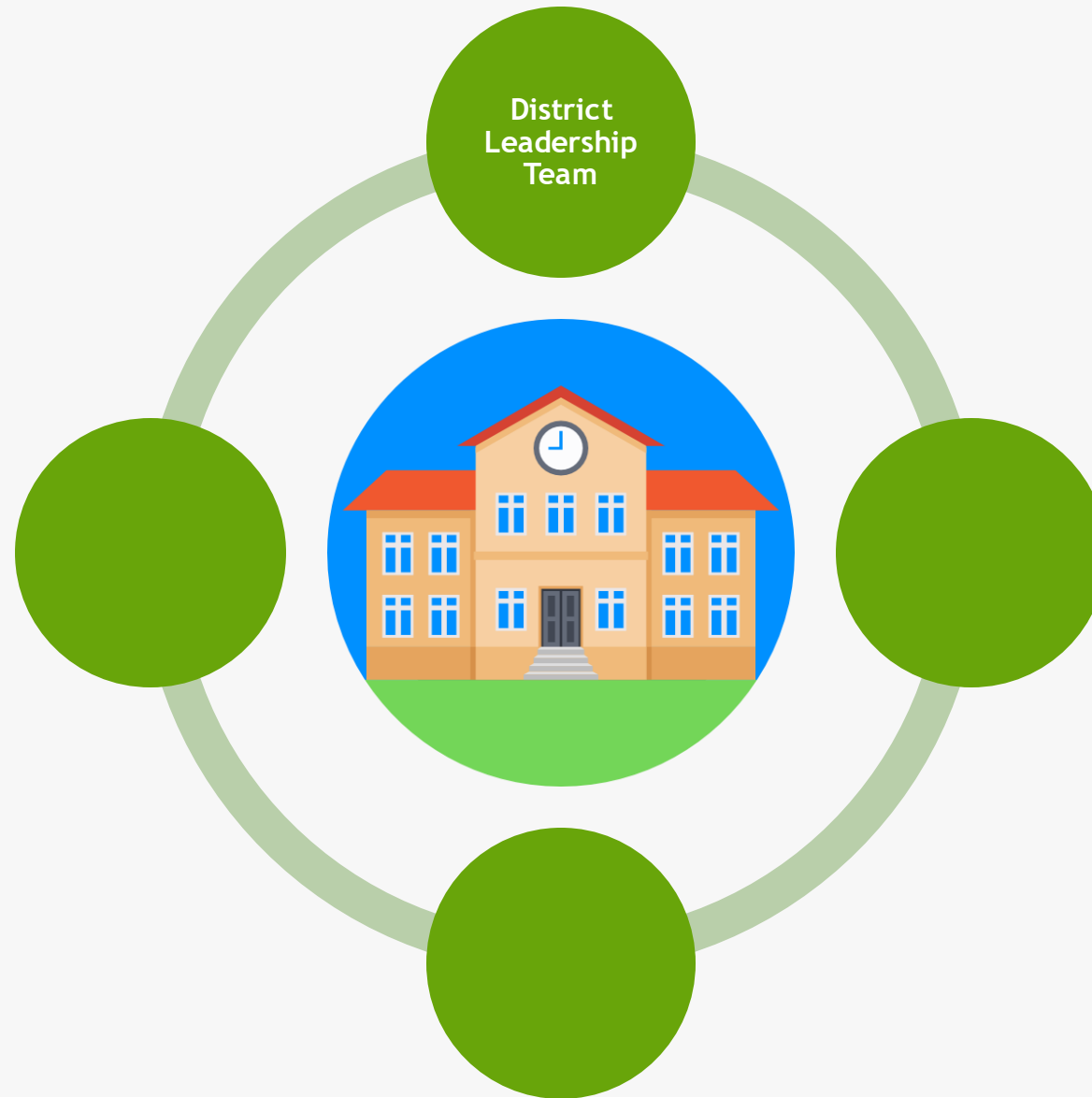
Universal Prevention Example

...does your school's learning environment have designated calming spaces available for student use when needed?

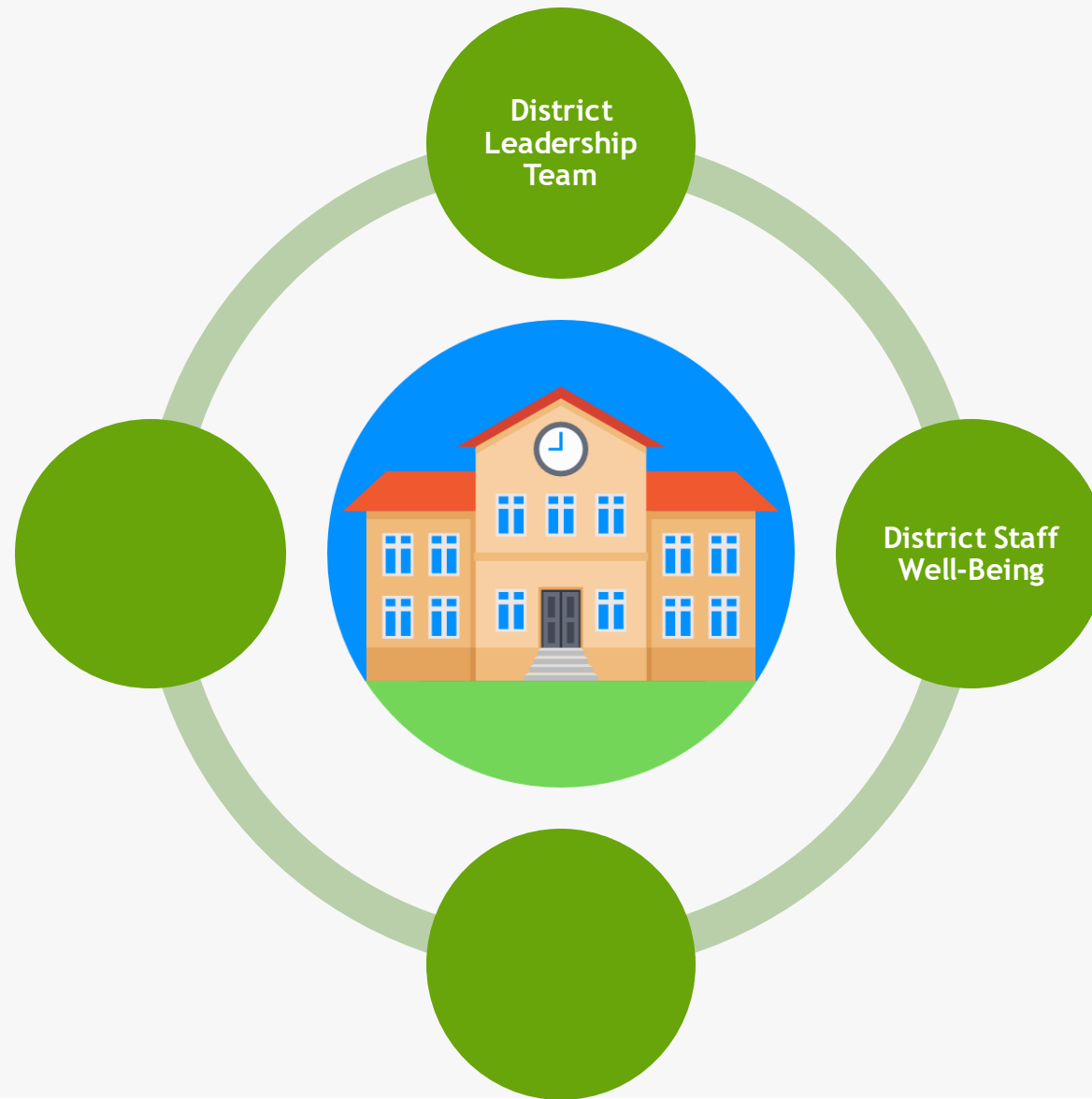
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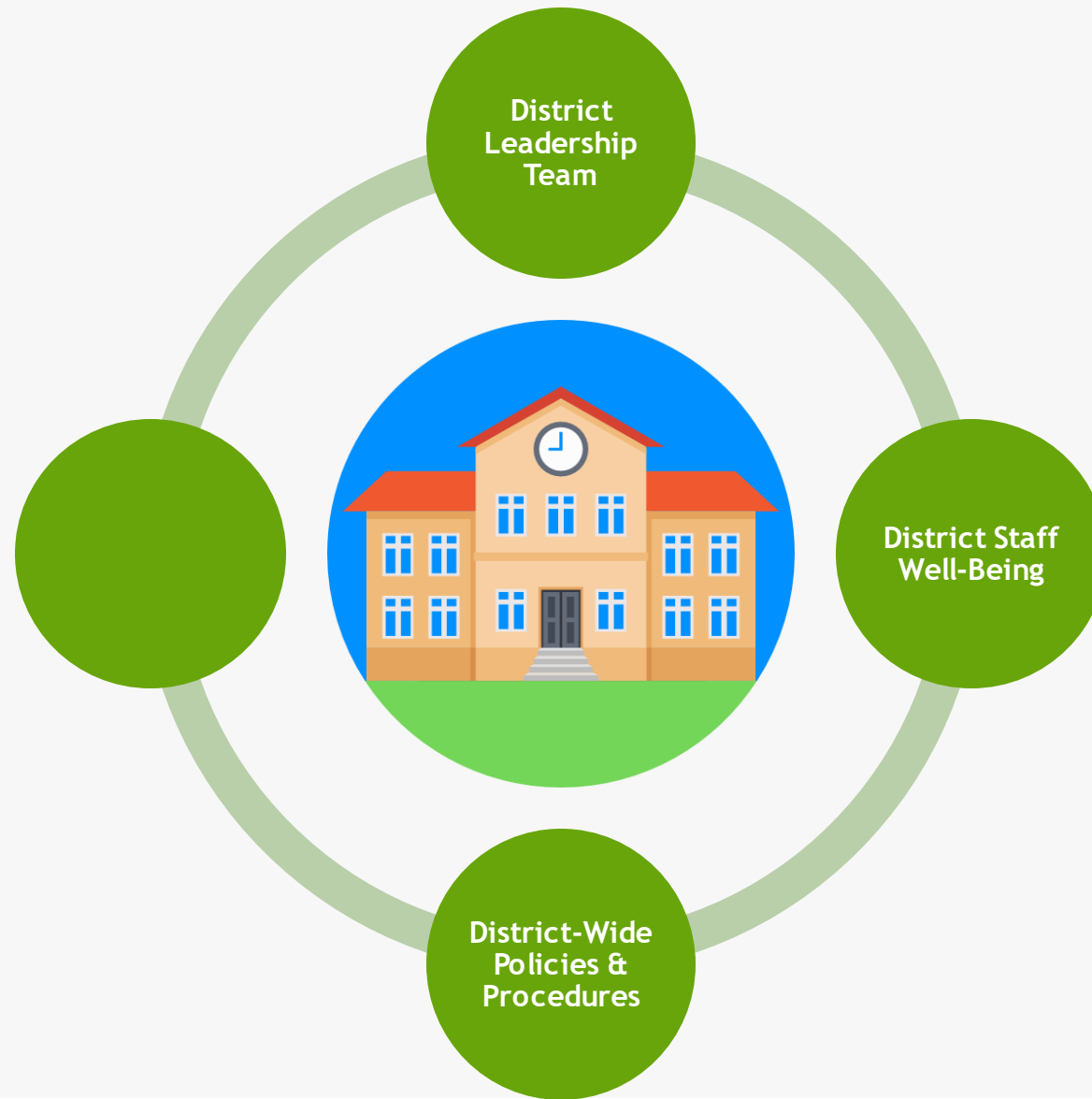
RISE Index District Edition



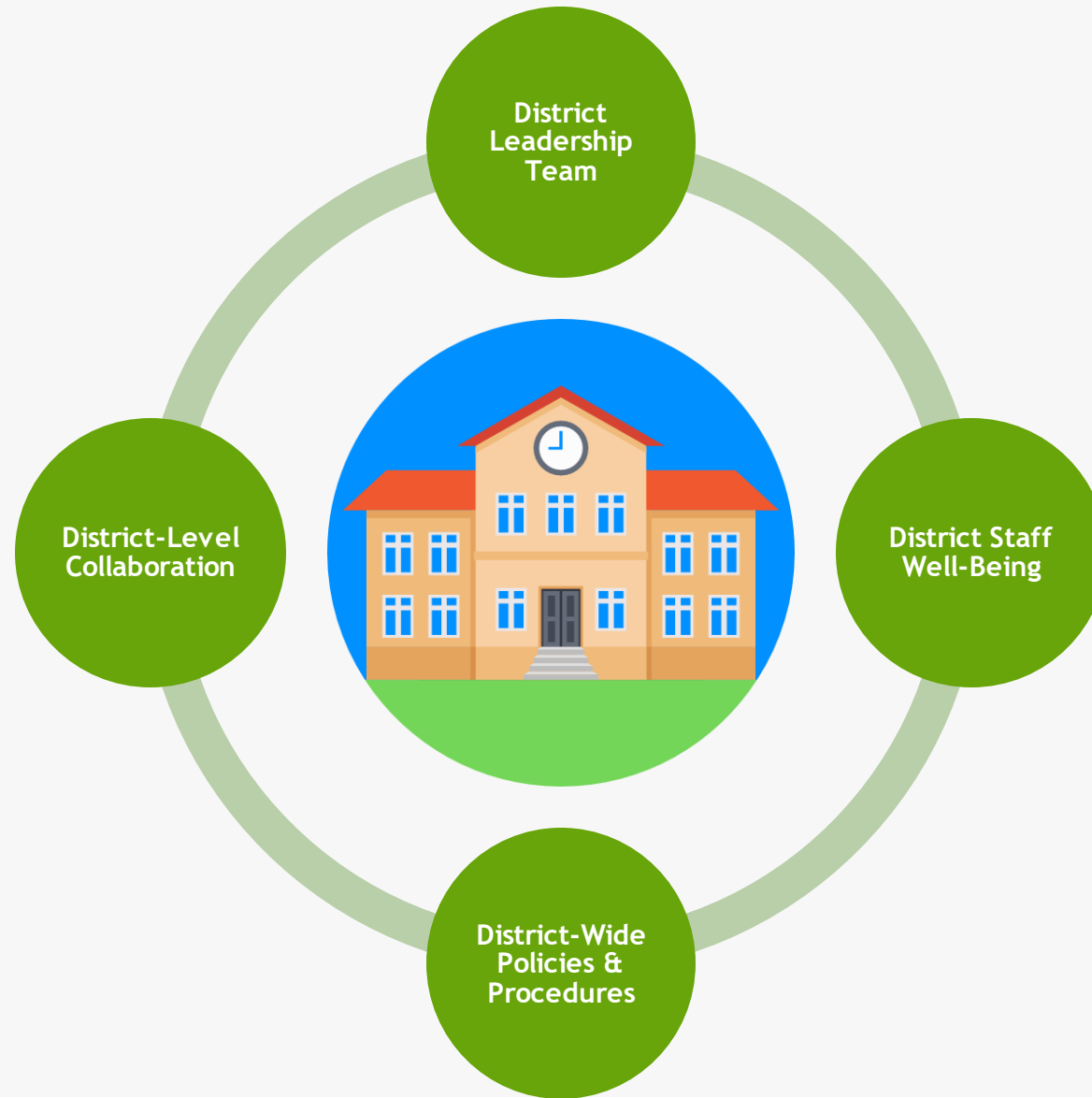
RISE Index District Edition



RISE Index District Edition



RISE Index District Edition



EXAMPLE DISTRICT QUESTION

To What Extent

District Staff Well-Being Example

...does your district provide opportunities for district-level staff to recognize accomplishments and display gratitude toward each other?

- 0 - Not in place
- 1 - Partially in place
- 2 - Mostly in place
- 3 - Fully in place: District-level staff recognizes accomplishments and/or display gratitude toward each other at least monthly.

EXAMPLE DISTRICT QUESTION

To What Extent

 *Your turn to share*

District Staff Well-Being Example

...does your district provide opportunities for district-level staff to recognize accomplishments and display gratitude toward each other?

- 0 - Not in place
- 1 - Partially in place
- 2 - Mostly in place
- 3 - Fully in place: District-level staff recognizes accomplishments and/or display gratitude toward each other at least monthly.

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Healthier Generation Action Center



- **RISE Index**
- Action Plan
- On-demand trainings
- Resources
- Leadership Team Roadmap

Healthier Generation Action Center

ALLIANCE FOR A HEALTHIER GENERATION | ACTION CENTER Welcome, Yasemin

ACCOUNT > MY ORGANIZATIONS > KP FUJI ELEMENTARY > ACTION PLAN

Action Plan

Introducing the Action Plan

The Action Plan is a collaborative to-do list that helps you and your Wellness Team plan and prioritize healthy changes for your organization this year.

Want to help us improve the Action Plan? [Let's talk!](#)

How do I use the Action Plan?

Use your Action Plan to outline the tasks, dates, and resources that you and your Wellness Team will use to meet your goals.

[Learn more about using the Action Plan](#)

To work on

[Add item](#)

SYS-1 RISE

Presence of a leadership team

Mostly in place [View >](#)

SYS-3 RISE

Resource mapping

Not in place [View >](#)

This year's goals

[Add item](#)

Done

[Add item](#)

Dashboard | My Organizations | KP Fuji Elementary | Assessments | Action Plan | Reports | Team | Resources | Training | Get Help | Log out


- RISE Index
- **Action Plan**
- On-demand trainings
- Resources
- Leadership Team Roadmap

Healthier Generation Action Center

Menu Transcript

- Part 1: Defining Burnout and Introducing the ABCDs
- A Healthier Generation Training**
- Welcome
- Introduction
- Navigating this Course
- Objectives
- Where Do You Feel Most Like Yourself?
- Your Authentic Self
- Why are You Here?
- Why are They Here?
- Why are You Here? Your Turn!
- Job Burnout
- What is Job Burnout?
- The Cycle of Burnout
- A Closer Look at the Phases in the Cycle of Burnout
- Leave the Cycle of Burnout for Good
- The Cycle of Burnout: Carlos
- The Cycle of Burnout: Laurie
- The Cycle of Burnout: Terry

Part 1: Defining Burnout and Introducing the ABCDs Resources



Turn on your speakers to hear the audio.

Audio player controls: play, progress bar, refresh.

- RISE Index
- Action Plan
- **On-demand trainings**
- Resources
- Leadership Team Roadmap

Healthier Generation Action Center

Dashboard

My Organizations

Resources

Training

Get Help

Log out

Resources

Filtering by tags: Staff Well-Being

Search by Name Tag Type



TRAINING, RISE, SOCIAL-EMOTION...
Filling Your Cup: Comprehensive Self-Care Strategies Curriculum
A four-part on-demand training series packed with tools and resources to help school staff focus on their own well-being.



RISE, SOCIAL-EMOTIONAL HEALTH, ...
Connect & Recharge: Designing Your Customized Staff Relaxation Zone
Increase staff well-being by providing a space where staff can decompress, connect with colleagues and rejuvenate.



COVID-19, RESILIENCE & COVID, RIS...
Planning for the Next Normal at School Playbook
This guide is designed to share "starter plays" to help ease this transition across mental health and well-being, teacher and staff well-being and more.



COVID-19, RESILIENCE & COVID, SO...
Infographic: Supporting Safety and Health When Schools Reopen
This infographic covers current health supports, anticipated challenges upon reopening and resources needed to support the physical health, mental health and well-being.

- RISE Index
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- **Resources**
- Leadership Team Roadmap

Healthier Generation Action Center



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Healthier Generation Action Center

PANEL DISCUSSION



Fairfield High School
A Better Way Inc.

YOUR RISE TEAM

Virtual Staff Support



VIRTUAL PROGRAM
MANAGER



VIRTUAL CONTENT
MANAGER



MEMBER ENGAGEMENT
SUPPORT TEAM

Questions?



Use the chat box to share your questions. Send your message to ALL PARTICIPANTS.

Thank you!

