



Mental Health and Resilience Program School Staff

Kaiser Permanente, in partnership with leading national organizations, developed the Thriving Schools Initiative, a comprehensive effort to support a culture of health and wellness for students, staff, and teachers in K-12 schools. Promoting resilience in school environments is one strategy being used to enhance well-being in schools.

Resilience In School Environments: Understanding and Practice (RISE UP) is a virtual mental health and resilience professional development program for school staff and is part of the Thriving Schools Resilience in School Environments (RISE) initiative.

RISE UP offers 2 module options designed to provide participants with a safe place to practice, question, discover, and learn. The *RISE UP* team employs theatre, experiential learning, mindfulness practices, and arts integration techniques to engage participants in the discovery and practical implementation of tools to build resilience.



Module Descriptions

RISE UP: Trauma-Informed Approach

A 90-minute virtual workshop designed to explore the prevalence and potential impact of trauma and stress on student behavior and offer strategies to help educators and other school staff navigate challenging interactions.

RISE UP: Staff Lounge

A 60-minute virtual workshop that provides a space for connection, regulation tools, and positive interactions that aid in resilience-building. Available workshop topics include:

Hope: Explore the power of hope to motivate action.

Joy and Gratitude: Discover the impact joy and practicing gratitude has on overall health.

Affirmations: Identify your team's individual strengths with affirmations and positive self-talk.

Awareness and Regulation: Increase awareness and redefine stress as a manageable, natural function of the body.

Key Concepts

RISE UP: Trauma Informed Approach participants will:

- Apply a trauma-informed lens to challenging interactions
- Understand the role of self-regulation in creating a trauma-informed environment
- Practice self-regulation tools to use in moments of stress and conflict

RISE UP: Staff Lounge participants will:

- Practice resilience tools and regulation techniques to support staff and student health
- Foster connection and supportive relationships with colleagues

Program Information

Cost: Available at no charge

Audience: Teachers, school staff, and administrators

Number of participants: Up to 275, 30-60 recommended for Staff Lounge