Mental Health and Resilience
For school staff

About the program
Educational Theatre is part of Kaiser Permanente’s Thriving Schools initiative, which works to strengthen the health and well-being of school communities across the country, so every school succeeds, every employee excels, and every child thrives.

In support of these goals, we created Resilience In School Environments: Understanding and Practice (RISE UP), a professional development program for school staff which utilizes a social emotional arts-based approach to examine mental health challenges in the school environment and create safe spaces to practice resilience tools.

Modules

Trauma-Informed Approach
Examine the prevalence and potential impact of trauma and stress on student behavior and discover strategies to navigate challenging interactions.

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

Harnessing the Power of Hope
Explore creative wellness strategies for the classroom and daily life that foster hope and motivate action.

Outcomes
The following results are from 340 RISE UP: Trauma-Informed Approach participants surveyed in 2022.

95% agreed or strongly agreed that the program was valuable.

93% agreed that they learned new strategies to self-regulate during student interactions.

Cost
This program is available at no cost.

Bookings
At this time, this program offers virtual components only. Please fill out our request form and a Booking Coordinator will contact you with more information.

Key Concepts
RISE UP participants will:

• Apply a trauma-informed lens to challenging interactions
• Practice self-regulation tools to use in moments of stress and conflict
• Practice resilience tools and regulation techniques to support staff and student health
• Develop supportive relationships with colleagues