

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.

 [Watch the trailer](#)

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.

Cost

This program is available at no cost.

Booking

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.

 [Fill out a request form](#)

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

Outcomes

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

