

Engaging with RISE: Meet Your Virtual Support Network



Resilience in School Environments (RISE) – presented in partnership by Kaiser Permanente and 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.

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.

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.

Achieving Your Goals Through RISE

Healthier Generation and Kaiser Permanente staff are committed to meeting the unique needs of schools and districts. From building a leadership team to making a plan of action, they guide participants 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 self-assessment tools like the RISE Index and the Thriving Schools Integrated Assessment (TSIA) to identify opportunities and plan key actions that advance the social-emotional health of staff and students. The Action Center also offers research-based strategies, live trainings, and expert-created recorded webinars to support district and school action plans.

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, and more
- Intensive engagement with administrators to help revamp mental health supports
- The [Healthier Generation Action Center](#), an easy-to-use online platform where users can access the Thriving Schools Integrated Assessment and related trainings and resources, communicate with team members, and track progress