



Supporting Student and Staff Well-Being: The Thriving Schools Integrated Assessment (TSIA) & Resilience in School Environments (RISE) Index

Schools and districts face ongoing changes and challenges, creating an even greater need for resources to support the well-being and resilience of students and educators.

Kaiser Permanente is one of the main partners in the Alliance for a Healthier Generation's [Action Center](#), where district leaders, teachers and school staff can access tailored resources at no cost to identify opportunities, take actionable steps, and track progress on a range of health topics and issues.

The first step to utilizing this dedicated resource center is to take an assessment, either TSIA or RISE Index. Both assessments will lead you to research-based strategies, on-demand trainings, and expert-created content to support action plans. The TSIA is focused on whole-child health and includes a variety of topics. RISE dives deeper into social and emotional well-being.

Find out more about both, and how to get started, below.



Thriving Schools Integrated Assessment (TSIA)

TSIA helps identify opportunities to improve policies and practices that promote student achievement and support the well-being of kids, teachers, and staff. The assessment covers the following topics:

- Advancing core policies and practices
- Increasing family and community engagement
- Improving nutrition and food access
- Enriching health education
- Implementing local school wellness policy
- Bolstering physical education and activity
- Strengthening social and emotional health
- Cultivating staff well-being
- Promoting tobacco-free schools
- Supporting school health services
- Reducing chronic absenteeism
- Addressing school discipline
- Fostering positive school climate and culture

Not sure where to begin? Start with the Advancing Core Policies and Practices topic area. With a few clicks, you can learn how to build a team, set an action plan, and access resources and on-demand trainings from Healthier Generation, Kaiser Permanente, and other partners.

Resilience in School Environments (RISE) Index

The RISE Index consists of 40 questions over 5 broad areas. It's one part of the overall RISE initiative, which provides teachers and school staff with a range of 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 staff can learn how to better manage emotions, recognize strengths and weaknesses, and rise above adversity.

All RISE participants have direct access to Healthier Generation's team of experts at no cost. In addition to providing content expertise to help guide healthy changes, this team can also direct you to additional tools and best-in-class trainings to fit any unique needs and goals.

How to use The Action Center

Step 1: Create a no-cost account in the [Healthier Generation Action Center](#)

Step 2: Choose an assessment to begin with (TSIA / RISE Index)

Step 3: Start answering questions and get an instant snapshot of opportunities to improve health within your environment

**Both assessments are modular. You can answer one question, a section, or the entire assessment and still get results. Go at your own pace, at your own convenience.*



The Action Center allows you to:

- Identify priorities to focus your efforts
- Create action plans to map a path to success
- Access resources and trainings to advance your goals
- Build a team to support collaboration
- Track progress to visualize change over time
- View reports to evaluate and celebrate