Welcome

Today’s webinar is from 12:30 PM - 1:30 PM PST.

To reduce background noise, please remain muted.

No sound? Locate the audio menu in your app or browser. Connect through your computer or phone.

There will be a Q&A Session at the end of the presentation.

Tech issue or need assistance with audio or video? Chat to Moderator.

Feedback, ideas, and comments to share? Chat to All Participants.
Share How Stress Shows Up For You

**Beliefs**
Thoughts or stories we tell ourselves that may increase stress like

*I’ll never be able to remember to unmute myself!*

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**Body**
The ways stress impacts our physical body like

*Headaches*
*Loss of sleep*

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**Behavior**
Things we start and stop doing when stressed like

*I start checking Facebook more and stop answering important emails.*

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*Use the chat box to respond. Send your message to ALL PARTICIPANTS.*
Logistics

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Today’s Presenters

Staci Boretzky
Project Manager, Community Health
KAISER PERMANENTE

Dev Cuny
RISE Manager, Social Emotional Health
ALLIANCE FOR A HEALTHIER GENERATION

Jennifer Taylor
School Based Mental Health Clinician
A BETTER WAY

Will Cushman
Principal
FAIRFIELD HIGH SCHOOL
About Kaiser Permanente

217K employees and 22K physicians
deliver high-quality care
to members
& on the front lines of
COVID-19 response

12.3M people
get care + coverage
from Kaiser Permanente

8 regions
- Colorado
- Georgia
- Hawaii
- Mid-Atlantic States
- Northern California
- Southern California
- Northwest
- Washington

39 Hospitals
+ 701 medical offices

Exceptionally Prepared
- Telehealth options
- Consolidation to meet critical needs
- Careful supply management

COVID-19 Response
Why Is Kaiser Permanente Focused on Schools?

**RECIPROCAL IMPACT**
Health impacts educational attainment and education impacts life-long health.

**LOCUS OF BEHAVIOR CHANGE**
Health interventions in and around school settings can make significant impacts on health behaviors.

**SUPPORT FOR OUR MEMBERS**
Whether in-person or virtually, one in five Kaiser Permanente members is “in” schools every weekday.

1:5
Thriving Schools was launched in spring of 2013 in an effort to more deeply demonstrate Kaiser Permanente’s commitment to strengthening health in schools.

Part of our ongoing commitment to improve nutrition, increase physical activity, and building social and emotional well-being in school settings.

- Designed to create a culture of health in K-12 schools.
- For all students, staff, and teachers — not just for Kaiser Permanente members
Today’s Intentions

1. Learn about RISE
2. Explore RISE Index and Resources
3. Discuss application of RISE with school partners
4. Connect to Virtual Support team
We’re on a mission to empower kids to develop lifelong healthy habits by ensuring the environments that surround them support their physical, social, and emotional health.
Whole School, Whole Community, Whole Child

(CDC, 2019)
Why RISE?
Teachers believe social and emotional skills benefit students.

Teachers want more support to address students’ social and emotional development.

Principals believe more focus on SEL will improve students’ academic achievement.

Parents think schools have a role in reinforcing the development of “life skills.”

Employers say social and emotional skills are the most important to success.

http://nationathope.org/report-from-the-nation/chapter-1-how-learning-happens/#f10
Schools function best when students and staff are happy and healthy.
Social-emotional skills can improve:

- student behavior
- academic performance
- college/career readiness

regardless of race, socioeconomic background, and school location.

Students

Greenberg et al., 2017; Taylor et al., 2017
Staff/Administration

Developing staff social and emotional health improves well-being and student learning as well as reduces stress, burnout, and staff turnover.

(http://nationathope.org/report-from-the-nation/chapter-1-how-learning-happens/#f10)
For every dollar invested, there is 11 times the monetary return on social-emotional initiatives.
Think & Share

Imagine a resilient school, what does it look like?

*Use the chat box to respond. Send your message to ALL PARTICIPANTS.*
RISE Initiative

A whole-school focus on increasing student and staff resilience by improving:
RISE Initiative

A whole-school focus on increasing student and staff resilience by improving:

POLICIES
RISE Initiative

A whole-school focus on increasing student and staff resilience by improving:

POLICIES  PRACTICES
RISE Initiative

A whole-school focus on increasing student and staff resilience by improving:

- POLICIES
- PRACTICES
- SYSTEMS
RISE Initiative

A whole-school focus on increasing student and staff resilience by improving:

- POLICIES
- PRACTICES
- SYSTEMS
- ENVIRONMENTS
RISE Initiative Goals
RISE GOALS

Increase staff job satisfaction/reducing staff stress
RISE GOALS

- Increase staff job satisfaction/reducing staff stress
- Improve safety, connectedness & relationships among students & staff
RISE GOALS

- Increase staff job satisfaction/reducing staff stress
- Improve safety, connectedness & relationships among students & staff
- Increase SEL skills among students and staff
RISE GOALS

- Increase SEL skills among students and staff
- Increase staff job satisfaction/reducing staff stress
- Improve safety, connectedness & relationships among students & staff
- Increase mental health supports
Which RISE Goal is most urgent to you?

- Increase staff job satisfaction/reducing staff stress
- Improve safety, connectedness & relationships among students & staff
- Increase SEL skills among students and staff
- Increase mental health supports

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RISE Index
Background of the RISE Index

- Field tested
- Expert reviewed
- Research backed
- Based on existing tools in the field
RISE Index Schools Edition

School-Staff Well-Being
RISE Index Schools Edition

School-Staff Well-Being

School Systems
RISE Index **Schools Edition**

- School-Staff Well-Being
- School Systems
- Universal Prevention Strategies
To What Extent

Universal Prevention Example

...does your school’s learning environment have designated calming spaces available for student use when needed?

- 0 - Not in place
- 1 - Partially in place
- 2 - Mostly in place
- 3 - Fully in place: Our school’s learning environments have accessible, effective, calming spaces for student use when students need to self-regulate.
To What Extent

Universal Prevention Example

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RISE Index District Edition

District Leadership Team

District Staff Well-Being
EXAMPLE DISTRICT QUESTION

**To What Extent**

**District Staff Well-Being Example**

...does your district provide opportunities for district-level staff to recognize accomplishments and display gratitude toward each other?

- 0 - Not in place
- 1 - Partially in place
- 2 - Mostly in place
- 3 - Fully in place: District-level staff recognizes accomplishments and/or display gratitude toward each other at least monthly.
To What Extent

**Example District Question**

*Your turn to share*

**District Staff Well-Being Example**

...does your district provide opportunities for district-level staff to recognize accomplishments and display gratitude toward each other?

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- 3 - Fully in place: District-level staff recognizes accomplishments and/or display gratitude toward each other at least monthly.

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Healthier Generation Action Center

▪ RISE Index
▪ Action Plan
▪ On-demand trainings
▪ Resources
▪ Leadership Team Roadmap
- RISE Index
- Action Plan
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Building Support for RISE: Creating Your Leadership Team

Healthier Generation Action Center
PANEL DISCUSSION
Virtual Staff Support

YOUR RISE TEAM

VIRTUAL PROGRAM MANAGER

VIRTUAL CONTENT MANAGER

MEMBER ENGAGEMENT SUPPORT TEAM
Questions?

Use the chat box to share your questions. Send your message to ALL PARTICIPANTS.
Thank you!