RISE Initiative School Application

Alliance for a Healthier Generation (Healthier Generation), together with Kaiser Permanente, is working with schools and districts to increase student and staff resilience through the **Resilience in School Environment (RISE) Initiative**.

We would like to provide your school with an opportunity to create a safe and supportive learning environment by developing policies and practices that improve the social-emotional health for all staff and students. With help from Healthier Generation, staff and students will work together to understand, integrate and support the wellness of their entire school.

Through RISE your school will work towards:

* Increasing staff job satisfaction, including reducing staff stress
* Improving relationships within the school community
* Boosting student and staff social-emotional learning
* Engaging in more positive disciplinary practices
* Strengthening student and staff mental health support systems

Healthier Generation staff will be working with approximately 30 schools in your region to support schools in implementing RISE, including social-emotional health activities and policies. This process starts with schools creating leadership teams or leveraging existing team structures to facilitate school environmental change.

Healthier Generation staff will also provide professional development and resources, such as customizable technical assistance and a virtual training center with online curricula and on demand trainings, to help achieve your school’s goals.

If interested, complete the application and school MOU. While completing this application, please consult with appropriate school staff (i.e. teachers, school support staff, administrators, etc.). This information will help Healthier Generation assess your interest and readiness to participate in the RISE Initiative. You will be notified whether you have been selected.

Thank you for your interest!

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| --- | --- |
| School Name: |  |
| District Name: |  |
| School Address: |  |
| Low Grade: |  |
| High Grade: |  |
| School Principal Name: |  |
| School Principal Email: |  |
| School Principal Phone: |  |
| Secondary Contact Name: |  |
| Secondary Contact Role: |  |
| Secondary Contact Email: |  |
| Secondary Contact Phone: |  |
| Your Name and Role (if different from above contacts): |  |

## Existing social-emotional health initiatives

1a. Which existing programs/supports do you have related to social-emotional health for students and staff, check all that apply:

* Bullying prevention
* Suicide prevention
* Protective behaviors
* Mental health
* Restorative justice
* PBIS
* Social Emotional Learning
* Mindfulness Programs
* Other \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1b. How can the RISE Initiative complement the existing program/supports identified above related to social-emotional health for students and staff already being implemented?

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1. Please rank the importance of the following outcomes you would like to see in your school as a result of the RISE initiative from 1(being most important) to 5 (being least important):

* Increase staff job satisfaction, including reducing staff stress
* Improve relationships within the school community
* Boost student and staff social-emotional learning skills
* Engage in more positive disciplinary practices
* Strengthen student and staff mental health support systems

1. As you know, in order to make real and sustainable school change, the whole school community should be involved. How will the successes and awareness of this positive school change be communicated broadly to your school community, so they are aware and engaged? (briefly explain, **250 words**)
2. Describe how the elements of the RISE Initiative are consistent with the way your school believes students and staff should be treated (e.g. positive relationships between students and staff, increased supports for staff and students, etc.). **[100 words]**

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1. Rate the level of perceived readiness of the staff at your school to engage in a new social emotional health initiative (e.g. Is school staff excited to improve their school climate? Do they see a need for a social emotional health initiative? Do they have support from school leadership to engage in professional development activities? etc.).

* **Few** of our staff at our school are ready to engage in a new social emotional health initiative
* **Some** of our staff at our school are ready to engage in a new social emotional health initiative.
* **Most of** our staff at are school are ready to engage in a new social emotional health initiative

## Leadership Team

*RISE Initiative engages school and district administrators, teachers, school counselors, social workers, parents, students, health services personnel and local mental health providers to build resilient schools that foster strong social-emotional health.*

*Please answer the following to provide more information about the staff and structures that are involved in your school’s social-emotional health efforts:*

1. How many years has your principal served in this role? \_\_\_\_\_\_\_\_
2. Indicate existing committees/teams that are already in place and active (i.e., meeting at least monthly) at your school (select all that apply):

* Coordination Service Teams (COST)
* Student Support Team
* School wellness committee
* Community schools type model
* Universal PBIS team
* Student council
* School leadership team
* Other \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. The RISE leadership team should consist of a group of school support staff (principal, teacher, school counselor, social worker, etc.) dedicated to social-emotional health and/or wellness of students and staff. The team can already exist and be leveraged for RISE purposes, such as one of the selected committees above, or a group created to address the specific goals of the RISE Initiative.

What staff would be represented on the RISE leadership team? Please list their names and roles.

|  |  |
| --- | --- |
| **Staff** | **Role** |
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1. Is the listed team above part of an existing team: \_Yes \_No

4a. If yes, which team are you leveraging? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

## Professional Development

*An important component of the RISE Initiative is the technical support and professional development provided by Healthier Generation. In order to establish the RISE Initiative at your school, a minimum of 4 hours of professional development are required for* ***all staff*** *over the course of the year.*

1. Are there trainings that your school staff have received or will be receiving related to social-emotional health?

* Trauma Informed Approaches/ACES Toxic Stress
* Staff Well-being/Compassion Fatigue/Secondary Traumatic Stress
* Social and emotional learning
* Suicide prevention
* Mental health first aid
* Restorative justice
* Other: \_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. What professional development structure is currently in place at your school? Check all that apply:
   * Summer trainings or institutes
   * Professional/Peer Learning Community
   * Early release
   * District scheduled Professional Development (PD) days
   * Staff meetings
   * Designated weekly PD hours
   * Other \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. Would you be willing to allocate professional development currently in place for the RISE professional Development? \_Yes \_No

2a. If yes, which one? Check all that apply:

* + Summer trainings
  + Professional/Peer Learning Center
  + Early release
  + District scheduled PD days
  + Staff meetings
  + Designated weekly PD hours
  + Other \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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Please sign the attached MOU and submit the application to be considered for participation in the RISE Initiative.