The Resilience in School Environments (RISE) Initiative empowers schools to create safe and supportive learning environments by developing policies and practices that improve the social-emotional health of all students and staff.
INTRODUCTION

The RISE Index: School Edition is the tool to help schools assess, prioritize, and plan key activities that promote the social-emotional health of staff and students. Specifically, the RISE Index supports schools to achieve the following goals:

- **INCREASE JOB SATISFACTION AMONG TEACHERS AND STAFF**
  An educator's overall feelings of fulfillment as it relates to his or her job and is encompassing of stress management, maintaining positive relationships, increased self-efficacy and finding purpose within the work.

- **INCREASE SKILLS RELATED TO SOCIAL AND EMOTIONAL LEARNING**
  Explicit skills related to self-awareness, self-management, decision-making, social awareness and relationship skills.

- **IMPROVE CONNECTEDNESS, ENGAGEMENT AND RELATIONSHIPS WITHIN THE SCHOOL COMMUNITY**
  The interrelationships between all members of the school community, inclusive of staff, students and families.

- **INCREASE MENTAL HEALTH SUPPORTS**
  Policies, practices and procedures that increase the availability, efficiency and effectiveness of mental health supports for students or staff.
The Rise Index: School Edition consists of 40 questions over 5 broad areas.

### Areas of the RISE Index: School Edition

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### Instructions

Staff are encouraged to read the assessment first, then come together with their team to discuss answers. Teams can complete the assessment, track progress, prioritize items to work on throughout the school year, and access helpful resources in the Healthier Generation Action Center: [HealthierGeneration.org/ActionCenter](HealthierGeneration.org/ActionCenter)
Acknowledgements

The Alliance for a Healthier Generation wishes to acknowledge the invaluable contributions of the Resilience in School Environments (RISE) Index Advisors. Their expertise, time, and important input to the creation of the RISE Index resulted in the collaborative creation of a comprehensive assessment that is inclusive of diverse backgrounds, voices, and perspectives.

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-Kimberly Wooden - Consultant, Sanford Harmony
School Well-Being: * denotes glossary term
Questions pertaining to building the resilience of staff with focus on physical environments for staff, personal wellness and collective care.

SWB-1

To what extent does your staff engage in opportunities to build and maintain relationships with each other (e.g., activities during staff meetings, potlucks, staff outings, etc.)?

3 Fully in place: Staff (including non-instructional staff*) engage in relationship-building activities with each other at least quarterly.
2 Mostly in place
1 Partially in place
0 Not in place: Our school does not provide opportunities for staff to build and maintain relationships with each other.

SWB-2

To what extent does your school provide opportunities for staff to recognize accomplishments and display gratitude toward each other?

3 Fully in place: Staff (including non-instructional staff*) recognize accomplishments and/or display gratitude toward each other at least monthly
2 Mostly in place
1 Partially in place
0 Not in place: Our school does not provide opportunities for staff to recognize accomplishments or display gratitude toward each other.

SWB-3

To what extent do staff have the opportunity to provide input on staff well-being policies and practices?

3 Fully in place: Staff (including non-instructional staff*) have opportunities to provide input on staff well-being policies and practices at least annually.
2 Most in place
1 Partially in place
0 Not in place: Our school does not provide opportunities for staff to provide input on staff well-being policies and practices.

SWB-4

To what extent do staff receive professional learning on combating the impacts of compassion fatigue and burnout?

3 Fully in place: Staff (including non-instructional staff*) receive continuous professional learning opportunities, including training and coaching, on combating the impacts of compassion fatigue and burnout.
2 Mostly in place
1 Partially in place
0 Not in place: Our school does not provide professional learning on these topics.
**SWB-5**

To what extent do staff receive professional learning opportunities on planning, implementing and reflecting on their own well-being?

3 Fully in place: Staff *(including non-instructional staff*) receive continuous professional learning opportunities, including training and coaching, on planning, implementing and reflecting on their own well-being.

2 Mostly in place

1 Partially in place

0 Not in place: Our school does not provide professional learning on these topics.

**SWB-6**

To what extent does your school use a trauma-informed lens* to implement staff well-being policies and practices?

3 Fully in place: Our school implements staff well-being policies and practices using the 6 Guiding Principles to a Trauma-Informed Approach* (i.e., safety; trustworthiness & transparency; peer support; collaboration & mutuality; empowerment & choice; cultural, historical & gender issues).

2 Mostly in place

1 Partially in place

0 Not in place: Our school does not use a trauma-informed lens* to implement staff well-being policies and practices.

**SWB-7**

To what extent does your school administration reinforce expectations related to work-life-balance?

3 Fully in place: Our school administration regularly communicates policies and procedures related to work-life balance to staff **at least twice a year**.

2 Mostly in place

1 Partially in place

0 Not in place: Our school administration has not established expectations related to work-life balance.

**SWB-8**

To what extent does your school have space(s) for staff to relax, decompress and/or build relationships with other staff?

3 Fully in place: Our school has easily accessible space(s) that encourage relaxation and positive staff interactions.

2 Mostly in place

1 Partially in place

0 Not in place: Our school does not have any spaces for staff to engage in such activities.
To what extent does your school have a clearly defined approach for staff to take breaks when feeling overwhelmed at work?

3 Fully in place: Our school has a clearly defined protocol for staff to take breaks when feeling overwhelmed at work that is reinforced to staff.
2 Mostly in place
1 Partially in place
0 Not in place: Our school has not established a clearly defined approach for staff to take breaks when feeling overwhelmed at work.

To what extent does your school have a clearly defined approach to positively resolve conflicts among staff?

3 Fully in place: Our school has a clearly defined protocol to positively resolve conflicts that is co-created by staff and includes agreed upon norms, open communication, and alternative dispute resolutions options (e.g., mediation, facilitated conversation).
2 Mostly in place
1 Partially in place
0 Not in place: Our school has not established a clearly defined approach to positively resolve conflicts among staff.
School Systems: * denotes glossary term

Questions pertaining to factors that support implementation and sustainability of social-emotional health policies and practices* (i.e., social and emotional learning*, trauma-informed approaches*, student-centered discipline*, and staff well-being).

SYS-1

To what extent does your school have a leadership team* that coordinates the implementation of social-emotional health policies and practices* (i.e., social and emotional learning*, trauma-informed approaches*, student-centered discipline*, and staff well-being)?

3 Fully in place: Our school has a representative leadership team* that meets at least monthly to coordinate the implementation social-emotional health policies and practices*.
2 Mostly in place
1 Partially in place
0 Not in place: Our school does not have a team that focuses on social-emotional health policies and practices*.

SYS-2

To what extent does your school leadership team* use a continuous improvement process* to coordinate the implementation of social-emotional health policies and practices* (i.e., social and emotional learning*, trauma-informed approaches*, student-centered discipline*, and staff well-being)?

3 Fully in place: Our school leadership team* uses a clearly defined continuous improvement process* to coordinate the implementation of social-emotional health policies and practices*.
2 Mostly in place
1 Partially in place
0 Not in place: Our school leadership team* does not use a continuous improvement process*.

SYS-3

To what extent does your school leadership team* conduct resource mapping* for all social-emotional health policies and practices* (i.e., social and emotional learning*, trauma-informed approaches*, student-centered discipline*, and staff well-being)?

3 Fully in place: Our leadership team* conducts resource mapping that includes the identification of programs, people, and services related to social-emotional health policies and practices* with the goal of coordination and integration.
2 Mostly in place
1 Partially in place
0 Not in place: Our leadership team* does not conduct resource mapping* for social-emotional health policies and practices*.
SYS-4
To what extent are your school’s social-emotional health policies and practices (i.e., social and emotional learning, trauma-informed approaches, student-centered discipline, and staff well-being) evidence-based?

3 Fully in place: **Most to all** of our school’s social-emotional health policies and practices are evidence-based as described in the Every Student Succeeds Act (ESSA).
2 Mostly in place
1 Partially in place
0 Not in place: Our school’s social-emotional health policies and practices are not evidence-based.

SYS-5
To what extent do staff receive professional learning opportunities on equity, diversity and inclusion?

3 Fully in place: Staff (including non-instructional staff) receive continuous professional learning, including training and coaching, on equity, diversity and inclusion.
2 Mostly in place
1 Partially in place
0 Not in place: Our school does not provide professional learning on these topics.

SYS-6
To what extent does your school leadership team evaluate and adjust social-emotional health policies and practices (i.e., social and emotional learning, trauma-informed approaches, student-centered discipline, and staff well-being) to ensure they are culturally responsive?

3 Fully in place: Our leadership team uses a clearly defined process to ensure that social-emotional health policies and practices are culturally responsive.
2 Mostly in place
1 Partially in place
0 Not in place: Our leadership team does not review social-emotional health policies and practices to ensure they are culturally responsive.

SYS-7
To what extent do staff receive professional learning opportunities on the prevalence of trauma and methods for mitigating its impact?

3 Fully in place: Staff (including non-instructional staff) receive continuous professional learning opportunities, including training and coaching, on the prevalence of trauma and methods for mitigating its impact.
2 Mostly in place
1 Partially in place
0 Not in place: Our school does not provide professional learning on these topics.
**SYS-8**

To what extent does your school evaluate and adjust school environments to reduce triggers* for students and staff?

3  Fully in place: Our school uses a clearly defined process to evaluate and adjust school environments to reduce triggers* for students and staff.
2  Mostly in place
1  Partially in place
0  Not in place: Our school does not evaluate or adjust school environments to reduce triggers* for students or staff.

**SYS-9**

To what extent does your school use a trauma-informed lens* to implement social and emotional learning* and student-centered discipline*?

3  Fully in place: Our school implements social and emotional learning* and student-centered discipline* that incorporates each of the 6 Guiding Principles to a Trauma-Informed Approach* (i.e., safety; trustworthiness & transparency; peer support; collaboration & mutuality; empowerment; cultural, historical & gender issues).
2  Mostly in place
1  Partially in place
0  Not in place: Our school does not use a trauma-informed lens* to implement social and emotional learning* and student-centered discipline*.

**SYS-10**

To what extent does your school dedicate time for instructional staff to build relationships with students and cultivate positive classroom climate (e.g., greeting students at door, morning circle, brief weekly check-ins, advisory time)?

3  Fully in place: Our school dedicates at least 5 times per week for staff to build relationships with students and cultivate positive classroom climate.
2  Mostly in place
1  Partially in place
0  Not in place: Our school does not dedicate time for staff to focus on student relationships and classroom climate.
Universal Prevention Strategies: * denotes glossary term
Questions pertaining to evidence-based universal strategies available to all students.

**UPS-1**

To what extent does your staff use best practices for engaging in positive interactions with students during instructional times (e.g., communicating expectations, equitable response opportunities)?

3 Fully in place: **Most to all** staff use a variety of best practices for engaging in positive interactions with students during instructional times (e.g., communicating expectations, equitable response opportunities).
2 Mostly in place
1 Partially in place
0 Not in place: **Few to no** staff use any best practices.

**UPS-2**

To what extent does your staff use a variety of positive methods to motivate learning and class participation (e.g., incentives, opportunities to help others, activity breaks)?

3 Fully in place: Staff consistently assess and implement a variety of positive methods to motivate learning and class participation.
2 Mostly in place
1 Partially in place
0 Not in place: Staff rely only on tangible rewards to motivate learning and class participation.

**UPS-3**

To what extent do staff receive professional learning opportunities on practicing, modeling, and teaching social and emotional learning competencies* (i.e. self-awareness, self-management, responsible decision making, relationship skills and social awareness)?

3 Fully in place: Staff receive continuous professional learning opportunities, including training and coaching, on practicing, modeling, and teaching social and emotional learning competencies*.
2 Mostly in place
1 Partially in place
0 Not in place: Our school does not provide professional learning on these topics.

**UPS-4**

To what extent does your school’s social and emotional learning* curriculum use CASEL’s* four elements: sequenced, active, focused and explicit (SAFE)?

3 Fully in place: Our staff teaches social and emotional learning competencies* using CASEL’s* four elements: sequenced, active, focused and explicit (SAFE).
2 Mostly in place
1 Partially in place
0 Not in place: Our school does not have a social and emotional learning* curriculum.
UPS-5

To what extent does your staff acknowledge (e.g., verbal praise, tangible rewards) students for demonstrating social and emotional learning competencies* (i.e., self-awareness, self-management, responsible decision making, relationship skills and social awareness)?

3 Fully in place: Our staff consistently acknowledge students demonstrating social and emotional learning competencies*.
2 Mostly in place
1 Partially in place
0 Not in place: Our staff do not acknowledge students for demonstrating social and emotional learning competencies*.

UPS-6

To what extent do your school’s learning environments* have designated calming spaces available for student use when needed?

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

UPS-7

To what extent does your school provide professional learning opportunities on active supervision* of students?

3 Fully in place: Staff (including non-instructional staff*) receive continuous professional learning* opportunities, including training and coaching, on active supervision* of students.
2 Mostly in place
1 Partially in place
0 Not in place: Our school does not provide professional learning on this topic.

UPS-8

To what extent does your school have a student-centered discipline* approach that uses the principles of reflection, restoration and instruction?

3 Fully in place: Our school uses a clearly defined approach for implementing student-centered discipline* that uses the principles of reflection, restoration and instruction.
2 Mostly in place
1 Partially in place
0 Not in place: Our school does not use a student-centered discipline* approach.
**Targeted Intervention Strategies** * denotes glossary term
Questions pertaining to evidence-based* interventions used with a selected population of students.

**TIS-1**
To what extent does your school have a defined approach to identify students needing social-emotional and behavioral interventions* (e.g., universal screening*, multi-gated approach*)?

3 Fully in place: Our school uses a clearly defined approach for identifying students needing social-emotional and behavioral interventions*.
2 Mostly in place
1 Partially in place
0 Not in place: Our school does not have a defined approach for identifying students needing social-emotional and behavioral interventions*.

**TIS-2**
To what extent does your school ensure qualified staff* (e.g., school counselors, school nurses, school social workers, school psychologists, etc.) provide social-emotional and behavioral interventions*?

3 Fully in place: Our school ensures that qualified staff* provide most to all social-emotional and behavioral interventions*.
2 Mostly in place
1 Partially in place
0 Not in place: Our school does not ensure that qualified staff* provide social-emotional and behavioral interventions*.

**TIS-3**
To what extent does your school use a referral pathway* for students identified as needing social-emotional and behavioral interventions*?

3 Fully in place: Our school uses a clearly defined and comprehensive referral pathway* that includes a problem-solving process, decision rules for increasing and decreasing supports, and process for monitoring intervention effectiveness.
2 Mostly in place
1 Partially in place
0 Not in place: Our school does not use a referral pathway*.

**TIS-4**
To what extent do relevant staff collaborate with students receiving social-emotional and behavioral interventions*?

3 Fully in place: Relevant staff collaborate with students receiving social-emotional and behavioral interventions throughout the intervention period.
2 Mostly in place
1 Partially in place
0 Not in place: Students do not have opportunities to collaborate with relevant staff on interventions they are receiving.
To what extent do relevant staff collaborate with caregivers of students receiving social-emotional and behavioral interventions?*

3 Fully in place: Caregivers have opportunities to collaborate with relevant staff on social-emotional and behavioral interventions* throughout the intervention period.
2 Mostly in place
1 Partially in place
0 Not in place: Caregivers do not have opportunities to collaborate with relevant staff on interventions their children are receiving.

To what extent does your school have a systematic approach when responding to student-level behavioral crises* (e.g., destruction of property, hitting, swearing)?

3 Fully in place: Our school has a clearly defined and comprehensive process that includes de-escalation strategies, reintegration of student into classroom environment, and a debriefing process for staff.
2 Mostly in place
1 Partially in place
0 Not in place: Our school has not established a systematic approach to responding to student-level behavioral crises*.

To what extent does your school align* social-emotional and behavioral interventions* with universal prevention strategies*, including social and emotional learning* and student-centered discipline* policies and practices?

3 Fully in place: Our school uses a clearly defined process to align* most to all social-emotional and behavioral interventions* with universal prevention strategies*.
2 Mostly in place
1 Partially in place
0 Not in place: Our school does not align these strategies.
**Collaboration:** * denotes glossary term

Questions pertaining to the development of dynamic and collaborative relationships among students, caregivers and community providers.

**COL-1**

To what extent do students have developmentally appropriate opportunities to provide input on policies and practices related to social and emotional learning* and student-centered discipline*?

3  Fully in place: Students have opportunities to provide input on policies and practices related to social and emotional learning* and student-centered discipline* at least once annually.
2  Mostly in place
1  Partially in place
0  Not in place: Our school does not provide such opportunities to students.

**COL-2**

To what extent do caregivers have opportunities to provide feedback on policies and practices related to social and emotional learning* and student-centered discipline*?

3  Fully in place: Caregivers have opportunities to provide feedback on policies and practices related to social and emotional learning* and student-centered discipline* at least once annually and this feedback is incorporated into continuous improvement of these policies and practices.
2  Mostly in place
1  Partially in place
0  Not in place: Our school does not provide such opportunities to caregivers.

**COL-3**

To what extent does your school communicate to caregivers about students’ positive behaviors and demonstration of social and emotional learning competencies*?

3  Fully in place: Our school communicates at least quarterly to caregivers about students’ positive behaviors and demonstration of social and emotional learning competencies*.
2  Mostly in place
1  Partially in place
0  Not in place: Our school does not communicate to caregivers about students’ positive behaviors and demonstration of social and emotional learning competencies*.

**COL-4**

To what extent does your school have a process in place to collaborate with community-based behavioral health providers* about students receiving both school and community-based supports?

3  Fully in place: Our school has a clearly defined process to collaborate with community providers* about students receiving both school and community-based supports*.
2  Mostly in place
1  Partially in place
0  Not in place: Our school does not collaborate with community-based behavioral health providers*.
To what extent does your school utilize feedback gathered from staff, students, and caregivers on policies and practices related to staff well-being, social and emotional learning*, and student-centered discipline*

- 3 Fully in place: Our school reviews and incorporates feedback gathered from staff, students, and caregivers into implementation of policies and practices related to staff well-being, social and emotional learning*, and student-centered discipline* **at least annually.**
- 2 Mostly in place
- 1 Partially in place
- 0 Not in place: Our school does not utilize feedback from staff, students or caregivers.
### Glossary

This is the glossary of terms for the RISE Index: School Edition.

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<tr>
<th>Term</th>
<th>Definition</th>
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<tr>
<td><strong>active supervision</strong></td>
<td>An approach used in schools to proactively monitor large, often unstructured areas, to ensure safety, promote connection, and reduce problem behaviors.</td>
<td>Brackett, S. (2010). <em>Active Supervision: Study Guide</em> Retrieved April 5, 2019 from <a href="https://www.sbbh.pitt.edu/files/Powerpoint%20Presentations%202010/Brackett_Susannah_Active_Supervision.pdf">https://www.sbbh.pitt.edu/files/Powerpoint%20Presentations%202010/Brackett_Susannah_Active_Supervision.pdf</a></td>
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<tr>
<td><strong>alignment</strong></td>
<td>The process of&lt;br&gt;a) Examining current practices across all areas (instruction, support, improvement, special education, mental health, academics);&lt;br&gt;b) Determining the extent to which these practices are implemented with fidelity and produce desired outcomes&lt;br&gt;c) Analyzing the information to determine which programs should be stopped, started or continued.</td>
<td>National Technical Assistance Center on Positive Behavior Interventions and Support. (2017). Technical guide for alignment of initiatives, programs, practices in school districts. Eugene</td>
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<tr>
<td><strong>continuous improvement</strong></td>
<td>A fluid process of improving instructional practices that involves progressively and involves planning, implementing, reviewing results and making necessary changes.</td>
<td>Great Schools Partnership. (2013, August 29). Continuous Improvement Definition. Retrieved April 5, 2019, from <a href="https://www.edglossary.org/continuous-improvement/">https://www.edglossary.org/continuous-improvement/</a></td>
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<tr>
<td><strong>continuous professional learning</strong></td>
<td>Refers to the continuous process of learning inclusive of traditional professional development, coaching and feedback with the goal of increasing implementation of implementation within the context of a learning community.</td>
<td>Learning Forward. (n.d.). Standards for Professional Learning. Retrieved April 11, 2019, from <a href="https://learningforward.org/standards-for-professional-learning">https://learningforward.org/standards-for-professional-learning</a></td>
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<tr>
<td>cultural responsiveness</td>
<td>According to the Wisconsin Department of Public Instruction, culturally responsiveness is “the degree to which a school’s programs, practices, procedures, and policies account for and adapt to the broad diversity of students’ race, language, and culture”</td>
<td>WI Department of Public Instruction</td>
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<tr>
<td>diversity</td>
<td>According to the University of Houston, diversity is “psychological, physical, and social differences that occur among any and all individuals; A diverse group, community, or organization is one in which a variety of social and cultural characteristics exist.”</td>
<td>University of Houston (n.d.) Diversity, Equity and Inclusion Terms. Retrieved May 29th, 2019 from <a href="https://www.uh.edu/cdi/diversity_education/resources/pdf/terms.pdf">https://www.uh.edu/cdi/diversity_education/resources/pdf/terms.pdf</a></td>
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<tr>
<td>equity</td>
<td>According to the University of Houston equity is “the guarantee of fair treatment, access, opportunity, and advancement for all students, faculty, and staff, while at the same time striving to identify and eliminate barriers that have prevented the full participation of some groups.”</td>
<td>University of Houston (n.d.) Diversity, Equity and Inclusion Terms. Retrieved May 29th, 2019 from <a href="https://www.uh.edu/cdi/diversity_education/resources/pdf/terms.pdf">https://www.uh.edu/cdi/diversity_education/resources/pdf/terms.pdf</a></td>
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| evidence-based          | The RISE Index uses “evidence-based” to refer to any of the four Tiers described in Every Student Succeeds Act (ESSA):  
Tier 1 - Strong Evidence: supported by one or more well-designed and well-implemented randomized control experimental study.  
Tier 2 - Moderate Evidence: supported by one or more well-designed and well-implemented quasi-experimental study.  
Tier 3 - Promising Evidence: supported by one or more well-designed and well-implemented correlational study.  
Tier 4 - Demonstrates a Rationale: practices that have a well-defined logic model or theory of action, are supported by research. | Great Schools Partnership. (2016, May 02). Evidence-Based Definition. Retrieved April 5, 2019, from https://www.edglossary.org/evidence-based/  
<p>| inclusion               | According to the University of Houston inclusion is “the act of creating involvement, environments and empowerment in which any individual or group can be and feel welcomed, respected, supported, and valued to fully participate” | University of Houston (n.d.) Diversity, Equity and Inclusion Terms. Retrieved May 29th, 2019 from <a href="https://www.uh.edu/cdi/diversity_education/resources/pdf/terms.pdf">https://www.uh.edu/cdi/diversity_education/resources/pdf/terms.pdf</a> |</p>
<table>
<thead>
<tr>
<th>leadership team</th>
<th>A team that leads the implementation of school-wide practices and policies. A leadership team should consist of administration, teacher-leaders and other staff, parents, students, and community providers.</th>
<th>US Department of Education. (n.d.). Definitions. Retrieved April 5, 2019, from <a href="https://www.ed.gov/race-top/district-competition/definitions">https://www.ed.gov/race-top/district-competition/definitions</a></th>
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<tr>
<td><strong>multi-gated approach</strong></td>
<td>According to the Wisconsin Department of Public Instruction, multi-gaited approach is process where “an educator, typically a classroom teacher, is provided professional development on identifying students with internalizing and/or externalizing behaviors. From that point, the educator ranks each student on a cluster of these characteristics. A small number of students are flagged (typically three to five students) are then passed through gate one and a formal screening measure is conducted.”</td>
<td>Wisconsin Department of Public Instruction (2018), Mental Health Screening Resource Guide. Retrieved May 29th, 2019 from <a href="https://dpi.wi.gov/sites/default/files/imce/sspww/pdf/mental_health_screening_guide_web.pdf">https://dpi.wi.gov/sites/default/files/imce/sspww/pdf/mental_health_screening_guide_web.pdf</a></td>
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<td><strong>non-instructional staff</strong></td>
<td>Staff employed by school district that are not primary involved in direct curricular instruction.</td>
<td>US Department of Education. (n.d.). Definitions. Retrieved April 5, 2019, from <a href="https://www.ed.gov/race-top/district-competition/definitions">https://www.ed.gov/race-top/district-competition/definitions</a></td>
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<tr>
<td><strong>qualified staff (aka specialized instructional support personnel)</strong></td>
<td>According to the Every Student Succees Act, “(i) school counselors, school social workers, and school psychologists;” and “(ii) other qualified professional personnel, such as school nurses, speech language pathologists, and school librarians, involved in providing assessment, diagnosis, counseling, educational, therapeutic, and other necessary services...as part of a comprehensive program to meet student needs.”</td>
<td>National Alliance of Specialized Instructional Support Personnel. (n.d.). Federal Definitions. Retrieved April 5, 2019, from <a href="http://nasisp.org/services-resources/federal-definitions/">http://nasisp.org/services-resources/federal-definitions/</a></td>
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<tr>
<td><strong>referral pathway</strong></td>
<td>A referral pathway is the steps taken after a student has been identified as needing social-emotional or behavioral interventions.</td>
<td>Substance Abuse and Mental Health Services Administration (2015). School mental health referral pathways (SMHRP) toolkit. Retrieved from <a href="https://knowledge.samhsa.gov/resources/school-mental-health-referral-pathways-toolkit">https://knowledge.samhsa.gov/resources/school-mental-health-referral-pathways-toolkit</a></td>
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<td><strong>resource mapping</strong></td>
<td>“a method to link regional, community, and school resources with an agreed upon vision, organizational goals, specific strategies for addressing problems, and expected outcomes so that youth and families have access to the full array of services that they need.”</td>
<td>Positive Behavioral Interventions &amp; Supports Office of Special Education Programs Technical Assistance Center (n.d.) Resource Mapping in Schools and School Districts: A Resource. Retrieved May 29,</td>
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<td>self-regulate</td>
<td>Self-regulation is the ability to manage your emotions and behavior in accordance with the demands of the situation. It includes being able to resist highly emotional reactions to upsetting stimuli, to calm yourself down when you get upset, to adjust to a change in expectations and to handle frustration without an outburst.</td>
<td>2019 from <a href="https://www.pbis.org/resource/1020/resource-mapping-in-schools-and-school-districts-a-resource-guide">https://www.pbis.org/resource/1020/resource-mapping-in-schools-and-school-districts-a-resource-guide</a></td>
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<td>social and emotional learning</td>
<td>“the process through which children and adults understand and manage emotions, set and achieve positive goals, feel and show empathy for others, establish and maintain positive relationships, and make responsible decisions.”</td>
<td>Collaborative for Academic, Social, and Emotional Learning. (n.d.). What is SEL? Retrieved April 5, 2019, from <a href="https://casel.org/what-is-sel/">https://casel.org/what-is-sel/</a></td>
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<tr>
<td>social-emotional and behavioral (SEB) interventions</td>
<td>School-based interventions designed to increase a student’s social and emotional learning skills or positive behavior.</td>
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| social-emotional health policies and practices | Policies, practices, procedures and activities related to:  
- Social and emotional learning  
- Trauma-informed approaches  
- Student-centered discipline  
- Staff well-being |  |
<p>| student-level behavioral crisis | According to the University of Texas, “a situation in which an individual's usual style of coping is no longer effective, and the emotional or physiological response begins to escalate. As emotions intensify, coping becomes less effective, until the person may become disoriented, non-functional, or attempt harm.” | University of Texas at Austin Counseling and Mental Health Center (n.d.) How You Can Help Students in Distress: A Guide for Faculty and Staff. Retrieved May 29, 2019 from <a href="https://cmhc.utexas.edu/studentindistress.html">https://cmhc.utexas.edu/studentindistress.html</a> |
| universal prevention strategies | Universal interventions for all students throughout all settings that are preventative | National Technical Assistance Center on Positive Behavior |</p>
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<th>term</th>
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| trauma-informed approaches | The Substance Abuse and Mental Health Services Administration utilizes six guiding principles for trauma-informed care:  
- Safety  
- Trustworthiness & transparency  
- Peer support  
- Collaboration  
- Empowerment, voice and choice  
| universal screening | Universal screening refers to the systemic assessment of all students within a school or grade-level on a particular social-emotional or behavioral concept(s) of importance to the school community. | Ikeda, M.J., Neesen, E., & Witt, J.C. (2009). Best Practices in Universal Screening. In A. Thomas & J.Grimes (Eds.), Best practices in school psychology V (pp.103-114). Bethesda, MD: National Association of School Psychologists. |
References


