

# RISE UP

UNDERSTANDING AND PRACTICE

As part of our ongoing commitment to improve social and emotional well-being, Kaiser Permanente in partnership with leading national organizations, developed the Thriving Schools Initiative—a comprehensive effort to support a culture of health and wellness for students, staff and teachers in K-12 schools. Promoting resiliency in school environments is one strategy being used to enhance well-being in schools.

## Program Description

*RISE UP* is an online workshop designed to explore the prevalence and potential impact of trauma and stress on student behavior and offer strategies to help educators and other school staff navigate challenging interactions. Teaching Artists from Kaiser Permanente facilitate the 75 minute session employing theatre, experiential learning and arts integration techniques to engage participants in their own discovery and practical implementation.

## Activities

Activities are designed to provide participants a safe place to practice, question, discover and learn. They also include large and small group discussion, peer interaction, self-reflection and kinesthetic experiences. The program is appropriate for teachers, school staff and administrators at a school, and is most effective with 15 to 30 participants. Multiple sessions can be provided to accommodate groups larger than 30.

## Educational Objectives

*RISE UP* participants will:

- Apply a trauma-sensitive lens to challenging interactions
- Understand the role of self-regulation in creating a trauma-informed environment
- Learn and practice self-regulation tools to use in moments of stress and conflict

## Program Information

- Contact Curtis Robbins (information below) to discuss availability
- Time: 75 minute Learning Session
- Audience: Teachers, school staff, and administrators
- Number of Participants: maximum of 35

## Booking

If you would like to schedule *RISE UP*, or would like more information, please email Curtis Robbins :

[curtis.j.robbins@kp.org](mailto:curtis.j.robbins@kp.org)