



RISE: Resilience in Schools and Educators is a whole-school social-emotional learning program that is trauma-responsive, culturally-responsive, and resilience promoting. RISE empowers districts to chart a course for staff and student social-emotional development and wellbeing and to proactively plan for student and staff academic and relational success.

Considerable research highlights the importance of integrating social and emotional learning (SEL) within schools because the integration of SEL can “transform schools into places that foster academic excellence, collaboration and communication, empathy and respect and civic engagement...” (Aspen Institute, 2017). Social, emotional, and cognitive development are interdependent and function together to facilitate effective learning. Attending to the social and emotional needs of students is fundamental to student learning, growth and resilience. Most existing social-emotional learning programs target student skills directly and yield positive outcomes (Durlak, Weissberg, Dymnicki, Taylor, Schellinger, 2011), yet there remains opportunity to do better. Research points to the importance of teacher social and emotional competencies and the role of educator social emotional skills and the school environment in enhancing SEL and academic outcomes for students (Jennings & Greenberg, 2009; Jones, Bouffard, & Weissbourd, 2013; Shonert-Reichel, 2017), yet programming that targets educators is still relatively uncommon. Further, SEL plays a critical role in promoting resilience and addressing the needs of students exposed to trauma. RISE is the first to make these important linkages explicit throughout all of its programming.

HOW RISE PROMOTES RESILIENCE IN SCHOOLS AND EDUCATORS: A FOUR-PART ACTION PLAN

- 1** Develop institutional capacity within school districts and state organizations
- 2** Design sustainable, measurable Trauma Responsive Initiatives with school leadership
- 3** Facilitate educator knowledge and skill acquisition through school-based Professional Development
- 4** Foster educator skills and wellbeing through school-based workshops, coaching and Professional Learning Communities (PLC)

WHY RISE WORKS

COMPATABILITY RISE is compatible and complementary with other SEL programs because RISE offers **behaviorally specific strategies** for interactions with self and students, and **a framework** for personal and professional growth and development in relationship.

ADAPTABILITY RISE tools are tailored to individual school needs and readiness and are adapted to educators and students in any K-12 academic environment.

CONSISTENCY RISE programs are offered to all school staff; consistent with Positive Behavioral Interventions & Supports (PBIS) and the Multi-Tiered System of Supports systems (MTSS); and embedded in the day-to-day interactions among staff and students.

SUSTAINABILITY RISE skills and strategies are taught, practiced and coached by mental health and educational professionals. Our Facilitators receive continuous training and consultation so that they can offer the clear guidance needed to develop positive, trauma-informed, culturally responsive, resilience promoting, social-emotional and academic achievement-oriented schools. RISE Facilitators work with schools over a three to five year cycle to make lasting change.

WHAT RISE DOES

- Provides important background knowledge:
 - Resilience
 - Trauma
 - Social emotional development
 - Cultural responsiveness
- Builds educators' own social emotional skills and wellbeing
- Establishes intentional environments within classrooms and for positive school culture and climates
- Teaches specific skills for interacting with students that build student SEL and supportive relationships. Skillful interactions are:
 - Trauma-Responsive
 - Resilience-Promoting
 - Social Emotional & Achievement-Oriented
 - Culturally-Responsive



For more information about RISE, please contact: monica.fitzgerald@colorado.edu

For information about our program for *families* and *communities*, **Let's Connect**, see our website www.letsconnect.org.