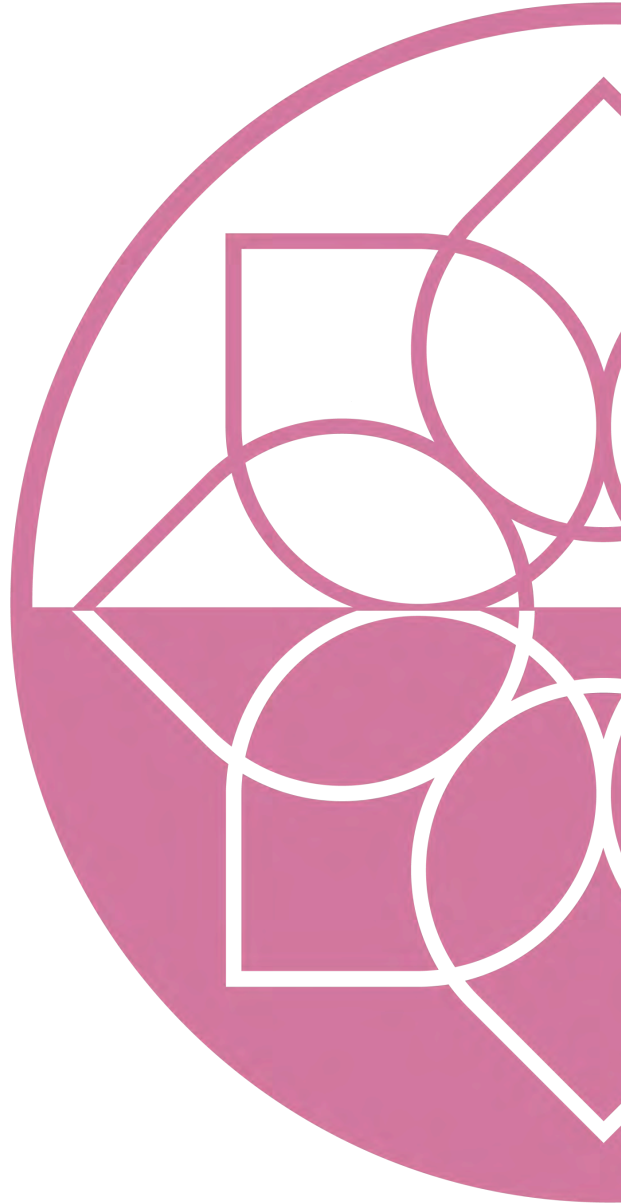


# RISE

CENTER FOR  
RESILIENCE+  
WELL-BEING



**Education  
Programs & Offerings**

# Comprehensive RISE Program



- Want to give educators the support, skills, and strategies they need so that every student has at least one safe supportive adult at school?
- Want to increase belonging for everyone in your building?
- Want to provide a program that provides educators with skills to foster their own well-being while increasing student resilience?

**Resilience in Schools and Educators (RISE) is an adult-centered, trauma-responsive prevention program that builds educator social emotional skills, intentional environments, and safe supportive relationships to foster resilience and well-being for everyone at school.**

RISE uses a Train-the-Facilitator model to provide the following, over a typical 3-year implementation:



3 Whole-School Professional Development Sessions (Y1, Y2)



Training & Support for a Building Based Facilitator (Y1, Y2, Y3)



Impact Assessment (Y1, Y2, Y3)



Facilitator delivers nine 75-minute RISE Workshops



Facilitator individual coaches workshop participants

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Does RISE sound exciting, but you aren't ready for the commitment?  
Are you looking for a flexible approach to supporting staff at your site?  
Need a specific professional development?

**Check out the rest of our offerings!**

Everything in this packet is compatible with the RISE program, and many can be delivered before, with, or after RISE participation.

## RISE Bits Series



- Looking for a way to step into RISE without doing the whole program?
- Do you want to quickly integrate RISE concepts such as well-being, trauma-informed teaching, and emotion-focused skills?

**RISE Bits are a series of more than a dozen 15–20-minute sessions, led by a facilitator in your building, designed to be delivered at faculty meetings or other gatherings. These sessions can be delivered at your own pace, and in whichever order best suits your school's needs.**

RISE Bits content series includes:



The Stress Cycle



Identity  
Exploration



Self-Compassion



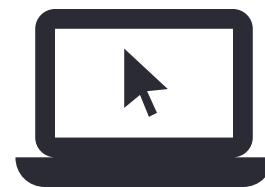
Navigating  
Challenging  
Behavior



And more!

## "Skills for Supporting Students During Difficult Times" Online Course

- Want to better equip your educators to support students when scary or stressful events occur?
- We hear from educators again and again that they want skills they can use in their classroom to be immediately supportive to their students when scary things happen. That is why we developed this course.

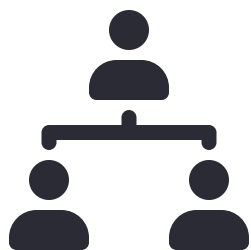


**All schools experience times which feel stressful, scary or uncertain. This asynchronous, self-paced online course is designed to help educators develop knowledge and concrete, evidence-based practices to help all learners deal with stress or change. This course is immediately useful, whether it is before or after the scary event.**



Course includes 6 modules, which each take 20-30 minutes to complete, and can be completed in any order. Topics include: The Stress Response System, Rhythm, Routines, Connection Skills and more.

# RISE Workshop Series for Administrators



- Are your administrators ready to level up their leadership with:
  - Increased social emotional competencies?
  - Enhanced well-being strategies?
  - A deeper understanding of the human response to stress and how it impacts you and others in your district?
  - Practical skills for connecting to others?
  - How to integrate these concepts into your leadership practices?

**Ask us about the Administrator-Specific Workshop Series!**

**This workshop series includes the RISE content for educators and content targeting the specific concerns and challenges of leadership within schools or districts.**

**Facilitated by CRW faculty, we recommend this 8-workshop series for a small group (8-15) of either building level administrators, district leaders, or a combination of both.**

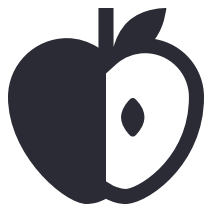


Facilitated online or in-person by CRW faculty, depending on your location!



Includes 1:1 consultation and coaching for all participants, to increase their ability to apply knowledge and skills to their specific roles.

# Supporting Educators Series



- Have you been looking for a way to provide RISE-like support for your educators in a flexible, responsive way?
- Do your teachers feel alone in managing the challenges of teaching?
- Do staff at your site need strategies for well-being?
- Looking for an ongoing approach to educator support?

**This is a series of six or more drop-in sessions, designed to provide opportunities for educators to learn, receive support, and build connections. Each session is approximately 45-60 minutes and includes a component of psychoeducation and research, a well-being practice, and an opportunity to learn and apply a new skill.**

Sessions may be facilitated by a CRW faculty member, or a building-based facilitator may be trained for Supporting Educators delivery.

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## Parent Education: Supporting Caregivers Series

- Have you been looking for a way to offer RISE-like support to parents in your community?
- Do parents at your school feel isolated in managing the challenges of caregiving?
- Want to bring parents in and support them as part of your community?



**Supporting Caregivers is a series of five drop-in sessions for parents and caregivers, created for these critical people to build relationships, develop skills, and learn well-being practices. Each session is 45-60 minutes, and includes an educational component, a well-being practice, and a skills focus. Initially developed in response to a natural disaster, this series is helpful for parents anytime!**

Sessions may be facilitated by a CRW faculty member, or a building-based facilitator may be trained for Supporting Caregivers delivery.

# Professional Development Sessions



- Do you feel like your staff could benefit from a RISE PD, but can't implement the full program right now?
- Searching for a way to bring more evidence-based knowledge on trauma, resilience, well-being, stress, or mental health to your team?

**We offer dynamic, engaging, research-based professional development options for your faculty. Members of the CRW faculty will come to your building to enrich educators' understanding of well-being, trauma, mental health and more, using teaching strategies based in adult learning theory.**

- Professional Development Topics include:
  - Creating Trauma Responsive Intentional Environments\*
  - Understanding Trauma & Resilience\*
  - Cultivating Educator Well-Being\*
  - Building Resilience in Schools
  - Establishing Safe Supportive School Spaces
  - School Tools: Interrupting Microaggressions
  - Engage Calm Distract
  - Secondary Traumatic Stress/Burnout
  - Healthy Teams & Psychological Safety
- **Not seeing what you are looking for? Reach out to us about customized PD opportunities!**



\*Indicates PD session included as part of the comprehensive RISE Program

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## Listen-Protect-Connect Training

- Do you want to provide a simple, concrete, set of skills to all adults in your school, to support students in the face of a disaster or other community-wide event?



**This two-hour pragmatic training is meant to give supportive adults simple, accessible, research-backed tools to support youth in the event of a disaster or very stressful event.**

**Delivered by CRW faculty live or via Zoom.**

# Other Education-Focused Offerings

## Customized Online Course Development

Reach out to us if you have a need for an online course for YOUR team! We love developing online asynchronous learning opportunities to fit the needs of educators in your district.



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## Expert Content Consultation

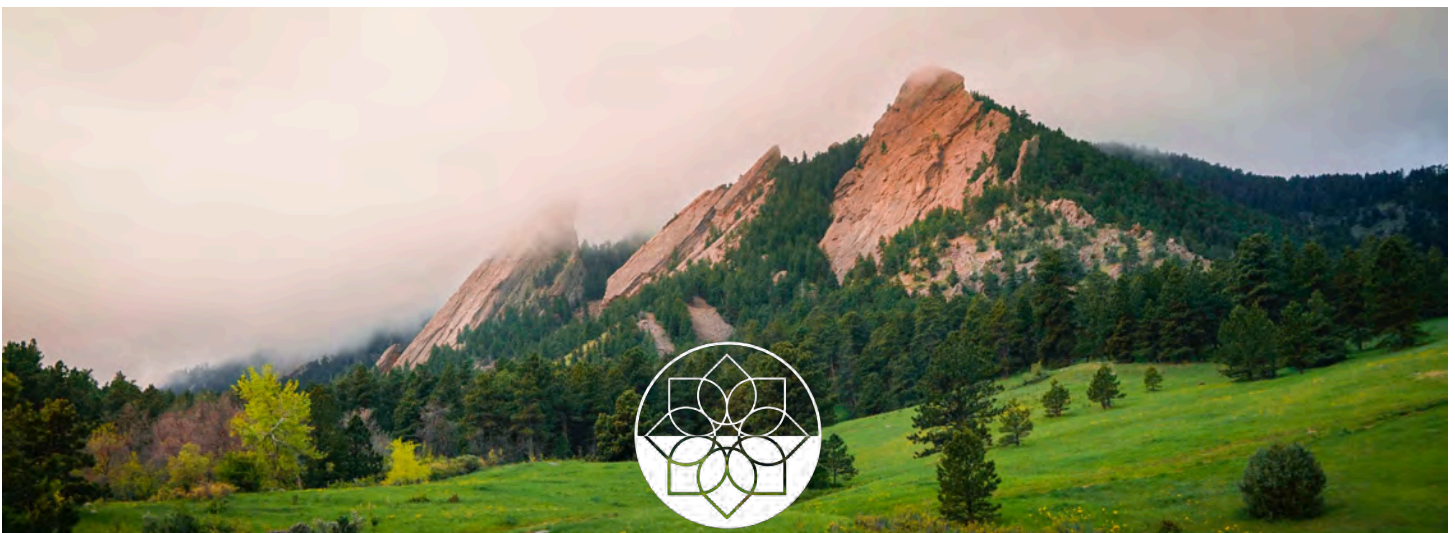


- Do you need to develop materials at school, district, or state level to support trauma-responsive teaching or educator well-being?
- CRW faculty include psychologists, social workers and educators who have decades of experience with child development, trauma-responsive practices, mental health, resilience building and more.
- If you have a project that needs an infusion of research-based expertise in these areas, reach out to us for content consultation.

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## Facilitation & Project Management

If your project needs go beyond content, we also have experience in facilitating and managing complex projects within large, diverse teams. Tell us about your project!





# RISE

CENTER FOR  
RESILIENCE + WELL-BEING

**To learn about how the Center of Resilience + Well-Being can work your your district or school, please connect with us!**

Center for Resilience + Well-Being Website  
[https://bit.ly/CRW\\_RISE](https://bit.ly/CRW_RISE)



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