



# RISE Initiative

## Memorandum of Understanding – District

Date: December 16, 2019

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 Environments (RISE) Initiative**. This Memorandum of Understanding is made between the Healthier Generation and Santa Rosa City Schools to implement the RISE Initiative.

The RISE Initiative empowers schools and districts to create a safe and supportive environment by developing policies and practices focused on improving the social-emotional health of all students and staff. This agreement provides a district and its participating schools access to customized in-person professional development and technical assistance, content expertise, resources and support to create and sustain a healthier school environment. The Healthier Generation staff is committed to supporting the development of local solutions and strategies over multiple school years. Participating schools and districts have unlimited access to virtual support and the online tools and resources available through the Healthier Generation website and online learning community.

Healthier Generation agrees to:

- Provide customizable professional development and technical assistance to schools and school districts to support their efforts to improve social-emotional health of all students and staff.
- Broker local, state and national resources to support the district and schools in implementing action plans.
- Provide support in aligning school and district policies, procedures, and practices to support implementation of social-emotional policies and practices.
- Recognize schools that meet the RISE Initiative best practices criteria.
- Provide virtual support to sustain district and school level efforts during and beyond the years of onsite support which will include technical assistance, workshops, professional development activities and others.

As a district, we agree to:

- Support participating schools in their efforts to improve social-emotional health policies and practices for all students and staff.
- Designate a district leadership team (or align with an existing district wellness or mental health focused team) that meets a minimum of four times per year to oversee the implementation of the RISE Initiative for the district and for the participating schools.
- Align and integrate RISE efforts with existing and emerging district efforts to address mental health and social-emotional health of students and staff.

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- Ensure that participating schools hold four to six hours of professional development for all staff to understand the importance of the prevalence and impact of trauma, staff resilience and social-emotional learning and de-escalation strategies.
- Complete the district RISE Index and update annually to reflect progress.
- Develop an Action Plan that aligns to the RISE Index and update as needed.
- Communicate with Healthier Generation staff and participating schools to support implementation and highlight successes.
- Participate in RISE Initiative evaluation activities with Healthier Generation and its evaluation partner, National Center for School Mental Health, upon receiving standard district approvals. Evaluation activities may include surveys or interviews with school and district staff who agree to participate and collection of already existing staff and student data from the district.
- Provide Healthier Generation with a point of contact at the district who will facilitate Healthier Generation and its evaluation partner, National Center for School Mental Health, receiving getting approval for evaluation activities from relevant district administration and offices.
- Provide a location for the RISE Initiative Professional Development Workshop for school leadership teams across the district and send at least one district representative.

As a district, we agree to support schools selected to participate in the RISE Initiative to fulfill the following agreements:

- Build and maintain a school leadership team (or align with an existing school wellness or mental health focused team) that meets at least six times during the school year in order to drive the RISE Initiative, support implementation, provide sustainability and assist in coordinating evaluation.
- Ensure that the school leadership team participates in at least six technical assistance sessions yearly with Healthier Generation in person and/or virtually.
- Align and integrate RISE efforts into existing and emerging initiatives to support mental health and social emotional health of students and staff.
- Complete the school RISE Index and update annually to reflect progress.
- Develop an Action Plan that aligns to the RISE Index and update as needed.
- Communicate regularly (e.g., respond to emails, participate in scheduled calls) with Healthier Generation staff
- Participate in RISE Initiative evaluation activities, including but not limited to:
  - School staff to complete brief, anonymous and voluntary surveys about RISE outcomes.
  - School administrator from each participating school to complete a brief questionnaire about staff and student data related to RISE outcomes.
  - A few staff will be selected to participate in brief phone interviews about their experiences with RISE.
- Commit to participating in all aspects of the RISE Initiative for multiple years. This includes sustaining social-emotional health policies and practices implemented through the RISE initiative and its onsite supports, by engaging in Healthier Generation's extensive network of resources.
- Hold a minimum of hour hours of professional development for all staff and reinforce annually covering the following topics:
  - prevalence and impact of trauma
  - staff well-being and
  - social-emotional learning and de-escalation strategies.

Nothing in this memorandum of understanding shall be deemed to be a commitment or obligation of Alliance for a Healthier Generation, school, or district funds. Healthier Generation reserves the right to terminate this agreement in its sole discretion if it does not have sufficient funding to meet the terms of agreement. Upon written communication, the school district reserves the right to terminate this

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agreement in its sole discretion if the district or its schools are no longer able to participate.

District Name: Santa Rosa City Schools

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Alliance for a Healthier Generation

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Name: \_\_\_\_\_ Signature: \_\_\_\_\_