RISE Newsletter

October 2026

Resilience, Integration, Support, Empowerment (RISE)

RISE is a comprehensive school-based intervention model that integrates behavioral health care coordination with academic support, family engagement, and community-based collaboration. The program is designed to ensure our services are embedded within and strengthen existing school structures. Our RISE Coordinators work in collaboration with the school's social workers, counselors, and other support staff to better connect with youth.

Our vision is to help normalize mental health discussions and equip youth with tools to navigate their overall wellness.

Program Highlights



Community Partners Recognition

On October 21st, we received Community Partners Recognition from the Highline School District School Board for our third year of partnership. What began as after-school programming has now grown to support youth throughout their school day by integrating a Behavioral Health Coordinator into Pacific Middle School and Mount Rainier High School.

Shahba Shahrukhi is supporting the Highline School District as CRB's Behavioral Health Coordinator.

School Tours

As the new academic year has begun to ramp up, the RISE Team has begun revisiting and forging stronger connections with school staff and admin! We want to ensure that we continue to build and strengthen our community. Utilizing the first couple of months to learn and improve from our existing programming and reflect on our successes and challenges of last academic year. As our program continues to grow and fully develop, we hope to build upon our existing foundation at each school.

Bridge Conference

School's Out Washington held its annual Bridge Conference on October 26 and October 27; the two-day convening focused on professional growth, celebration, and advocacy within and for Washington state's youth development field and communities. Our Behavioral Health Coordinators all had the opportunity to attend, network, and collect resources that would benefit their schools.

We were able to attend different workshops, including:

- All Bodies are Good Bodies: Building Weight-Inclusive Spaces to Protect Youth Development and Wellbeing.

- Belonging Before Leadership: Creating Communities Where Understanding Every Youth Person Can Lead
- Creating Ripples of Opportunity: Financial Aid Strategies that advance Equity & Access
- EngageIRL: Building Student Belonging through Meaningful Engagement
- A Kinder Inner Voice: Self-Talk Strategies for Self-Care
- The River of Liberation: Connecting Past, Present, & Future through Healing & Action

As we reflect and connect with the material we learned, we hope to bring more positive growth and positive impact to our schools and communities.





Welcoming New Staff



Ayni Ugas – Aki Kurose Middle School

Ayni is a bilingual Somali American who is passionate about supporting diverse families and helping bridge the gap between families, schools, and community resources. She has a bachelor's degree in education from the University of Washington.



Soghra Sadat – Mercer Middle School

Soghra has experience working with CRB's newcomer refugee families at Highline Public Schools and is currently supporting Seattle Public Schools. Since 2013, she has worked in the education sector as an Instructor, Master Trainer, and Education Program Manager.



Anahi Barragan – Denny International Middle School

Anahi is a Behavioral Health Coordinator at Denny Middle School and strives to create a welcoming environment where teens feel heard and empowered. She is passionate about promoting overall wellness and advocating for underserved communities. She is a bilingual Spanish speaker and holds a bachelor's degree from the University of Washington.



Emily Moore – West Seattle High School

Emily is a behavioral Health Coordinator at West Seattle High School. She has experience working as a public-school teacher and has a bachelor's degree in education from Pacific Lutheran University. Emily is a bilingual Spanish speaker.

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