



# Stride Center

## What is Stride Center?

Stride Center is a community of caring professionals and assisting partners that have come together to create hope and alternatives for individuals in need. The Stride Center is an excellent choice when you or a loved one experiences a mental health or substance use crisis. At Stride you can get same day help and be connected to options for the future. The Stride Center is an alternative to the hospital emergency department or jail, and is a positive resource that connects people to care and resources for recovery. Stride can be accessed by individuals, first responders, social workers and anyone who has a need. Individuals coping with crisis will experience guidance and help from staff. Stride provides individualized services that can help people access resources and guidance as they recover.

## How can we help?

### A welcoming environment

No referrals are needed to be a guest at Stride. Individuals who are experiencing a mental health or substance use crisis are welcome to visit Stride.

### A community resource

Police, medics, and other first responders, as well as community partners such as shelters, pantries and other service providers can work with Stride to access resources for individuals suffering from mental health or substance use issues.

### Our care approach

Our staff is professionally trained in harm reduction, trauma-informed care and crisis intervention. The program is available 24 hours a day, 7 days a week and offers a safe, low-barrier environment. Guests will be allowed to stay at the center for up to 23 hours per visit and are welcome to make repeat visits.

## Who can we help?

### We serve:

- Individuals 18 and over
- Individuals suffering from acute mental health and/or substance use issues who are in good behavioral control
- Individuals with suicidal thoughts

### We cannot serve:

- Individuals who present an imminent risk of harm or violence to themselves or others

**We will be the calm place for individuals in crisis.** We offer a calm place for individuals to de-escalate their situations, along with one-on-one consultation with professionally trained staff. We provide diversion for individuals in crisis, giving them the opportunity to:

- Talk to trained professionals
- Receive support and care
- Learn more about available resources

## Supportive Services

- Triage and crisis intervention (e.g. inpatient/detox, rehabilitation)
- Mental health and substance use disorder treatment services
- Peer support or recovery coaching
- Connection to shelters, food and clothing
- Naloxone (NARCAN) training
- Mobile Crisis Deployment

## Mobile Crisis Team

Mobile Crisis Teams bring mental health help to you.

The Mobile Crisis Team is available 24/7 to assist with problem solving, de-escalation, triage, and connecting to treatment and/or other resources.

The Team includes mental health professionals such as Peer Recovery Specialists, Crisis Care Specialists, and Licensed Mental Health Therapists that can provide mental health crisis care to children, families and adults.

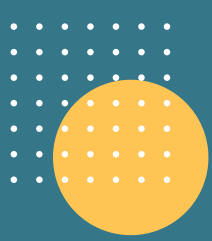
The Mobile Crisis Team can assist an individual when they are experiencing a mental health crisis and cannot make it to a safe location to get care. The team strives to arrive within a 60-minute timeframe but may be longer depending on capacity and whether the individual is living in a remote area. Mobile teams may take up to 2-3 hours to reach remote areas.

**To contact the Stride Center or the Mobile Crisis Team please call: 1-877-463-6512**



### About Centerstone

Centerstone is a nonprofit health system providing mental health and substance use disorder treatments. Services are available nationally through the operation of outpatient clinics, residential programs, the use of telehealth and an inpatient hospital. Centerstone also features specialized programs for the military community, therapeutic foster care, children's services and employee assistance programs. Centerstone's Research Institute provides guidance through research and technology, leveraging the best practices for use in all our communities. Centerstone's Foundation secures philanthropic resources to support the work and mission of delivering care that changes people's lives.



## Applied Suicide Intervention Skills Training (ASIST)

ASIST is a two-day interactive workshop in suicide first-aid. ASIST teaches participants to recognize when someone may be at risk of suicide and work with them to create a plan that will support their immediate safety. Although ASIST is widely used by healthcare providers, participants don't need any formal training to attend the workshop—ASIST can be learned and used by anyone.

### Goals and objectives In the course of the two-day workshop, ASIST participants learn to:

- Understand the ways personal and societal attitudes affect views on suicide and interventions
- Provide guidance and suicide first-aid to a person at risk in ways that meet their individual safety needs
- Identify the key elements of an effective suicide safety plan and the actions required to implement it
- Appreciate the value of improving and integrating suicide prevention resources in the community at large
- Recognize other important aspects of suicide prevention, including life-promotion and self-care

FOCUS: Suicide intervention training

DURATION: Two days (15 hours)

PARTICIPANTS: Anyone 16 or older

TRAINERS: Two registered trainers per 15-30 participants



**SCHEDULING OR INFO:**



MELISSA.HELM@CENTERSTONE.ORG

This framework could be used very effectively by a trained member of law enforcement to reduce transport to local ERs, increase the safety of community members, and help connect a struggling community member to services.



# NEED TRAINING IN MENTAL HEALTH?

# WE CAN HELP!

## APPLIED SUICIDE INTERVENTION SKILLS TRAINING (ASIST)

ASIST is a two-day interactive workshop in suicide first-aid. ASIST teaches participants to recognize when someone may be at risk of suicide and work with them to create a plan that will support their immediate safety. Although ASIST is widely used by healthcare providers, participants don't need any formal training to attend the workshop—ASIST can be learned and used by anyone.



## QPR (QUESTION, PERSUADE, REFER)

The QPR mission is to reduce suicidal behaviors and save lives by providing innovative, practical and proven suicide prevention training. The signs of crisis are all around us. We believe that quality education empowers all people, regardless of their background, to make a positive difference in the life of someone they know.



## MENTAL HEALTH FIRST AID

Mental Health First Aid is an international education program proven to be effective in teaching adults how to recognize and respond to signs and symptoms of mental health and substance use challenges. It is beneficial to have a class that mixes law enforcement, first responders and members of the community for service organizations to create a network of community partners working together to assist those facing a mental health challenge.



### ADDITIONAL INFORMATION:

Kelly Benedict, LMFT at  
[kelly.benedict@centerstone.org](mailto:kelly.benedict@centerstone.org)

# MENTAL HEALTH FIRST AID

AN INTERNATIONAL EDUCATION PROGRAM PROVEN TO BE EFFECTIVE IN TEACHING ADULTS HOW TO RECOGNIZE AND RESPOND TO SIGNS AND SYMPTOMS OF MENTAL HEALTH AND SUBSTANCE USE CHALLENGES.

Mental Health First Aid offers a version for Public Safety and Fire/EMS that can be trained upon request. It is beneficial to have a class that mixes law enforcement, first responders and members of the community for service organizations to create a network of community partners working together to assist those facing a mental health challenge. There is also a version for Adults Assisting Youth and a general course for assisting adults.



## Contact Information

**KELLY BENEDICT**

kelly.benedict@centerstone.org



**Peer-reviewed studies have been conducted around the world and show that individuals trained in the program:**

- Grow their knowledge of signs, symptoms and risk factors of mental illnesses and addictions.
- Can identify multiple types of professional and self-help resources for individuals with a mental health or substance use challenge.
- Increase their confidence in and likelihood to help an individual in distress.
- Show increased mental wellness themselves.

THE COURSE CAN BE OFFERED FULLY VIRTUAL, BLENDED, OR FULLY IN PERSON. THERE IS PRE-WORK REQUIRED FOR A VIRTUAL OR BLENDED COURSE. COMPLETING THE PRE-WORK ALLOWS THE IN-PERSON OR ONLINE COURSE TIME TO BE AROUND 6 HOURS. A FULLY IN-PERSON COURSE TAKES 8 HOURS TO DELIVER. THE COURSE CAN BE SPLIT INTO TWO DAYS IF NEEDED. THE COST FOR MATERIALS IS AROUND \$25.