

# Stride Integrated Services

Stride is a leader in the delivery of Integrated Mental Health Services across the country for all age groups (children 0 - 11, young people 12 - 25, and adults 18 - 65) and in a variety of geographical settings (urban, regional and rural).

## Service Model

Our holistic integrated service model enables clear pathways of care through coordinated, collaborative, individualised approaches to service delivery. The partnership model connects primary health care with other services, supporting collaboration between private health care providers, government agencies, non-government organisations, and the university sector to deliver an innovative suite of services.

A recovery person-centred approach honours the lived experience of individuals and families to encourage them to flourish. All services draw from a Trauma Informed Recovery Oriented Framework and evidence base, and utilise a Care Coordination Model tailored to be developmentally appropriate, depending on the age cohort the service is targeted at.

## What to expect from a Stride Integrated Service

The integrated service hub makes it easier for people to access a full range of services. Clients can expect a single intake, assessment and triage process, single integrated care plan, single client information management system, and one set of agreed outcome measurements. These centres work with individuals, families and carers, at home and in the community, through individual, group and self-help programs, as well as family and carer programs, to provide tailored and holistic support to allow people to lead functional and fulfilling lives.

Services available from each hub include:

- Mental health support
- Drug and alcohol services
- Employment and training support
- Housing assistance
- Access to GPs, psychologists, social workers and more
- Other wrap around supports such as domestic and family violence, sexual health, relationships, and financial support are available as determined by the needs of each local community and those accessing the service.

| Stride Hubs              | Office Locations                                                           |
|--------------------------|----------------------------------------------------------------------------|
| Stride Hubs - Adult      | Ipswich<br>Caboolture<br>Springwood                                        |
| headspace - Young people | Meadowbrook<br>Ipswich<br>Nundah<br>Woolloongabba<br>Hurstville<br>Miranda |
| Stride Kids - Children   | Ipswich<br>Paddington                                                      |
| Likemind                 | Wagga Wagga<br>Orange                                                      |

## Enquiries & further information

If you have any questions, please feel free to contact us.

Stride.com.au | 1300 00 1907

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