

Stride Residential Services

Stride have been delivering adult and youth residential services for over 18 years in multiple locations across NSW and QLD, and currently provides 128 beds over 27 properties.

Service Model

We have six residential service types including:

Service Type	Age Group	Stay	Beds	Location
NDIS Supporting Independent Living (SIL)	18 years and above	Long term	103	NSW (Sydney: 32 properties; Hunter region: 1 property; Central Tablelands: 1 property)
Transitional Step Down	16 years and above	Up to 18 months	6	NSW (Sydney: 1 property)
Transitional Low Support	16 years and above	Up to 18 months	13	NSW (Sydney: 1 property)
Youth Residential	12 to 25 years	Varies but ranges 3 to 18 months	22	QLD (South East Queensland: 4 properties; Far North Queensland: 1 property)
Youth Step Up Step Down (YSUSD)	12 to 24 years	Max 28 days	6	QLD (Far North Queensland: 1 property)
Child Safety Residential	12 to 18 years	Varies on needs	2	QLD (Darling Downs: 1 property)
TOTAL			152*	

*Bed locations and numbers correct as of November 2020.

All service types are underpinned by the principals of:

- Collaborative service provision
- Recovery oriented practice
- Cultural safety
- Trauma-informed care
- Individualised, holistic care planning

Stride offers a high-level of 24/7 (with exception of Transitional which is 10/7) support to improve an individual's quality of life, promote participation in the community, and provide a meaningful service focused on individual needs, and most importantly assist in the recovery journey of an individual.

Our services are flexible and responsive to the changing needs of our residents and ensure that all residents are linked in to clinical and non-clinical supports to assist each individual's achievement of their personal, health, and psychosocial goals. Stride residential services are committed to maintaining existing social networks for residents and facilitating new connections within their community.

What to expect at a Stride Residential Service

Each residential service has a strong partnership with local Hospital and Health Services, Local Health Districts, Department of Child Safety, Youth and Women, and Primary Care teams. People accessing these services are provided with the following support:

- Streamlined referral pathways
- Single intake, assessment and triage process
- Comprehensive risk assessments and plans
- Collaborative recovery planning
- Structured daily recovery programs
- Skill building Activities
- Intensive coaching and mentoring.

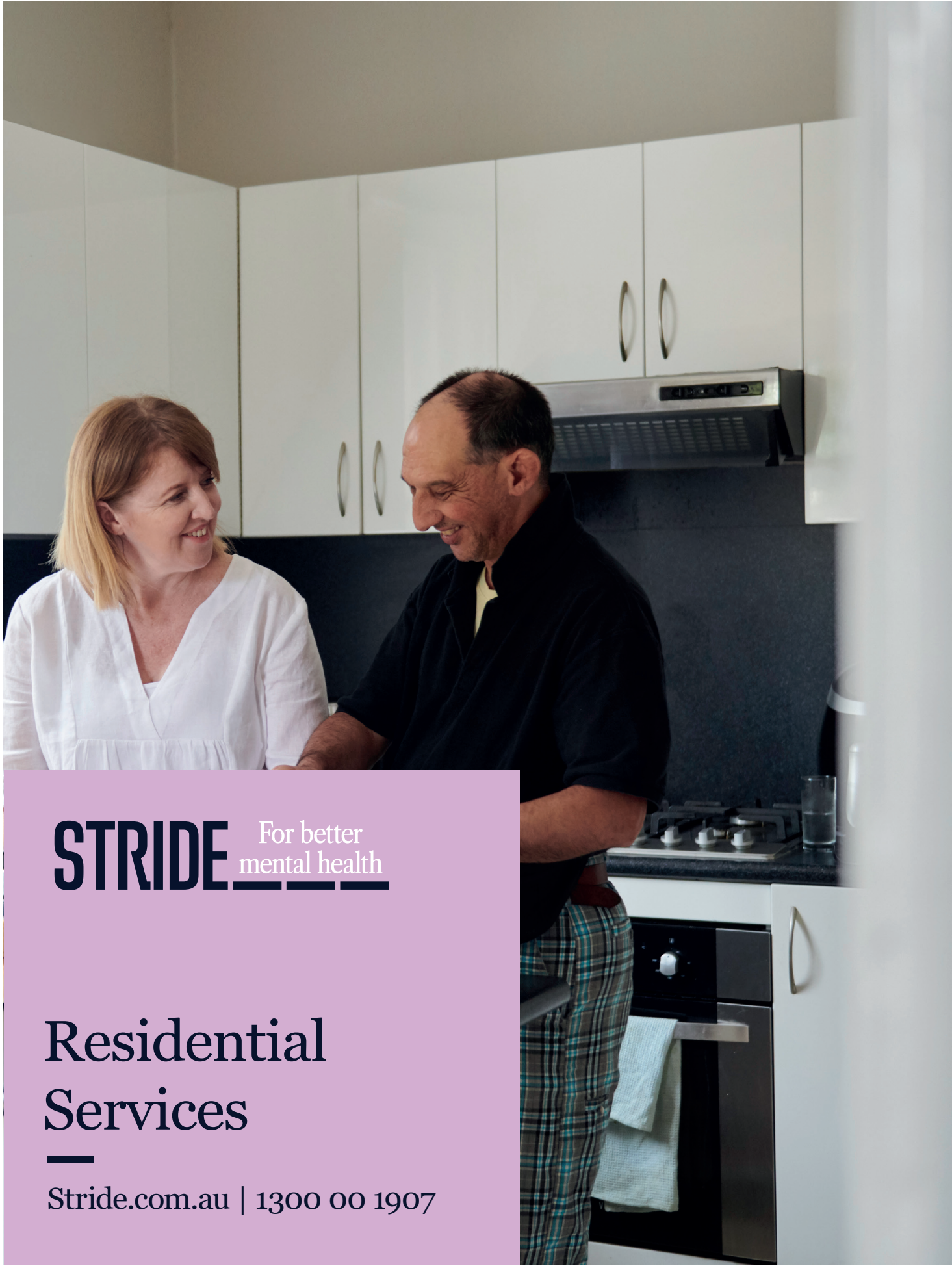
Where possible:

- In-reach to identified inpatients of mental health facilities to engage in transition and discharge planning to the community-based accommodation. This may include meeting consumers, setting up overnight leave plans, assisting with mental health reviews, and discharge meetings with consumers, community mental health services, families, carers, and inpatient services.
- Focused physical health support including engaging GP's, metabolic clinics, dietician and exercise physiology support, and community based physical health groups and activities.

Enquiries & further information

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

Stride.com.au | 1300 00 1907



STRIDE For better
mental health

Residential Services

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