



Northwest (HHS Region 10)

**MHTTC**

Mental Health Technology Transfer Center Network  
Funded by Substance Abuse and Mental Health Services Administration



KAISER PERMANENTE®

**Center for Health Research**

# **STRIDE PROGRAM GROUP FACILITATION TRAINING**

**CURRICULUM PACKAGE**



## ABOUT THIS PACKAGE

STRIDE is an evidence-based lifestyle intervention, designed to help people living with serious mental health issues.

Developed by Kaiser Permanente's Center for Health Research, the STRIDE Program comprises of 30-facilitated group sessions to support people in their long-term health goals.

This training is delivered in two stages:

- A 1-hour online course, which covers an introduction to the needs of people living with serious mental health issues, basics of motivational interviewing, and evidence-based recommendations - [Empowering Wellness in Mental Health: Helping People with their Lifestyle Changes](#).
- A 2-part video training with the creators of the program, covering the skills, considerations and practical tips for the facilitation of the group sessions. Approx 2-hours per video.

## HOW TO USE THIS PACKAGE

**1** We recommend that participants complete the online course, [Empowering Wellness in Mental Health: Helping People with their Lifestyle Changes](#) at least 1 week prior to part two.

**2** STRIDE Group Facilitation Curriculum comprises of 2 sessions (approx. 2 hours each).

This can be viewed independently or as a whole group.

1. [Access the slide decks and videos](#). Slide decks accompany the video sessions.
2. **Download** the STRIDE Facilitator Guide, Food and Fitness Diary, and the Participant Workbook. These will be referred to during the presentations. You might want to print them to follow along. All of these resources are found at [Kaiser Permanente's STRIDE homepage](#).
3. Bring a bite-sized snack to Session 2 for an activity.



This publication was released in March 2022 by the Northwest MHTTC.

This product was prepared for the Northwest Mental Health Technology Transfer Center under a cooperative agreement from the Substance Abuse and Mental Health Services Administration (SAMHSA). This work is supported by grant SM 081721 from the Department of Health and Human Services, SAMHSA.

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## CONTACT

### Northwest MHTTC

[www.mhttcnetwork.org.northwest](http://www.mhttcnetwork.org.northwest) 

northwest@mhttcnetwork.org 

@northwestMHTTC 

@Northwestmhttc 