



KAISER PERMANENTE

Center for Health Research

STRIDE PROGRAM GROUP **FACILITATION** TRAINING

CURRICULUM PACKAGE



ABOUT THIS PACKAGE

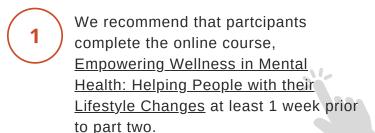
STRIDE is an evidence-based lifestyle intervention, designed to help people living with serious mental health issues.

Developed by Kasier Permanente's Center for Health Research, the STRIDE Program comprises of 30-facilitated group sessions to support people in their longterm 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 - <u>Empowering</u> <u>Wellness in Mental Health: Helping</u> <u>People with their Lifestyle Changes</u>.
- 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



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

This can be viewed independently or as a whole group.

- 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 <u>Kaiser Permanente's STRIDE</u> homepage.
- 3. Bring a bite-sized snack to Session 2 for an activity.



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