



Dear Community Partners,

LifeWorks NW is pleased to announce the opening of STRIDE, one of several new transition-age TAY (TAY) Hubs across the state of Oregon.

STRIDE will serve young people ages 14-24 in Clackamas, Multnomah, and Washington counties who are in need of support and skills to navigate the transition from TAY to adulthood. STRIDE will be the primary access point for the existing TAY mental health programs at LifeWorks NW, and will also work to connect young people to community resources and supportive services to help them increase their personal safety, wellbeing, and independence. STRIDE is open to youth and young adults regardless of their insurance coverage. Target populations for STRIDE include TAY experiencing homelessness, TAY who identify as part of the LGBTQ community, TAY transitioning out of foster care or residential treatment, and TAY who have been screened out of EASA programs. The STRIDE team will be trained to identify the specific developmental needs and vulnerabilities of these populations. The team will also be trained in the complex issues associated with the commercial sexual exploitation of children.

STRIDE is a prevention program emphasizing outreach and engagement. STRIDE will be operational seven days a week: 10am – 10pm Monday through Friday and noon-5pm Saturday and Sunday. The STRIDE team will collaborate with crisis teams across the area regarding program access, referrals, and after-hours coverage. STRIDE will work closely with the existing TAY mental health programs in the metro area to facilitate appropriate referrals. Additionally, STRIDE will partner with the homeless TAY continuum and other agencies in the tri-county serving homeless TAY: STRIDE staff will establish a physical presence at homeless TAY drop-in centers as a way to engage with TAY. The STRIDE team will also be available to travel to other locations in the tri-county area to meet with TAY.

STRIDE aims to deliver low-barrier access by providing community-based services including case management, skill building, and peer support based on each TAY's strengths and goals. The STRIDE team is available for the following:

- Making initial contacts with TAY and identifying their goals/ areas of need
- Developing safety plans with all TAY who access STRIDE
- Providing case management services including but not limited to: signing up for food stamps/ OHP, obtaining state IDs/ social security cards, ordering birth certificates, connecting to WIC
- Developing stronger natural supports by facilitating connections to consumer and TAY run organizations such as NAMI and YouthMove
- Partnering with TAY to establish greater housing stability
- Providing employment support
- Engaging in meaningful community activities
- Linking TAY to primary care
- Facilitating transitions to addictions and mental health programs
- Partnering with the Family Search and Engagement team through Catholic Community Services to assist TAY in reconnecting with family members

The STRIDE program has made a commitment to developing a TAY advisory board/committee that will include TAY/consumer voice and will direct future programming activities and priorities for the program. STRIDE will engage in ongoing consultation and collaboration with other TAY HUB programs across the state to continually work to identify gaps in service for transition-age TAY. The STRIDE program will also be measuring outcomes with the goals of reducing visits to emergency departments/ hospitals and increasing housing stability and natural supports. STRIDE will be open to referrals beginning July 14, 2014. We look forward to welcoming your referrals.

Mental Health and
Addiction Services
for a Healthy
Community

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To make a referral to STRIDE please contact: tay.stride@lifeworksnw.org or call 503-619-9007

For more information about STRIDE or to arrange a time for our staff to meet with your team(s) please contact:

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A United Way Partner