



Alameda STRIDES

Assertive Community Treatment

At Alameda STRIDES, we are here to support you in taking positive steps towards living successfully and independently within your community.

We believe that recovery is possible with the right plan in place. Our job is to do whatever it takes to support you on your recovery journey. Our multidisciplinary team includes a psychiatric practitioner, nurses, masters-level clinical staff, case managers with experience in both drug and alcohol and mental health, peer support specialists, and vocational specialists who are all here to help you on your path.

Our program is based on the Assertive Community Treatment (ACT) model, where we connect you to the resources that can help you achieve your goals. We will work together with your family, friends, and community to help you take steps toward making recovery happen.

What to Expect

Your support services start with your hopes and dreams. STRIDES staff provide welcoming and respectful services that utilizes a partner-centered, individualized approach that emphasizes personal choice and empowerment. Our services emphasize choice-making skills and harm reduction techniques.

Our culture is based on recovery. We believe in respect and non-judgment, and we celebrate individual uniqueness. We care about the interpersonal relationships we develop so we can foster a supportive environment.

Our staff are passionate, resourceful, and motivated. They are your partners in recovery and will be throughout your journey.

Our goal is to be a place that helps you thrive. We want you to be the leader of your recovery journey, and to create the life you want for yourself.

“The goal of recovery is not to become normal. The goal is to embrace the human vocation of becoming more deeply, more fully human.”

— PATRICIA DEEGAN, PHD, FOUNDER OF COMMONGROUND



CONTACT

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OFFICE HOURS

Monday - Friday: 8:30 a.m. to 5:00 p.m.
After hours and on-call service are available 24 hours a day, 7 days a week



Services at STRIDES

- Medication and symptom support
- Support with health care coordination
- Collaboration with social supports
- Individual rehabilitation
- Family connection
- Addressing internalized stigma
- Independent living skills training
- Assessment, treatment planning and safety planning
- Vocational and substance use services

Becoming a Member

Partners are referred through Alameda County Behavioral Health's ACCESS referral line. ACCESS will assess for appropriate level of care and review admission criteria. To reach Alameda County ACCESS, please call 800-491-9099.

Admission Criteria

- Must be a resident of Alameda County, ages 18 and older
- Have a diagnosis of serious mental illness
- Have Medi-Cal or be Medi-Cal eligible

Our Story

STRIDES is one of the oldest ACT programs in California and participated in early research demonstrating that people who participate in ACT programs have more successful outcomes.

STRIDES staff love to celebrate with our partners. We strive to empower them by having a Partner Advisory Council. We celebrate all the major holidays with partners including parties, luncheons and barbeque's. We especially love acknowledging and celebrating partner successes.

This program is funded by Alameda County MediCal.