

Frequently Asked Questions

Who can come to Stride?

Stride is for elementary school aged children who need help improving their ability to appropriately socialize, manage their behavior, and/or regulate their expressions of emotion.

Why does my child leave school early?

Our staff will begin picking up children from their schools as early as 1:30 pm so that programming can begin by 3:00 pm.

Will my child have fun in Stride?

YES! We strive to plan fun activities daily. We also have a special weekly activity to reward the children for achieving goals.

How much does the program cost?

Stride is primarily funded through Medicaid. There is no cost to families who carry Medicaid Coverage. However, Stride does have grant funding to cover the cost of the program for one child per class for qualifying families who do not have Medicaid Coverage.

Our Mission

The mission of the Stride Program is to provide useful strategies for children and their families who are experiencing social, emotional, and behavioral problems due to mental illness and emotional challenges.

The goal of each staff member in the program is to provide a safe, structured, nurturing, challenging, and engaging environment ⁽¹⁾ where children can develop the necessary strategies to feel accepted, confident, and successful at home, school, and in the community

Stride Classes

Michael Blakey, LCSW
Program Supervisor
385-539-9239

Provo Younger Class (Ages 5-8)

Michelle Grotegut, SSW
801-310-4908
Provo Family Clinic
1165 E. 300 S., Provo

Provo Older Class (Ages 9-12)

Christina Wilson, SSW
801-367-1415
Provo Family Clinic
1165 E. 300 S., Provo

American Fork Class

Maddison Anthony
801-227-4436
Forbes Elementary
281 N. 200 E., American Fork

Payson Class

Chyenne Walters, SSW
801-494-3194
Payson Family Clinic
285 N. 1250 E., Payson



Youth Day Treatment
A Wasatch Behavioral Health Program

**Social
Strategies**

**Coping
Skills**

**Problem
Solving**

**Ages
5 through 12
in
The Utah County Area**



About Us

Stride is a unit of Wasatch Behavioral Health's Youth Division. We serve children ages 5-12 years old. It is a 12-week program that runs M-F from 3:00 to 5:30 PM during the school year and M-Th from 10 am to 3:00 PM during the summer. Each group generally has 3 to 4 staff working directly with the children.

Curriculum

The social, emotional and behavioral strategies implemented include:

- Boundaries and Respect
- Choices and Consequences
- Communication
- Coping Skills
- Feelings
- Friendship
- Hygiene and Manners
- Problem Solving
- Self-Esteem and Self Care

Stride teaches these social, emotional, and behavioral strategies through lessons taught in a fun and exciting manner. We encourage active participation from all the children by allowing them to work as a group.

Treatment Approaches

Stride utilizes Operant Conditioning, TBRI, the Antecedent Behavior Consequence (ABC) Model, Classic Conditioning, Social Stories, Life Strategy Lessons, and Real Time Practice overseen by staff to allow the children to practice strategies emphasized in the program.

Behavior Management

Good behavior is rewarded by a 5 tier level system and a token economy. The child is able to earn levels and tokens based on behaviors at home, school, and the class. As behaviors improve, more privileges are earned in the class.

Behavior Notes

Behavior notes are divided into two parts: home goals and school goals. Points for each goal are assigned depending on how well the child achieved their goals that day. It is imperative that the child returns the behavior note signed and scored accurately every day in order to monitor the progress of the child while at Stride.

Parent Involvement

Parent involvement is crucial to our success. This is accomplished through home visits, phone calls, texts, and e-mails. By working together we can help to make lasting change.

Teacher Involvement

We ask that teachers please accurately score the behavior note by being attentive to any inappropriate behavior. It is helpful when teachers let us know of any specific problems. We believe a team approach is very valuable and hope that teachers will enlist our help and collaboration.

Therapist Involvement

All children participating in Stride need to be seeing a therapist as well. Communication with the therapist helps us to work as a team and provide better services to the children in Stride.

How to Enroll

To enroll you can contact your child's therapist or Michael Blakey at 385-539-9239 or mblakey@wasatch.org to be put on the wait list. You will then be contacted by a case manager for orientation when a spot is available in the class.

Skills Groups

We are hoping to support children and parents more as they transition in and out of the Stride Program.

Beginner Skills Group

Children may attend our Beginner Skills Group to start learning coping skills feelings identification, and social skills.

- Payson: Wednesdays at 2
- Provo: Mondays at 9
- American Fork: Tuesdays at 9

Intermediate Skills Group

Children may attend our Intermediate Skills Group where coping skills will be reinforced, skills can be solidified, and relationships with parents/guardians can be strengthened as children and parents/guardians will attend together regularly.

- Payson: Wednesdays at 9
- Provo: Thursdays at 9
- American Fork: Tuesdays at 9

