



### **What is a Peer Run Respite?**

A Peer Run Respite is a place for people with mental health and substance use concerns who may be experiencing increased stress or symptoms and need to take a break in a peer supported environment. A Peer Run Respite is staffed and operated by people with lived experience of the mental health and substance abuse systems. The peer support and the supportive services offered at a Peer Run Respite are designed to aid in the individual's recovery and avert crises and avoid hospitalizations. A 2008 study found that guests in this type of setting experienced greater improvement on many emotional well-being measures compared to patients at an inpatient crisis facility.

### **Who may use a Peer Run Respite?**

Wisconsin's Peer Run Respite are open to adults (age 18 or older) who need or want peer support to navigate or avoid a crisis related to mental health and substance use concerns. Guests must be residents of Wisconsin.

### **What will a guest experience at a Peer Run Respite?**

Wisconsin's Peer Run Respite offer guests 24/7 opportunities for one-on-one peer support as well as opportunities to connect in group settings. Peer support provides an opportunity to learn from one another to help everyone reach their goals and dreams. In other words, positive outcomes are more likely when people in emotional distress talk with someone who has been there rather than being isolated in the community with little to no support system. All services are voluntary. Guests can come and go as they wish. This includes going to school, work, or appointments. Guests also may access recovery resources in the community. Guests are encouraged to complete wellness plans to help guide their journey. Guests may have visitors during their stay.

### **What is the process to setup a stay at a Peer Run Respite?**

Individuals who are interested in staying at a Peer Run Respite should contact the Peer Run Respite location by phone or email to coordinate a time when the individual and staff at the Peer Run Respite can talk about the individual's needs and whether a Peer Run Respite is a good fit. Stays are voluntary. Services are provided at no cost to the guest. Service providers, family members, and friends are welcome to contact the Peer Run Respite, but staff always will speak with the prospective guest prior to a stay. Because peer support is based on choice, individuals must self-refer to the Peer Run Respite. People who need someone to make a referral for them may need more help than a Peer Run Respite can offer.

### **Do Peer Run Respite offer drop-in services?**

No. Prospective guests must contact the Peer Run Respite prior to their intended stay to engage in a conversation with staff to determine if the environment suits their needs.

### **What if staff and the guest determine a Peer Run Respite stay is not a good fit?**

If stay at a Peer Run Respite is not in the best interest of a prospective guest, staff will provide information on other community resources available to the individual. For example, individuals in severe, immediate crisis may be referred to the county crisis line. Peer Run Respite do not provide clinical services and supports. Individuals who are intoxicated, disrespectful, or verbally abusive are not good fits for the Peer Run Respite environment.

### **How long may a guest stay at a Peer Run Respite?**

Wisconsin's Peer Run Respite are designed to offer guests a temporary home for healing and personal growth. Stays are short-term, typically one to five days.

### **Are clinical supports and services or other medical care offered?**

No. Clinical supports and services like medication management and psychiatric services are not offered at Wisconsin's Peer Run Respite. However, staff will support individuals who may be interested in accessing these supports and services in the community. All guests have access to a lock box in their room for prescription medications.

### **How much does a stay cost?**

There is no cost to stay at one of Wisconsin's Peer Run Respite.

### **How are the Peer Run Respite staffed?**

Each Peer Run Respite is responsible for developing a staffing plan to ensure for the health, safety, and wellness of the guests, staff, and neighborhood. At least one staff member is on-site and awake 24/7/365. During the day and evening, there may be multiple staff on-site.

### **What is the level of training provided to staff at the Peer Run Respite?**

Each Peer Run Respite is responsible for staff training and development. Many employees are Certified Peer Specialists, a title earned through formal training and continuing education in the peer specialist model of mental health support. Each location also provides instruction on such topics as crisis de-escalation, cultural awareness, Emotional CPR, non-violent communication, and trauma-informed care.

### **Is there a website for this program?**

Yes. The Wisconsin Department of Health Services has created a series of webpages for the Peer Run Respite Program. Please visit (<http://www.dhs.wisconsin.gov/peer-run-respite/index.htm>) for more information on this program from Division of Mental Health and Substance Abuse Services.