



## Iris Place Peer Run Respite changing lives for the better

Iris Place Peer Run Respite, a program of NAMI (National Alliance on Mental Illness) Fox Valley, provides short-term stay in a home-like environment for adults struggling with mental health challenges and/or substance abuse. Iris Place can serve as a non-medical alternative to an ER visit or a hospital admission. Iris Place is open 24/7/365 and is staffed by “peer companions,” trained professionals who identify with the guests because they, too, have experienced mental illness, addiction issues or emotional distress at some point in their life. Iris Place’s peer companions are living well in recovery and serve as a source of support, compassion and understanding for guests.



Iris Place is free to Wisconsin adults (ages 18 and older) and guests may stay up to a week, where they can explore opportunities for growth and change, chart out a recovery plan, connect to resources, and have a safe place to be supported to gather strength and resiliency. Guests refer themselves and stay voluntarily and are free to come and go as they please.

*Misson: Iris Place provides a safe and welcoming environment that offers an opportunity for individuals who are experiencing emotional distress or crisis to grow and change through the support of others with lived experience.*

Iris Place, located on the southeast side of Appleton, features five bedrooms, bathrooms, a renovated kitchen where guests prepare their own meals, and a large living room. The house also features accessible bedrooms and bathrooms on the main floor along with a resource room/library and a “café” for gatherings and meetings.

Since opening in April of 2015, Iris Place has served more than 140 guests and provided phone support to more than 2,500 calls. NAMI Fox Valley is proud to be part of the state – and national – peer support movement that promotes holistic mental health recovery through the use of peer support.

### About NAMI Fox Valley

NAMI Fox Valley is a grassroots, nonprofit organization that works to support and empower people affected by mental illness. We offer education, support, advocacy and outreach programs at little or no cost for people with mental illness, their family members and our community. NAMI Fox Valley is an affiliate of NAMI Wisconsin and NAMI, the National Alliance on Mental Illness.

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