

PEER-RUN RESPITE

Peer-run respite centers are voluntary, non-medical, crisis alternatives for people in self-defined emotional distress. Respite is provided in small (3-5 bed capacity) community-based settings. Centers are staffed by people who have lived experience with mental illness and/or substance abuse issues who are trained to provide peer support to respite guests. Services include wellness, educational and social activities. Peer-run respite centers do not provide psychiatric services, but staff can help connect guests with these services, if desired.

A 2008 study found that respite guests experienced greater improvement on many mental health measures compared to patients at an inpatient crisis facility (2008, Greenfield et al).

KEY PRINCIPLES OF PEER-RUN RESPITE

Equality

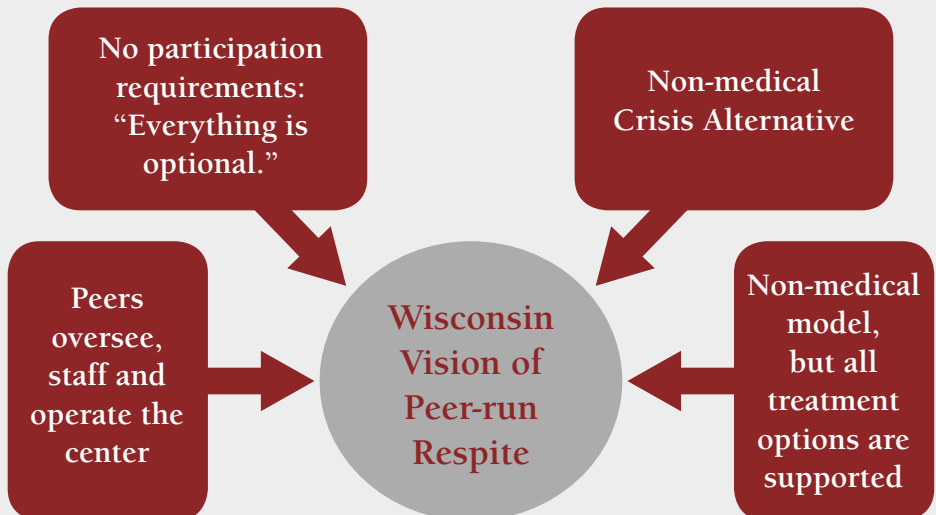
Self-directed Healing

Choice

Empowerment

Mutual Respect

Freedom



PEER-RUN RESPITE BACKGROUND

In the 2013-2015 state budget, the WI legislature approved funding for 3 peer-run respite centers located in Madison, Appleton and Menominee, WI, serving people with mental health and/or substance use issues across the state. Each center has a 3-5 bed capacity designed to provide cost-free, short-term respite during times of emotional distress.



PEER-RUN RESPITE CONTACT INFORMATION

You can learn more about the respite centers (contact information, services, referral process, etc.) by visiting their websites:

Grassroots Wellness, Menomonee WI grassrootswellness.org

Iris Place, Appleton WI namifoxvalley.org

Solstice House, Madison WI thesolsticehouse.org