

**GRASSROOTS WELLNESS
PEER RUN RESPITE & LEARNING
COMMUNITY**



Who is a Peer?



A PERSON WHO HAS EXPERIENCED SIMILAR STRUGGLES AND TRIUMPHS; SOMEONE WITH LIVED EXPERIENCE OF THE MENTAL HEALTH AND OR SUBSTANCE ABUSE SYSTEMS.

A person who, through their own recovery has gained the necessary skills to support others.

THE GIFTS OF PEER SUPPORT

- INSIGHT
- “BEEN THERE, DONE THAT”
- COMPASSION
- HOPE
- TRUST
- WHOLE- HEALTH
SELF-MANAGEMENT



Peer Support is NOT:

- BASED ON PSYCHIATRIC MODELS OR DIAGNOSTIC CRITERIA (“WHAT DO YOU NEED VS. WHAT DO PEOPLE WITH YOUR DIAGNOSIS NEED.”)
- DEFINED AS AN EXPERT/PATIENT RELATIONSHIP
- EFFECTIVE/HELPFUL WHEN “REQUIRED”
- “HELPING”

SHERY MEAD (DEFINING PEER SUPPORT, MARCH 2003)

Paradigm Shift

- **CONNECTION THROUGH SHARED EXPERIENCE BUILDS A MUTUAL RELATIONSHIP OF TRUST.**
 - THIS FOUNDATION ALLOWS PEERS TO RESPECTFULLY CHALLENGE ONE ANOTHER.
 - “TRY OUT NEW BEHAVIORS” TO MOVE BEYOND PREVIOUS “WORLDVIEW”
 - CREATING MEANING THROUGH RELATIONSHIPS: ILLNESS TO **MOVING TOWARDS** DISCOVERING PERSONAL AND RELATIONAL CHANGE.
- SHERY MEAD (DEFINING PEER SUPPORT, MARCH 2003)**

Giving & receiving help based on guiding principles:

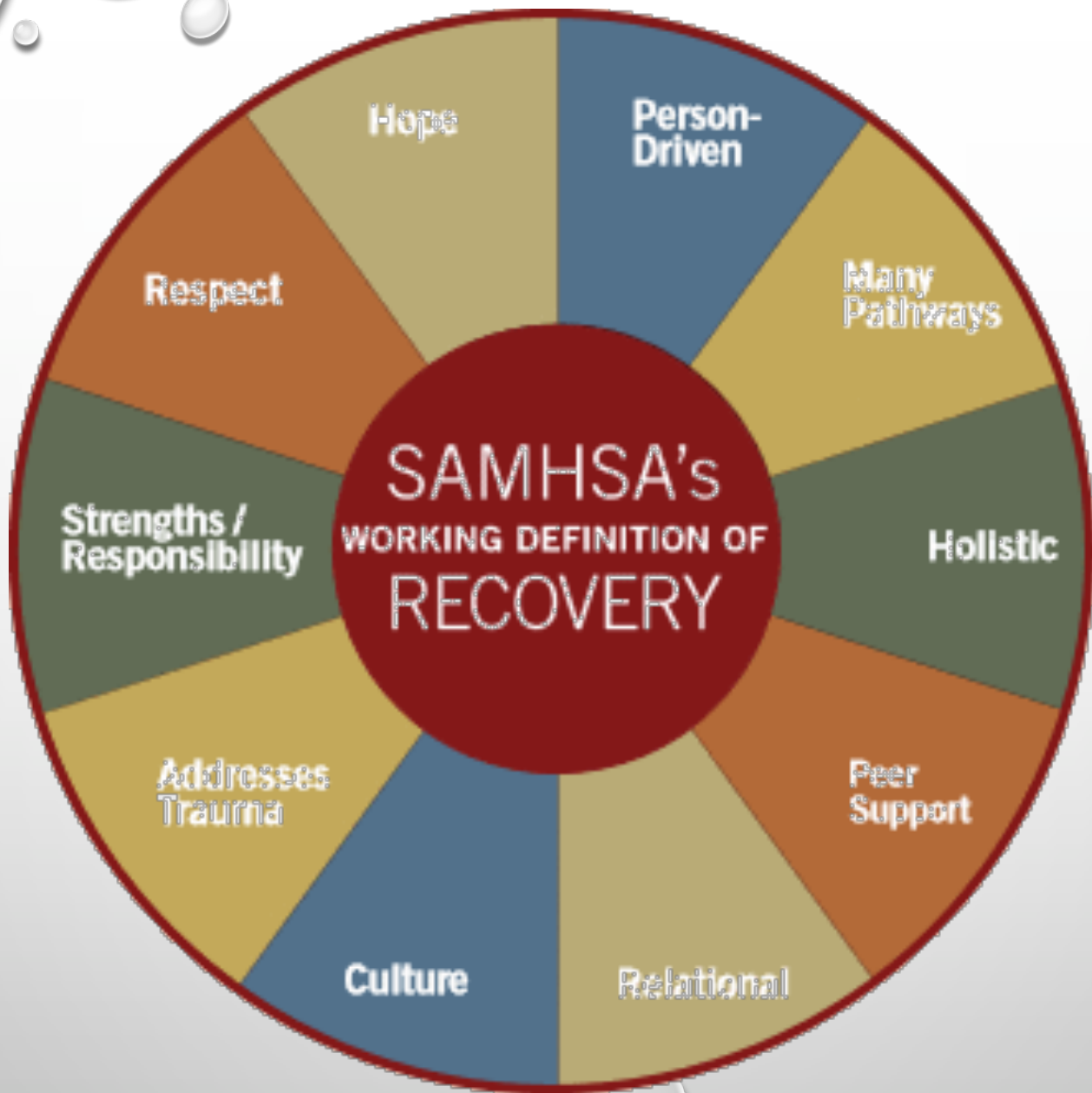


- RESPECT
- SHARED

RESPONSIBILITY

- MUTUAL AGREEMENT OF WHAT IS HELPFUL
(MUTUALITY AND MUTUAL EMPOWERMENT)
- UNDERSTANDING THROUGH EMPATHY
- BUILDING CONNECTION

SHERY MEAD (DEFINING PEER SUPPORT, MARCH 2003)



SAMHSA's
WORKING DEFINITION OF
RECOVERY

Person-Driven

Many Pathways

Holistic

Peer Support

Relational

Culture

Addresses Trauma

Strengths / Responsibility

Respect

Hope



**As part of the 2013-15
Biennial Budget – more than
\$1.2 million was allocated to
open three Peer Run Respite.**

https://www.youtube.com/watch?v=7_zvIN4_1Io



Transforming 'crises' into
opportunities to learn,
heal and grow
(413) 570-2990

AFIYA is a part of the
Western Mass Recovery
Learning Community
(RLC). The RLC strives to
create healing and learning
opportunities for individuals
and community as a whole.

What is Peer Run Respite?

- A crisis alternative for adults living with mental health or substance use concerns.



- Offers a safe, supportive environment for individuals who want and need peer support to navigate times of stress, emotional distress or crisis.

What to know...

- PEER RUN RESPITE IS COMPLETELY VOLUNTARY AND BY “SELF REFERRAL.”
- FREE TO ALL WISCONSIN ADULTS (AGE 18 OR OLDER).



- GUESTS MUST BE ABLE TO CARE FOR THEIR OWN DAILY LIVING NEEDS
- NO CLINICAL SUPPORTS/SERVICES ARE OFFERED



24/7/365 PEER SUPPORT
FROM PAID, TRAINED STAFF
WHO ALL IDENTIFY WITH
LIVED EXPERIENCE



GUESTS HAVE THEIR OWN
LOCKING BEDROOM, ACCESS
TO COMMON AREAS OF THE
HOME AND CAN COME AND
GO AS THEY WISH





- GUESTS CONNECT FOR ONE-ON-ONE AS WELL AS GROUP PEER SUPPORT TO LEARN FROM ONE ANOTHER AND EMPOWER INDIVIDUALS IN THEIR OWN RECOVERY AND WELLNESS.

PEER RUN RESPITE IS A GOOD FIT FOR INDIVIDUALS WHO CAN AGREE TO HOLD THE VALUES OF THE SPACE.

IT'S NOT A GOOD FIT IF THE INDIVIDUAL IS INTOXICATED, DISRESPECTFUL, VERBALLY ABUSE OR IN SEVERE, IMMEDIATE CRISIS.



**24/7/365 Peer Support
includes community
collaboration and resource
referrals.**



GRASSROOTS WELLNESS

A PROGRAM OF GRASSROOTS EMPOWERMENT
PROJECT

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FOR MORE INFORMATION...

[HTTP://WWW.DHS.WISCONSIN.GOV/PEER-RUN-RESPITE](http://www.dhs.wisconsin.gov/peer-run-respite)

[WWW.POWER2U.ORG/CRISIS-ALTERNATIVES](http://www.power2u.org/crisis-alternatives)