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)
• **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

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As part of the 2013-15 Biennial Budget – more than $1.2 million was allocated to open three Peer Run Respites.
https://www.youtube.com/watch?v=7_zvlN4_11o
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 abusive or in severe, immediate crisis.
24/7/365 Peer Support includes community collaboration and resource referrals.
GRASSROOTS WELLNESS
A PROGRAM OF GRASSROOTS EMPOWERMENT PROJECT

WELLNESS@GRASSROOTSPPOWER.ORG

820 N. BROADWAY AVE.
MENOMONIE, WI 54751
(800) 770-0588 X 1
FOR MORE INFORMATION...

HTTP://WWW.DHS.WISCONSIN.GOV/PEER-RUN-RESPITE
WWW.POWER2U.ORG/CRISIS-ALTERNATIVES