

X INFORMATION

TAB SECTION: 9

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DATE OF MEETING: 11/21/13

PREPARED BY: Desormeaux

DATE MATERIAL PREPARED: 10/18/13

AGENDA ITEM: Roundtable Discussion: Peer Respite Centers

ENCLOSURES: None

OTHER MATERIAL RELATED TO ITEM: None

Presentation:

A panel representing subject matter experts on peer respite programs has been assembled to speak about how these program models fill a crucial need in our communities.

Presenters:

- Yana Jacobs, Program Manager for the 2nd Story Respite House
- Jay Mahler, Consumer Relations Manager (former), Alameda County Behavioral Health Care Services
- Keris Myrick, Chief Executive Officer and President, Project Return Peer Support Network
- Laysha Ostrow, Executive Director, Lived Experience Research Network (LERN)
- Eduardo Vega, Executive Director, Mental Health Association-San Francisco

Background:

Peer respite programs are evidence-based, consumer-centered, recovery-oriented and effective crisis-stabilization supports for people experiencing intense psychological distress. Peer crisis supports, through their unique ability to activate hope, self-help and self-management strategies, have been shown to reduce expensive hospital stays, coercive involuntary commitment processes, suicide attempts and deaths.

As alternatives to hospitalization these programs often provide a significant cost savings in addition to having positive impacts on quality of life domains. A 2009 survey indicated that people preferred crisis intervention services, including phone help lines, peer support services, and crisis respite. (Lyons, Hopley & Horrocks, 2009).

Peer Respite services often include Daily Wellness activities; respite services and 24/7 warm lines. Documented positive outcomes are reduction of stigma, increased community integration and decrease in hospitalizations. Peer Respite centers introduce standards of care that are, compassionate, humane, respectful, trauma informed and recovery driven.

Second Story is a Peer Respite located in Santa Cruz, California. This short-stay program with six beds was established in 2010 through a federal grant to evaluate peer support services. Staffed entirely by individuals with lived experience of mental health issues, trauma, or extreme states, the house “provides an opportunity to experience what change feels like, and to learn new responses through relationships with each other” for Santa Cruz County mental health clients.

Project Return Peer Support Network (PRPSN) promotes wellness, personal growth and self-determination for people who have experienced mental illness by providing social opportunities, education, and community involvement. PRPSN is in its 18th year as a client-run peer support program. They are the successor to Return Project, started by Mental Health America of Los Angeles (MHALA) in 1980 as California’s first staff-facilitated peer support program for people with mental illness. In 1992, they made a transition to a client-operated program in response to the client empowerment movement and the client’s need for a greater voice in designing and running their own programs. In 2010 they became an independent, peer-run, 501(c)(3).

The Lived Experience Research Network (LERN) promotes service user/survivor leadership and inclusion in behavioral health and disabilities research, advanced clinical practice, and program evaluation to advance inclusion and social justice. LERN supports service user/survivor-identified students, researchers and evaluators, and is inclusive of those in academic, governmental, and community-based research/training settings. LERN advocates for increased accessibility in research and evaluation settings, social justice, and policy change, and aims to strengthen ties between stakeholders in the health and disabilities fields: community members, advocates, policy-makers, and researchers.