

Peer-Run Respite for Connecticut

For mental-health crises, a cost-effective alternative

What is a Peer-Run Respite?

A peer-run respite is a voluntary, short-term program that provides 24-hour community-based, non-clinical crisis support. It is operated in a home-like environment by peer support specialists, who have lived expertise with mental health conditions. Peer Support is recognized by the U.S. Center for Medicaid & Medicare Services (CMS) as an evidenced-based model of care.

Peer-Run Respite are Cost Effective

Complementary to our overwhelmed psychiatric crisis services, peer-run respites (PRRs) are less costly and often more effective than the alternatives. The average inpatient psychiatric stay in the US costs **\$7,100** and lasts 6.4 days⁷. In comparison, the same length stay at the Afiya Respite² in Massachusetts is **\$2,594**.

Peer-Run Respite are Unique

- Support is offered consensually, without coercion or force, creating a more respectful and warmer environment.
- Peer-run respites offer training in Alternatives to Suicide or Wellness Recovery Action Planning.
- Guests at Peer-run respites report high satisfaction^{1,2}.
- In contrast, forced treatment has poorer results and drives some people away from the mental health system³⁻⁵.

Peer Run Respite Support Recovery

At Afiya, a peer-run respite in Massachusetts, in 6 months:

- 92% of guests reported improvements to their *emotional health*,
- 75% reported *fewer hospitalizations*,
- 62% reported *better coping skills*².
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In another study, respite days were associated with fewer future inpatient and emergency hours⁶.

If a Peer-run respite hadn't been available, Afiya clients say

- 26% would have gone to the hospital,
- 23% would have stayed home (and not received any services),
- 23% offered other responses that ranged from "I don't know" to "get in trouble."



**KEEP THE PROMISE
COALITION**
Advocacy and action for Connecticut's mental health

NAMI Connecticut
National Alliance on Mental Illness

RockingRecovery.org
Recovery Innovations for Pursuing Peer Leadership and Empowerment (RIPPLE)

Questions? Contact Jordan Fairchild, jfairchild_ktp@cahs.org

Our Ask:

For 2022 we are requesting \$7.5 million for 5 Peer-run respites, one in each CTDMHAS Mental Health Region, as well as one centrally located Soteria House. This would cover costs for procuring facilities as well as start-up costs, program and staffing costs. For each subsequent year we would need \$6 million to run the programs.

The Soteria House will be for people experiencing psychosis, and will provide longer stays of up to several months, and with medical personnel to administer medications as needed. Soteria Houses currently exist in Vermont, Israel and in Europe. They have much better outcomes than traditional psychiatric care for psychosis. More information is available on request.

Citations

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8. World Health Organization. (2021). Guidance on community mental health services: promoting person-centred and rights-based approaches. 39 <https://apps.who.int/iris/bitstream/handle/10665/341648/9789240025707-eng.pdf?sequence=1> pp