



## Peer Run Respite - **Rhonda's House**



Rhonda's House (Iowa's Only Peer-run Respite Center) provides a safe and welcoming environment for individuals who are experiencing a mental health crisis and who voluntarily choose temporary respite services to restore well-being and the ability to manage their lives. Rhonda's House is an alternative to the more restrictive care of a locked psychiatric hospital facility.

At Rhonda's House, residents receive recovery support from trained and caring peer staff members who have also experienced mental health challenges and who can share successful strategies for regaining and maintaining wellness. The United States Substance Abuse and Mental Health Services Administration (SAMHSA) has recognized peer-delivered respite services for individuals experiencing a psychiatric crisis as an evidence-based practice.

### **NOW SERVING ALL OF IOWA**

**How to Request Services:** The individual can be referred to Rhonda's House by having them call **563-659-1171**. Individuals must call ahead for reservations and to go through our screening process. We keep everyone and everything confidential and cannot have people coming to the house to register, *"What said Here and Who is Here, Stays Here"*.