Peer Respite in Iowa

Life Connections Peer Recovery Services

Efforts have created the first peer respite in Iowa. Life Connections Peer Recovery Services a not-for-profit 501 (c) (3) organization is perfectly positioned to take on the challenge of bringing other peer respites to life, but funding is needed.

But what is peer respite?: Peer respite is a hospital diversion program that provides space for individuals who are experiencing or attempting to avoid emotional or psychiatric 'crisis'. The space is available for individuals to stay overnight for several days while they attempt to regain their footing and learn from the experience. Peer respite is non-clinical in nature, and everyone employed there is also someone who has experienced psychiatric diagnosis, hospitalization and a variety of other challenges that have interrupted their lives. They use wisdom gained from their life experience, enhanced by formal training, to support others to navigate similar challenges while minimizing disruption to their life.

"I don't understand why there aren't more peer respites around. What are people waiting for?"

- *Former peer respite guest*

Peer respite is a cost saving venture. Typical costs for inpatient care can exceed $1200.00 per day. On the other hand, cost of a peer respite house is approximately $382.00 per day. That amounts to a potential savings of over $800 per 24-hour period, and possibly thousands over the course of a week. 91% of recipient's have reported on arrival of struggling both with mental health and addiction. 91.5% of recipient's were from one of the three managed care organizations individuals. The national average annual budget for peer respite services ranges from $250,000 to $750,000

Even more importantly, peer respite changes lives. Both formal and informal research completed at existing peer respites across the country have told us that peer respite not only saves money, but can help people break out of cycles of repeat hospitalizations, avoid or reduce the need for other costly interventions, and support people to have fuller lives.

"I'll never go back to the hospital again."

- *Former peer respite guest*

Afiya peer respite in Massachusetts has produced four annual reports so far full of both statistics on points such as hospital use reduction, as well as quotes from individuals who have reported their lives have been positively impacted. (www.westernmassrlc.org/outcomes) Meanwhile, a formal research project conducted by Human Services Research International (HSRI) on Second Story respite in California found that individuals who used peer respite supports were 70% less likely to return to the hospital or use other emergency services. https://www.cbsnews.com/news/mental-health-respite-facilities-states/

"I'm connected to a whole community now."
- *Former Rhonda's House peer respite guest*

Life Connections Peer Recovery Services has committed and fought to bring peer respite to Iowa. They already have extensive experience facilitating an after hour recovery center that ultimately serves as a partner to the respite. The organization has a five bedroom house where the respite is serving the entire state of Iowa. The respite will operate on an annual budget of approximately $417,000. It is be based in Dewitt and is serving the state of Iowa. It has already made an impact to the lives of hundreds of people each year. **Watch our video here:**

https://www.youtube.com/watch?v=jcLY4sKVmI4&t=4s

https://lifeconnectionsrecovery.org/