

Afiya Peer Respite

- Alternative to locked psychiatric units
- Focus on self-determination and self-discovery
- Emphasis on experiences and adaptations rather than 'diagnosis' and 'symptoms'
- Private bedroom (with a lock!)
- Stay for up to one week



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Excerpt from Page 30, Peer Respite Handbook

- **Exists as a part of a larger organization:** Many (if not most) peer respites are connected to larger organizations that also offer other supports. Some of those larger organizations are clinical in nature (not ideal where it can be avoided), while others are considered to be peer-to-peer. Potential upsides include:
 - ⇒ Can pave the way to continuing a relationship with the organization even after leaving the respite
 - ⇒ Can create automatic partnerships and extra support for the respite team during difficult times and create easy access to additional resources



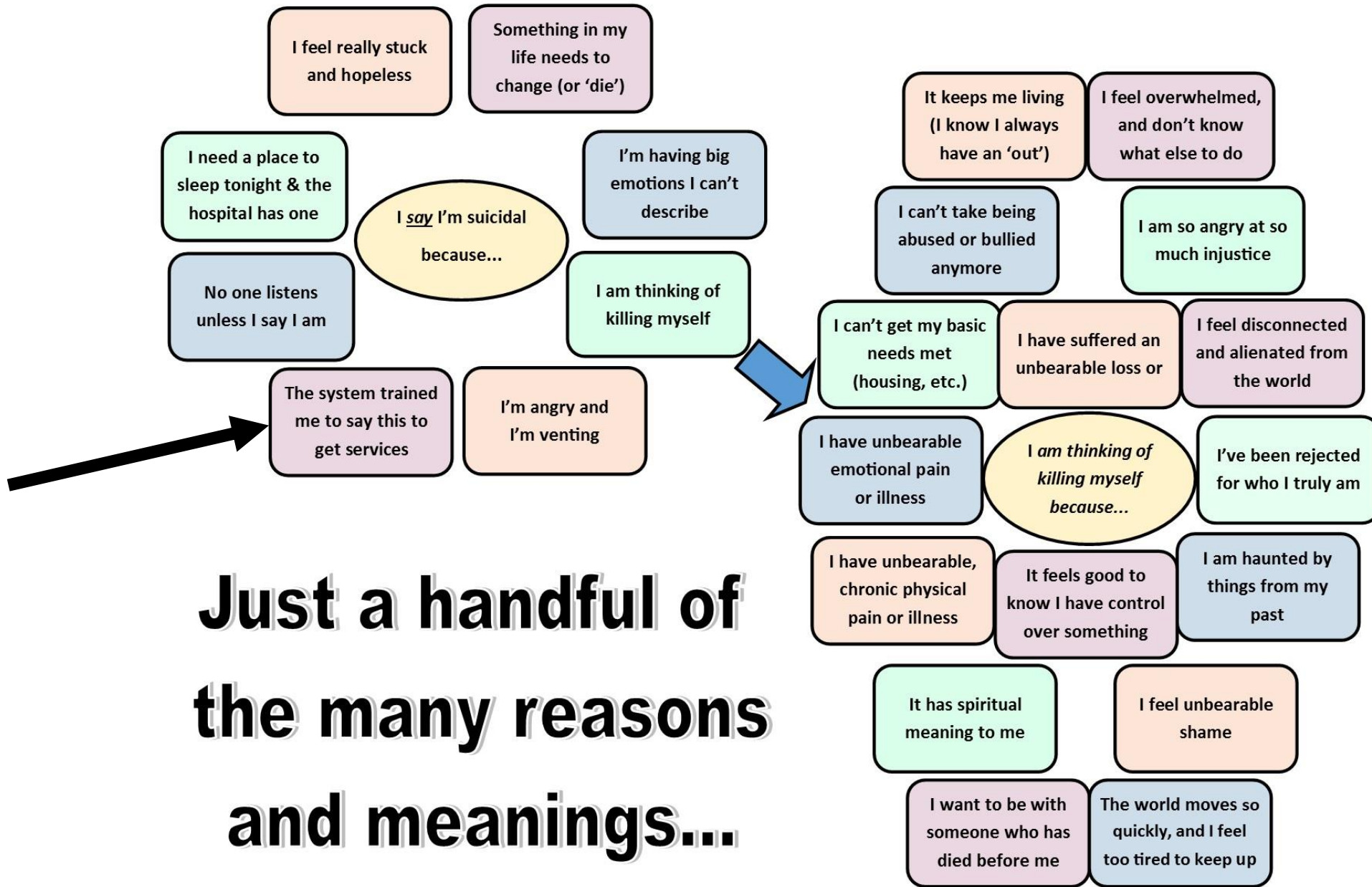
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Excerpt from Section 2.1, Page 6, WHO Guidance Document

Afiya House is located in Northampton, Western Massachusetts, in the United States of America. It is run by the Wildflower Alliance, a broad community of people working within a peer-to-peer framework; all Wildflower Alliance's staff identify as having faced life-interrupting challenges such as psychiatric diagnoses, trauma, homelessness, problems with substance use, and other issues. Not all peer respites are located within a broader and older peer-to-peer community like the Wildflower Alliance. This began five years before Afiya launched. **Individuals do not need to be in crisis to access support; during and after their stay at Afiya, they can use resources the Wildflower Alliance has to offer as much or as little as they wish.** The Wildflower Alliance operates resource centres in Holyoke, Pittsfield, Greenfield and Springfield; it has also developed groups, workshops and events in a variety of settings in the community.



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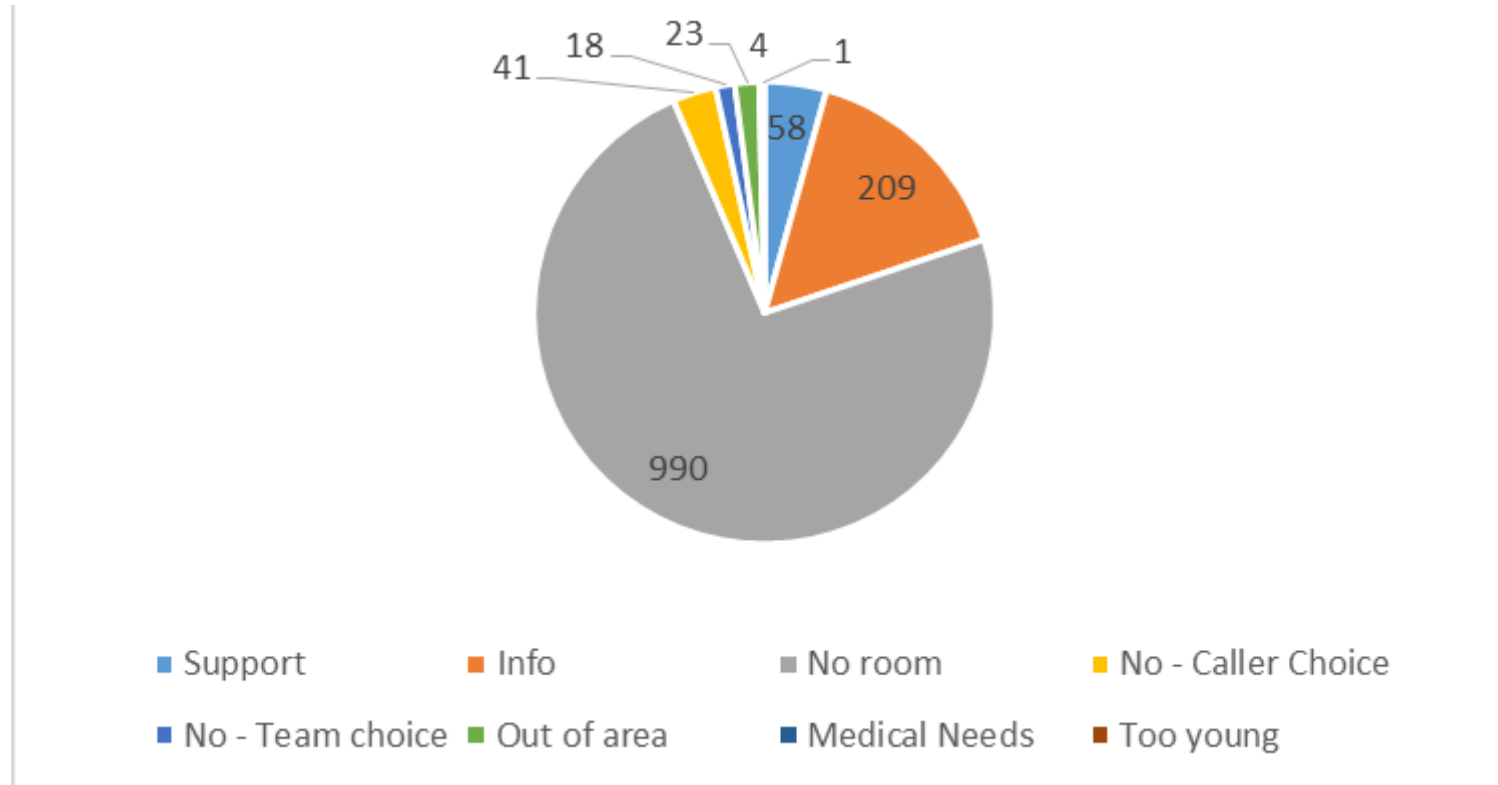
**Just a handful of
the many reasons
and meanings...**

When Peer Respite Isn't a Part of a Broader Community...

- Risk increases that the respite will become a life raft rather than a bridge to a full and meaningful life
- Risk increases of replicating the 'must be in a crisis' to access support mindset
- Risk increases that people will fall into a cycle of being in/out of respite due to lack of supports available when they leave



REASONS FOR CONTACTS THAT DID NOT RESULTS IN STAY AT PEER RESPITE



2017

No room, 2016 = 899

No room, 2015 = 724