Behavioral Health is Essential To Health

Prevention Works

Treatment is Effective

People Recover
Empowerment, Voice, and Choice in Behavioral Health Crisis Response: Grassroots Wellness Peer Run Respite and Learning Community

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Learning Objectives

Participants will be able to:

- Describe the trauma-informed principle of empowerment, voice, and choice;

- Learn how peer-run respite for adults with behavioral health concerns can be a viable alternative for those seeking to avoid or navigate a crisis;

- Name specific strategies that help to promote empowerment, voice, and choice.
Disclaimer

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What is a peer run respite?

A place for people with mental health, substance use, and/or trauma-related concerns who are in distress and that is:

- Trauma-informed
- Peer led
- Voluntary
- Short-term
- Home-like environment
Respites in Wisconsin

Grassroots Empowerment Project and advocacy efforts for peer-run respites in Wisconsin.

Grassroots Wellness Peer Run Respite opened in 2016.
Empowerment, voice, and choice during the entrance process for someone wanting to stay at Grassroots Wellness Peer Run Respite.
Empowerment, Voice, & Choice

Empowerment, voice, and choice during the course of a stay at Grassroots Wellness.
Empowerment, voice, and choice when leaving Grassroots Wellness after a stay.
Empowerment, Voice, & Choice

Empowerment, voice, and choice for people working at Grassroots Wellness as peer supporters.
Discussion

Comments and Questions
For more information:

http://www.grassroots-wellness.org

http://www.grassrootspower.org

http://www.peerrespite.net