Peer Run Respite Programs
Peer Run Respites
What We’ve Learned in 15 Years

Presented by: Steve Miccio
Chief Executive Officer of Projects to Empower and Organize the Psychiatrically Labeled, Inc. (PEOPLe, Inc.)
Today’s Goals

• Our history of how we started
• The four components that make the houses/services work well
• Future possibilities
Where we started

- Born on the grounds of tradition
- Personal experiences
- Marginalized care
Why Respite?

Diagram:
- Home
- Hospital
- Crisis

Flow:
1. Home to Hospital
2. Hospital to Crisis
3. Crisis to Home

Purpose:
- Provide temporary relief
- Support for caregivers
- Prevent hospitalization

SAMHSA logo and contact information at the bottom right.
Trauma Informed Environments
4 Vital Components of Success

- Philosophy (Culture)
- Mutuality
- Engagement
- Environment
Issues/Challenges

• Traditional perceptions of “Peer run” Respites
• Staff training
• Funding
• Outcomes
• Research
The Future

• Expansion into traditional services
• Integrity that promotes the value and outcomes of peer services
• Shifting the paradigm to whole health and wellness
PEOPLE, Inc.

Steve Miccio

845-452-2728 ext. 214

stevemiccio@projectstoempower.org
www.projectstoempower.org
Getting Started

• Funding

• Deinstitutionalization lead the state of NE to close down 2 out of 3 state hospitals. That money was allocated to the regions to go towards community integration services. Our region saw the benefits of peer run services and gave the Mental Health Association of NE a grant to start a house based on PEOPLe Inc.’s Rose House model
Next Steps

- Addressing stigma
- Finding a neighborhood
- Legislative hearings
- Where will the staff come from?
- How to train the staff
- Making connections with other local service providers
- Making the house feel safe, comfortable, and have a non-clinical atmosphere
Opening Keya House

Keya House opened in December of 2009
Keya House

- Data Collection
- Documentation and Forms
- The Guest Agreement
- The Wellness Vision and Action Plan
- Day Guest option
- 24/7 Warmline
- CARF Accreditation
Evolution of Services

- Volunteer/Intern Program
- Working with individuals and other providers, Keya is able to assist individuals while on long wait lists to get into drug and alcohol treatment
- Working with individuals receiving outpatient services for extra support
- Be an added resource to law enforcement
- Provide support and opportunity to those wanting to learn independence, daily living skills, overall wellness
Facts

- Keya House has never had any incidents of violence
- All of MHA-NE’s programs are free of charge and strictly voluntary
- Keya means turtle in the Lakota language
- Guests are welcome to discuss thoughts, feelings of suicide and/or self-harm without negative consequences
- Staff and volunteers are trained and required to use people-first, non-clinical, inclusive language
- According to Lincoln Police Dept., there has been no increase in criminal activity in the neighborhood since the opening of Keya House
- 97% Guest Satisfaction
- All of Keya House staff have started out as volunteers and many of them came as guests first
- Awarded 3 year CARF accreditation twice
Current Statistics

12/2009-12/2015

Number of guests: 527

Number of guests (unduplicated): 1212

Total Number of guests days: 4850

Average cost comparison for services (4,850 Days):

- Keya House ($284/day) $1,377,400
- Crisis Center ($600/day) $2,910,000*
- Hospital ($1,200/day) $5,820,000*

*Not including cost of emergency services (police involvement, medical services..etc.)
The Department of Corrections came out with an RFP to assist individuals coming out of incarceration get and maintain employment.

MHA-NE submitted a proposal for wrap around services including Employment Peer Specialists, Peer outreach workers and Honu Home.
Honu Home

- Honu means turtle in Hawaiian
- Honu Home is a peer run transitional living environment for individuals with mental health and/or substance use issues.
- Wrap around services are available as they work towards recovery while transitioning back into society.
- All Honu Peer Specialists have lived experience in the correctional system.
- Honu Home is based on the Keya House model.
Why Peers?

• HOPE

• People who have lived experience with trauma, mental health issues, substance use issues or all of the above are able to relate on a different level.

• We can provide an alternative resource that can often times prevent hospitalization, need for law enforcement or loss of human rights and dignity

• Intentional Peer Support 4 Tasks:
  • Connection
  • World View
  • Mutuality
  • Moving Towards
MHA of Nebraska

Ashley Wilksen
MHA-NE Keya House Program Coordinator
awilksen@mha-ne.org
402 730-8546

Alan Green
MHA-NE Executive Director
agreen@mha-ne.org
www.mha-ne.org
402 441-4371
Questions?

Ashley Wilksen
MHA-NE Keya House Program Coordinator
awilksen@mha-ne.org
402 730-8546

Alan Green
MHA-NE Executive Director
agreen@mha-ne.org
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Behavioral Health is Essential To Health

Prevention Works

Treatment is Effective

People Recover