

What is Peer Respite?

By Mike Witzky

“Peer Support/Respite is a place where it is safe to work on your recovery. You can be yourself here without being judged; and also are free to practice new ways of being. It is not a place where we will do it for you or tell you how to be. It is a place where you can work out what things would best help you to recover.”

“This program provides one with the opportunity to build a mutual relationship with a peer (someone who is going through the some experiences trials, and struggles you may be experiencing) within a safe, understanding, non-judgmental, and of course, confidential environment. I think you will find that speaking with a peer will be more comfortable and easy to relate to as we begin to learn from each other.”

“Peer support is communicating between two people having a feeling and what you have that’s bothering you. Respite is a place to go to be able to get support from a peer to help you feel better and more relaxed.”

“Peer Support and Respite Care – a sharing of responsibilities; individual care, rest, and wellness plan; companionship; scheduled activities and health care.”

“Respite Care (AKA: Peer Support): A vehicle for consumers, with support from fellow consumers, to increase their role in customizing, defining, and controlling their recovery processes, maximizing their independence in maintaining those processes and adapting to change as the need for change arises.”

“Respite is one way to help you in your time of need to be able to talk about what is going on and hopefully help you to work through a crisis with our help.”

“Respite is consumer operated center to give emotional support to those in need. It is short term care before or after being in the hospital instead of going home.”

“Respite Peer Support is designed to help a person who is going through a difficult time with their illness. Peer support is working together before or after hospitalization to get through a crisis. Today we are going to get to know each other better and come up with a plan to help us when or if the need does arise.”

“Respite is a program that we come together to build a relationship that both people have a responsibility to one another to build a support environment in a time of need, to share only what is OK for both parties to handle. Peer support is the art of listening and validating one’s life as truth as they see it.”

“Do you know anything about the program?”

Let me explain. My name is Lloyd. I am here to be a friend. Would you like to ask me anything before I explain what I am all about and the program? We are Peer Supporters who understand where you are coming from. We are here to give loving and caring support that would enable you to reach out with us, anything that you believe would be of help to you.”

It is based on recovery and promoting hope. It is free. It is a place to feel safe and open to change. It is a place to learn ways of taking care of yourself. It is a place when you “need” to be with a supportive person who has had problems similar to yours. It is a place to contemplate where you are in recovery and what you need. It is mutual responsibility.”

“We help you feel more comfortable around with people that have the same problems. We are here to listen, understand, and help you through the rough parts of your life. We understand if you want to talk. We will try our best to understand. It just takes time.”

“Respite Care is a way for you to get help from you peers when you are on the verge of or are in a crisis situation. It is a way to get help and understanding from others who have had similar illnesses and experiences. We will give you all the support that you can allow us to give. We hope that you will participate with us when you are able to.”

If you think someone in your family may benefit from professional assistance, please go to the “*Find a Service Provider*” section of the BHG Web site <http://www.bhg.org> to locate a behavioral healthcare agency in your county.

About the author:

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