



Wellness Respite Services

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Peer Respite

Peer run respites grew out of people with lived experience feeling re-traumatized when accessing traditional "crisis services" in our system, such as hospitalization.

People with lived experience in New Jersey strongly advocated for a peer-to-peer support that could provide a de-escalation of symptoms in a warm, home-like and accepting environment.

Presently, SAMHSA has designated Peer Support a "Best Practice" and an essential principle within their National Guidelines for Behavioral Health Crisis Care (samhsa.gov).



Haledon



Newark



New Brunswick



Wellness Respite Service Mission

To instill a sense of hope, empowerment, and self-determination in people in emotional distress fostering recovery and wellness in order to pursue valued life roles.

Wellness Respite Services Vision

The wellness respite provides guests with support and tools to pursue recovery and wellness

We aim to both inspire hope and assist guests in developing skills to access effective services that adequately address their particular health and life conditions



Wellness Respite Service Values

Hope

Resiliency

Respect

Genuineness

Specificity

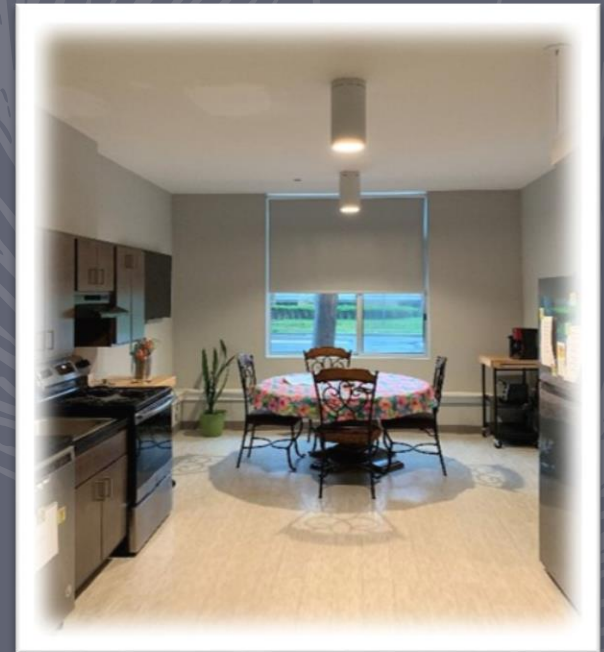
Empathy

Integrity

Positive
Expectations

Wellness Respite Goals

- To **Empower** individuals to re-establish healthy habits and routines
- To **Enhance** coping skills in order to manage crises or distress in order for individuals to resume valued life roles
- To **Provide** intensive short-term support through an alternative to hospitalization
- To **Strengthen** wellness self-care for managing the crisis and resuming valued life roles and responsibilities
- To **Assist** guests to be linked with healthcare providers, schools, jobs, and communities
- To **Encourage** by providing an example in a peer-based setting



Wellness, Crisis, and Trauma Informed Practice



How We View Crisis

- Crisis from the **Lens of Wellness**
- Opportunity for Personal Growth
- Our program recognizes crises are short term when a person may need assistance in managing distress that interferes with personal wellness

Lens of Wellness:

1. Crisis Awareness
2. Awareness of habits/routines
3. Planning
4. Control

How We View Wellness...



Not as the absence of disease or distress, but as the presence of purpose in life, active involvement in satisfying work and play, joyful relationships, a healthy body and living environment, and the presence of happiness.



What Are Wellness Respite Services?





Wellness Respite House or Intensive Outreach
within the community for up to 10 days



Follow-Up Services for up to 30 days on completion
of a stay or Intensive Wellness Outreach



Intensive Outreach Services for individuals on the
Waitlist



No cost to the guest for the services




Spanish services are available at the Haledon
Respite



Wellness Respite Service Options

Our Focus on Wellness

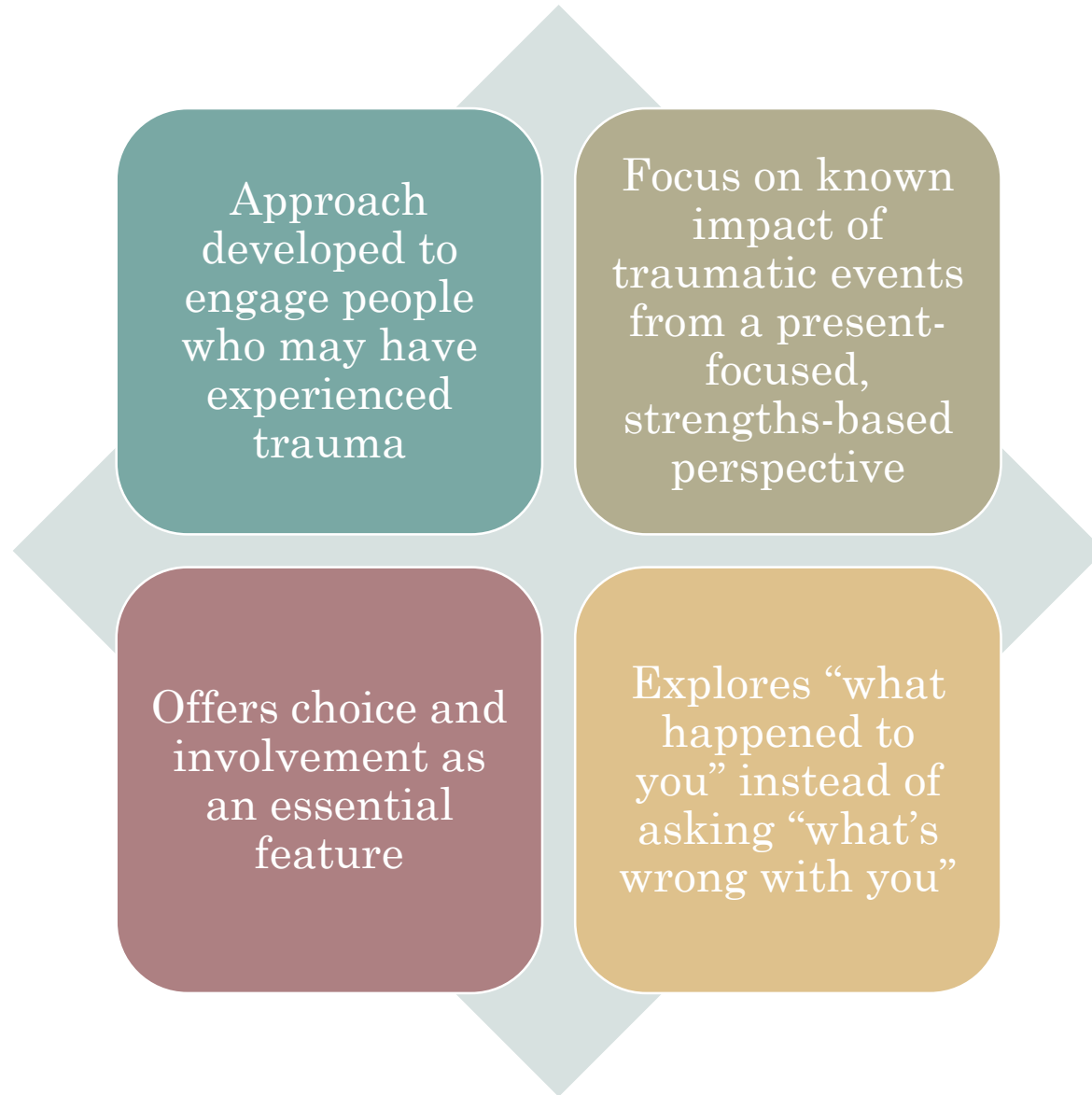


Self-care in the areas of sleep and rest, relaxation, nutrition, physical activity, and management of any medical or substance use issues

Intensive peer support and involvement in Wellness activities to help to restore balance and plan for adjustments to home, valued roles, and community activities

We Focus On Wellness





Trauma Informed Practice

Admission Into Wellness Respite Services

Admission Process &
Eligibility Criteria



Admission Process

01

All admissions occur via our direct phone line

02

All admissions must be *voluntary* and must come from the person seeking services

03

Staff review eligibility criteria and gather information

04

Nearly all admission decisions occur at the time of the call

Inclusionary Criteria

- Must be at least 18 years of age
- Must identify as living with a mental health or substance use disorder
- Must be in crisis or emotional distress
- Must desire to develop Wellness skills in a supportive community
- Must have a residence in the state of New Jersey
- Priority: First time guests of the Respite House and those who have not used the program's services in the last 30 days

Exclusionary Criteria

- Those requiring continuous nursing care or intensive medical assistance or ongoing care 24 hours/day, 7 days/week
- Anyone posing an imminent threat to self, others, or property
- Registered sex offenders & those with violent criminal histories
- Those solely seeking shelter

Wellness Respite Services

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What we offer...





LINKAGE AND
ADVOCACY WITH
COMMUNITY
RESOURCES



DEVELOPMENT OF A
WELLNESS PLAN



DEVELOPMENT AND
ENHANCEMENT OF
CRISIS MANAGEMENT
SKILLS



EXPLORATION AND
LINKAGES TO SELF-
HELP PROGRAMS
INCLUDING
COMMUNITY
WELLNESS CENTERS



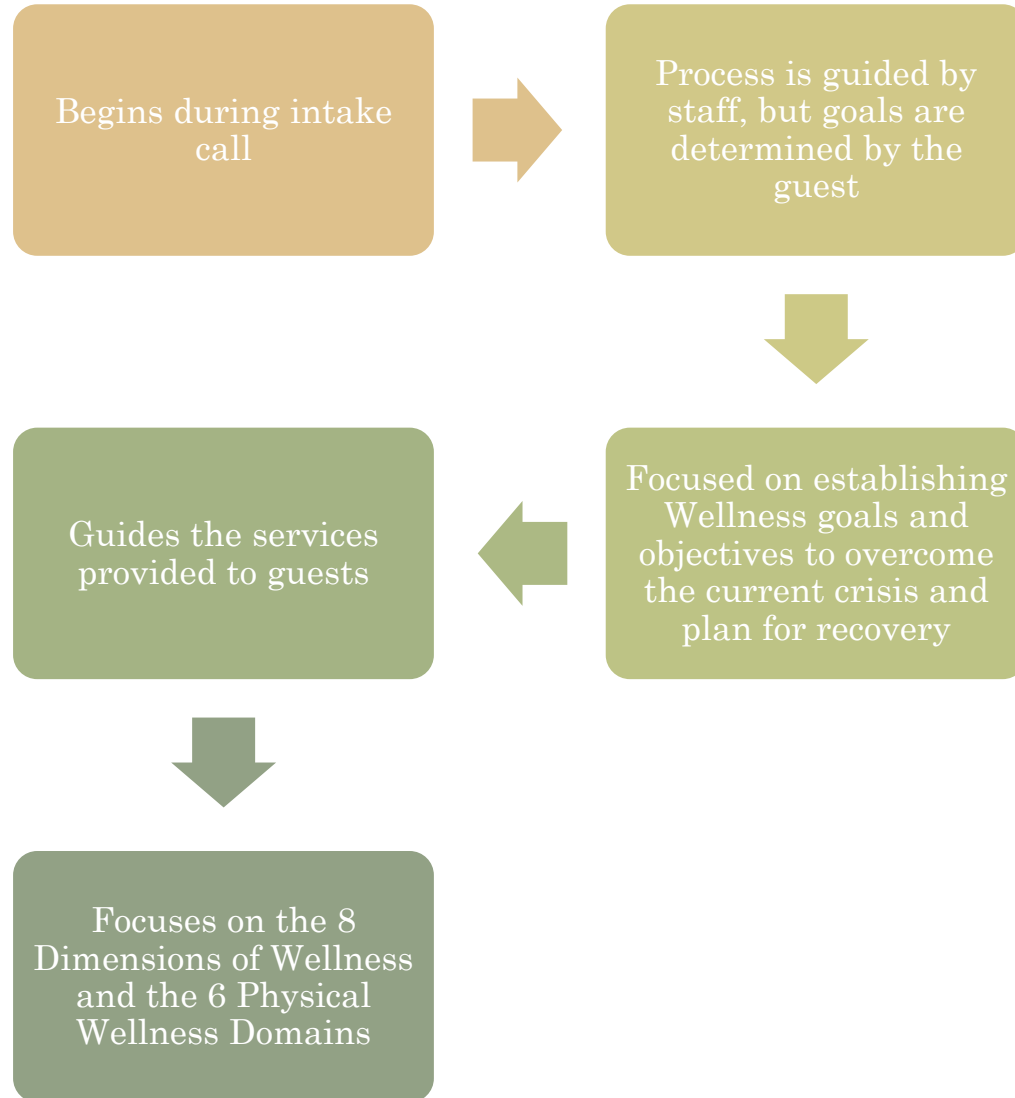
CRISIS AWARENESS
AND STABILIZATION



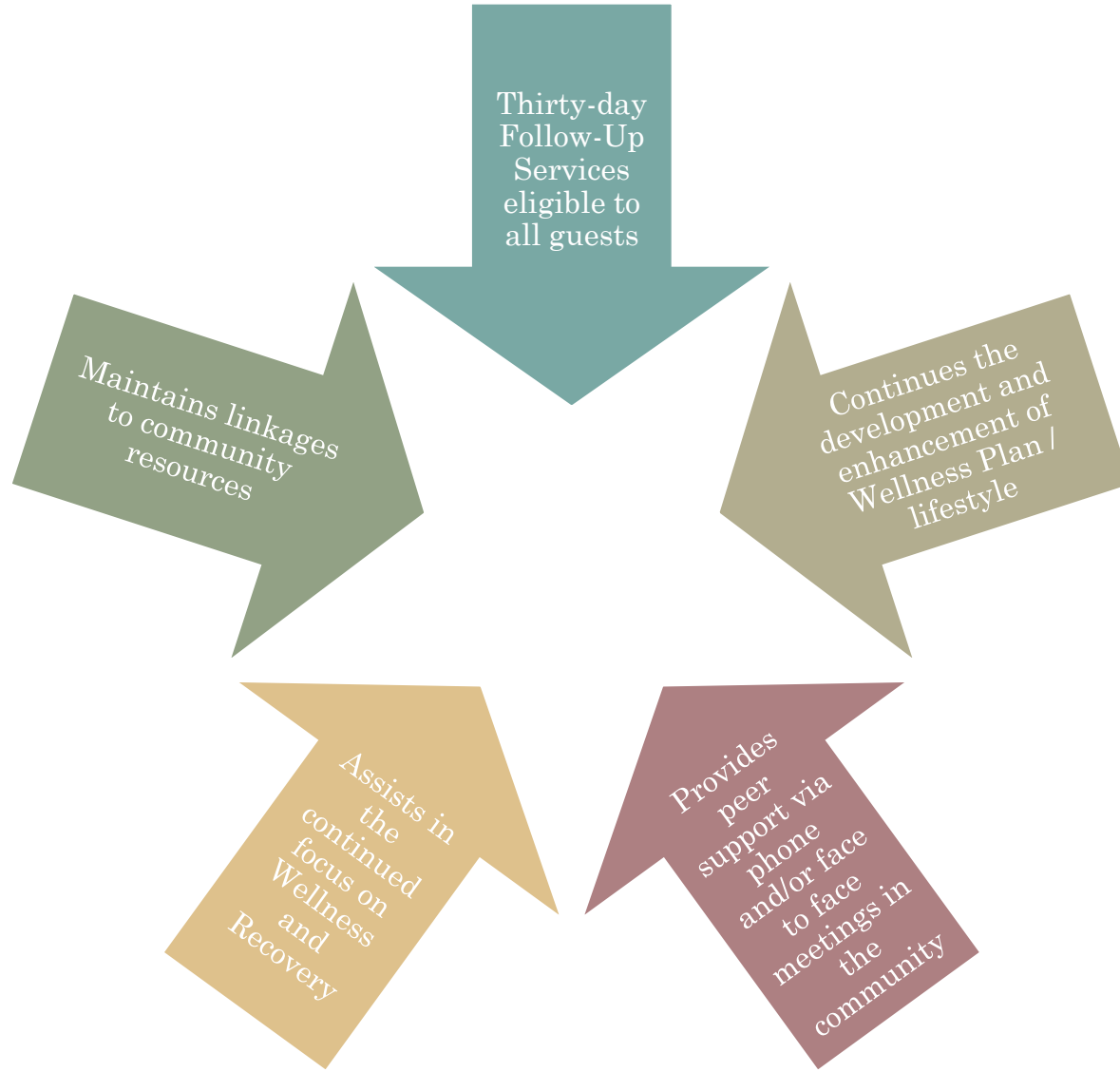
CREATION OF A
WELLNESS AND
RECOVERY ACTION
PLAN (WRAP)

Menu of Services





Wellness Planning



Follow Up Services

About Our Team



Staff is available 24 / 7

Peers with lived experience and non-peers who embrace Wellness

Trained and experienced in supporting others to transform crises into an opportunity for enhancing personal Wellness and Recovery

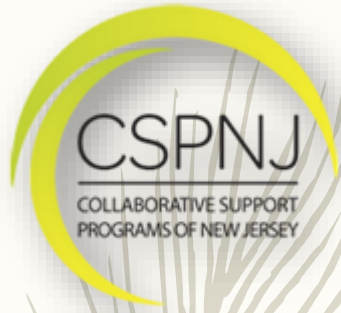
A Registered Nurse (RN) and an Advanced Practice Nurse (APN) who works in conjunction with a psychiatrist

Haledon Respite offers services in Spanish



COVID 19 Protocol

- We conduct a COVID-19 screening questionnaire prior to starting an intake
- Upon admission guests must wear a mask during transportation and in the common areas of the house
- Temperatures are checked with a touchless thermometer and taken daily
- Guests are asked daily if they are experiencing any COVID-19 symptoms during their stay
- Guests are expected to practice social distancing
- Guests are informed that visitors are not permitted inside the home
- Staff are required to disinfect high touch surfaces twice a day and conduct wellness checks with guests daily
- Staff wear N95 masks and unvaccinated staff complete weekly testing



Questions or Thoughts?

For intakes or questions call your nearest Wellness Respite!



New Brunswick
(732) 354-4403



Newark
(862) 229-1401



Haledon
(862) 239-9896