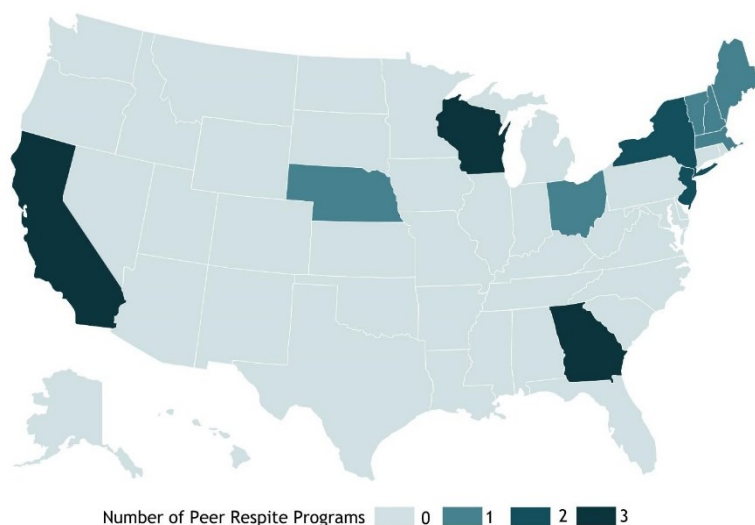


## Current & Planned Peer Respite Programs

# Basic Characteristics of Peer Respite

*A survey of current and planned peer respite programs in the United States: Summer/Fall 2014*

*Peer respites are voluntary, short-term, residential programs designed to support individuals experiencing or at risk of experiencing a mental health crisis. These programs are staffed and operated by peers with lived experience of the mental health system who have professional training in providing crisis support to build mutual, trusting relationships.*



The most frequently reported operating budget (24% of all respondents) was in the range of \$500,000 or more, though many programs are operating with lower budgets.

### Where does funding come from?

We asked the peer respites to report their sources of funding, and they could select multiple funding sources.

More than 80% reported receiving some funding from the state, and nearly 50% reported receiving some funding from a county or local agency. Very few reported private donations or foundation funding.

Program representatives were also asked about Medicaid or managed care contracts and “Other,” but none reported these funding sources.

### Funding Sources (n=17)

After reporting whether the peer respites received *any* funding from particular sources, representatives reported the percentage of the program budget received from those sources.

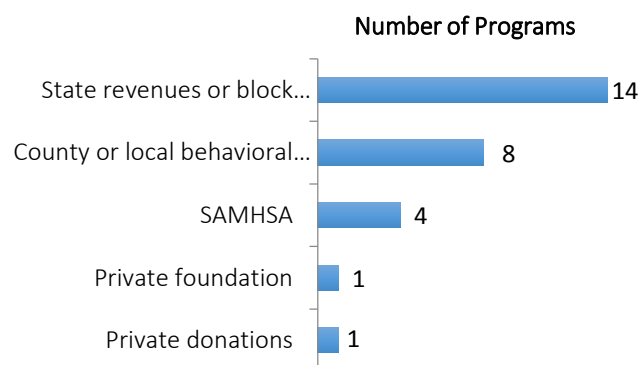
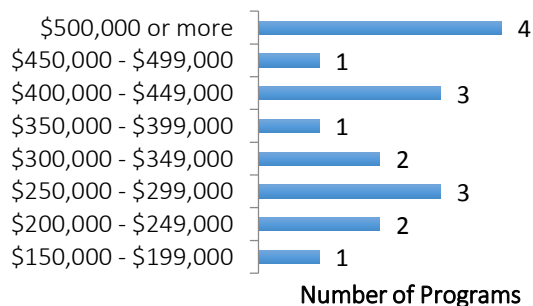
The purpose of this report is to share information on current characteristics of existing peer respites to inform program development in other states and localities, and provide information for other interested stakeholders.

During the summer and fall of 2014, we contacted 19 current and planned respite programs to participate in a survey, and representatives from 17 programs responded. We asked program representatives about some of the basic characteristics of their peer respites—including funding, staffing, and policies regarding guests.

### How much does it cost to run a program?

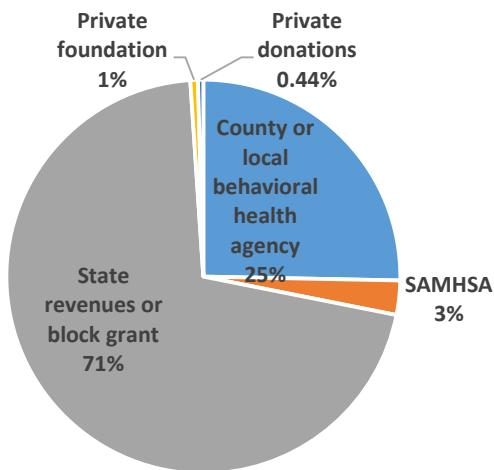
The peer respites were asked to report their annual operating budgets, given that a common question when considering whether to open a new peer respite is how much it costs to run one of these programs.

### Operating Budget (n=17)



We combined the percentages across programs to create an average for peer respites. The following graph shows *on average* how much of peer respite funding comes from each source.

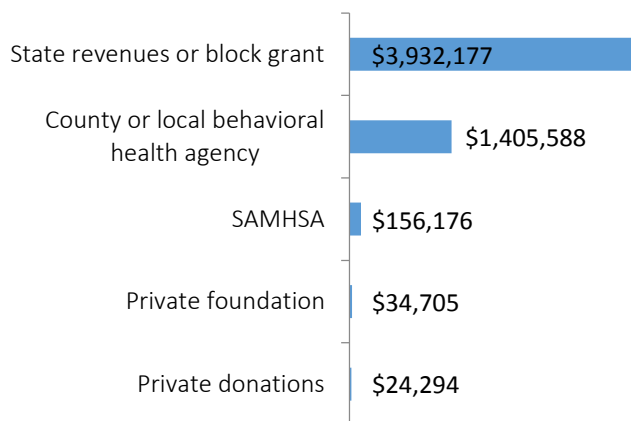
**Proportion of funding sources across programs (n=17)**



From the total operating budgets and the percentage of funding received from each source, we calculated an estimate of how many “peer respite dollars” across the country are coming from each funding source.

The following graph provides an idea of how many dollars are coming from each funding source across the country to run all of the peer respites.

**Total estimated dollars by funder across all programs (n=17)**



## Staffing and Guests

Peer respites reported the number of staff/volunteers they employ and have available at certain times to support people in the house.

**Staffing patterns (n=17)**

	Mean	Range (Min-Max)
Full-time peer staff	3.65	0 – 7
Part-time peer staff	5.71	1 – 13
Peer volunteers	3.1	0 – 22
Number of staff per shift on weekdays	2.12	1 – 4
Number of staff per shift on weekends	1.76	1 – 3
Number of staff per shift at night	1.18	1 – 2
Also employs non-peer staff (# of programs)	2	-

The peer respites reported how many people can stay at the house at one time, how many days people stay on average, and the maximum number of days that people are allowed to stay. From this we calculated the average program “census.” This is the percentage at capacity the peer respites are on average (i.e., how many people are there over the year out of how many people *could* be there).

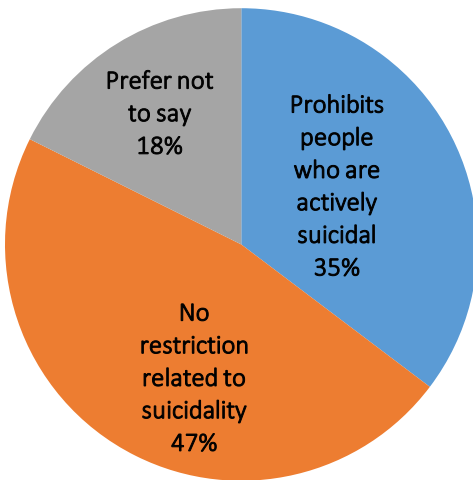
**Capacity and census (n=15)**

	Mean (or %)	Range (Min-Max)
Number of guests accommodated at once	4	2 – 8
Average length of stay	5.9	0 – 11
Maximum length of stay	9.0	5 – 29
Average program census	51%	29% - 99%

*Peer respites open for less than one year were excluded from these analyses.*

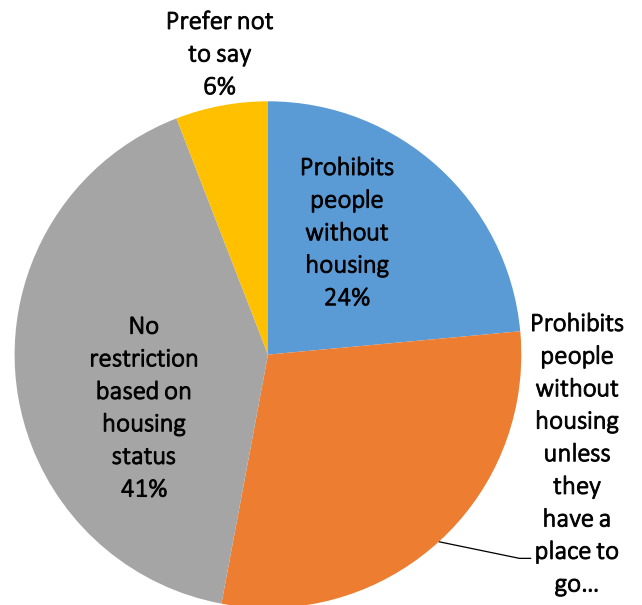
Finally, the peer respites reported their program's policies regarding people experiencing suicidality and homelessness. About half of the programs reported no restrictions related to suicidality.

#### Policies on suicidality (n=17)



Just under half of the programs had no restrictions regarding housing and homelessness, and just over half had policies related to housing status.

#### Policies on homelessness (n=17)



#### Next Steps

Peer respite programs continue to grow in number nationwide. We hope that respite program directors and staff will continue to learn from one another to establish best practices in and identify sustainable funding sources while also tailoring their programs to meet the unique needs of their communities.

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*October 22, 2014*

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