

# ▶▶ Peer Respite

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LOS ANGELES COUNTY  
**DEPARTMENT OF  
MENTAL HEALTH**  
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## ▶▶ Program Description

The Peer Respite program provides temporary, voluntary, non-clinical residential program for people prior to the need for hospitalization or post-hospitalization. Staffed by Peer Support Specialists provide a cost-effective alternative to hospitalization by offering meals, resources, guidance, skill building, support groups, and one-on-one conversations, for assist people strengthen their emotional capacity and avoid psychiatric emergency services.

Peer respites offer a home-like environment that is recovery-oriented and community connected. This crisis diversion program helps individual to manage distress, without the need for intense crisis services.

## ▶▶ Peer Respite: Details

Item	Response
Level of Service	Outpatient Services
Will the program be funded by the Behavioral Health Services Act (BHSA)? (If yes, indicate BHSA funding type)	Yes
Will the program grow, shrink or stay the same? (Please explain, if its growing or shrinking, will the program expand/decrease services in directly operated, contracted?)	This program is expanding to include additional service areas and will grow the departments contracted services.

## ▶▶ Priority Goal #1: Access to Care Goal for Improvement

The timely and appropriate use of health services to achieve the best possible health outcomes, inclusive of all modalities. Improving Californians' access to care is necessary for improving outcomes.

- Adding additional Peer respites will increase the access to care by having more access points throughout the county. This program creates a non-traditional service to individual who are experiencing distress but not yet in crisis – providing a new avenue for care in their local area.

## ▶▶ Priority Goal #2: Homelessness Goal for Reduction

**People who are homeless or at risk of homelessness. Addressing the increase in statewide homelessness is crucial to ensuring unhoused individuals living with significant behavioral health needs receive regular access to behavioral health treatment and safe and stable housing where they can recover.**

- The Peer Respite program reduces homelessness providing temporary housing for individuals in distress. Additionally, Peer Respite will focus on linking individuals to supportive housing.

## ▶▶ Priority Goal #3: Institutionalization Goal for Reduction

**People who are homeless or at risk of homelessness. Addressing the increase in statewide homelessness is crucial to ensuring unhoused individuals living with significant behavioral health needs receive regular access to behavioral health treatment and safe and stable housing where they can recover.**

- The goal of the Peer Respite program is to reduce hospitalization rates by offering a voluntary, less-coercive alternative to acute care for individuals experiencing psychiatric distress. The respite provide a safe home-like environment with support from Peers with lived experience.
- Research shows that peer respite guests are less likely to use inpatient or emergency services and can experience improved recovery outcomes compared to traditional psychiatric care.

## ▶▶ Priority Goal #4: Justice Involvement Goal for Reduction

**Reducing adults and youth living with behavioral health needs who are involved in the justice system - including those who have been arrested, are living in, who are under community supervision, or who have transitioned from a state prison, county jail, youth correctional facility, or other state, local, or federal carcel settings where they have been in custody of law enforcement authorities.**

- Peer respites focus on crisis diversion by providing a space for individuals in distress instead of requiring them to go to hospitals or potentially interact with law enforcement.

# Questions?



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