Wellness Respite Services

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Collaborative Support Programs of New Jersey
Peer Respites

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).
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
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

EMOTIONAL
Coping effectively with life and creating satisfying relationships.

ENVIRONMENTAL
Good health by occupying pleasant, stimulating environments that support well-being.

INTELLECTUAL
Recognizing creative abilities and finding ways to expand knowledge and skills.

FINANCIAL
Satisfaction with current and future financial situations.

PHYSICAL
Recognizing the need for physical activity, diet, sleep, and nutrition.

SOCIAL
Developing a sense of connection, belonging, and a well-developed support system.

SPIRITUAL
Expanding our sense of purpose and meaning in life.

OCCUPATIONAL
Personal satisfaction and enrichment derived from one’s work.
Trauma Informed Practice

Approach developed to engage people who may have experienced trauma

Focus on known impact of traumatic events from a present-focused, strengths-based perspective

Offers choice and involvement as an essential feature

Explores “what happened to you” instead of asking “what’s wrong with you”
Admission Into Wellness Respite Services

Admission Process & Eligibility Criteria
# Admission Process

1. **01** All admissions occur via our direct phone line.
2. **02** All admissions must be *voluntary* and must come from the person seeking services.
3. **03** Staff review eligibility criteria and gather information.
4. **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 Respites Services

What we offer...
Menu of Services

- 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)
Wellness Planning

Begins during intake call

Process is guided by staff, but goals are determined by the guest

Focused on establishing Wellness goals and objectives to overcome the current crisis and plan for recovery

Guides the services provided to guests

Focuses on the 8 Dimensions of Wellness and the 6 Physical Wellness Domains
Follow Up Services

- Thirty-day Follow-Up Services eligible to all guests
- Maintains linkages to community resources
- Continues the development and enhancement of Wellness Plan/lifestyle
- Assists in the continued focus on Wellness and Recovery
- Provides peer support via phone and/or face to face meetings in the community
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