Termonn Peer Respite House

Termonn is a Gaelic term for sanctuary

"A home is a kingdom of its own in the midst of the world, a stronghold amid life's storms and stresses, a refuge, even a sanctuary." Dietrich Bonhoeffer

Termonn- Hope Meets You at the Door

- Termonn is open and fully staffed 24/7/365
- Staffing includes Certified Peer Counselors and a supervising MHP/CPC
- ADA Accessible
- Four private suites - 3 of which are ADA accessible
- Common areas include:
  - Great room with a fully equipped kitchen
  - Laundry room
  - Covered patio area with outdoor furniture
  - Backyard retreat area
- To maintain the privacy of guests, Termonn is designed such that the staff break area, janitors closet, mechanical room are all separate from areas of the house utilized by guests.
Brief History of Peer Respite

- The first peer operated respite in the United States was Stepping Stone in New Hampshire in 1997.
- Fourteen States now have active peer respite programs
- Two agencies are currently providing peer respite in Washington State
  Three Rivers in Kennewick
  Ternonn in Spokane
- *Ajuso House in Stanwood (Snohomish County) scheduled to open 12-2024

Peer Respite is an addition to The Continuum of Care

- Office or outpatient
- Intensive case management
- Day treatment program
- Intensive outpatient program - Peer Respite is an intensive outpatient program
  - Partial hospitalization (day hospital)
  - Emergency/crisis services
  - Evaluation & Treatment Center
  - Hospital treatment
Peer Respite is...

- Voluntary intensive outpatient peer support
- Available for up to 7 nights in a 30 day period
- Peer based crisis support services
- Provided in a homelike setting
- For individuals experiencing psychological, emotional, or behavioral health distress
- Certified Peer Counselors working in partnership with guest to help them maintain and move forward with their recovery
- Designed to provide peer driven stabilization services to help individuals avoid higher levels of behavioral health care or to support stabilization after release from a higher level of care

Peer Respite works in conjunction with other outpatient services

While at peer respite individuals
- Maintain appointments with all their outpatient providers
- If employed, continue to work
- Come and go as they please and maintain their connections to family, friends, and the community
Termonn Eligibility

- Individuals 18+ and meet medical necessity requirements
- Medicaid enrolled/eligible in Washington State and enrolled in Molina, Coordinated Care, Wellpoint, or CHPW.
- Non-Medicaid eligible individuals living at or below 220% of the federal poverty level and who reside in Spokane, Stevens, Pend Oreille, Adams, Ferry, or Lincoln County
- It is preferred that guests have a home address to which they can return after their stay but not mandatory. Individuals experiencing homelessness will be accepted on a case by case basis.
- Individuals that are medically stable & can manage their own ADL’s
- Individuals who are not actively using alcohol or recreational drugs

Guest Expectations

List below contains a few examples of the house rules but is not exhaustive:

- For the safety and privacy of all, only guests, Termonn staff members, or maintenance providers may be in the house.
- The stay is voluntary and guests can leave anytime they wish. However, if a guest chooses to leave after 10:00 pm, they will be asked to not return until 8:00 am the next day. Exceptions to this rule will be made for any guest who works a night shift.
- Guests must do their own laundry and bring in or prepare their own meals.
- Guests must participate in keeping the common areas clean.
- Emotional support animals will not be allowed and service animals will be allowed on a case by case basis.
ACCESS

A referral is not necessary and would be contrary to the concept of self-directed recovery

- As with all peer services, individuals are encouraged to self-refer
- Agencies, providers, friends, relatives- all those who touch individuals with lived behavioral experience are encouraged to reach out to Passages for more information and to share that information with those potential Termonn guests you encounter.
- Anyone interested in learning more about peer respite is encouraged to reach out to the Termonn Clinical Director or the Termonn Clinical Supervisor (contact information at end of presentation).

Admission Process

- Peer respite is funded with Medicaid and will require an abbreviated clinical assessment
- Potential guests will first go through a phone screen to be respectful of time for all and ensure the potential guest meets the age and insurance criteria.
- Potential guests will be given a tour of the house and a copy of the house rules PRIOR to conducting a clinical assessment.
- If the environment and house rules are acceptable, the clinical supervisor will then work in partnership with the guest to conduct an abbreviated clinical assessment and develop goals for their stay.
- Clinical Assessments & admissions will be done Monday-Thursday between 10:00 am-4:00 pm.
Discharge Process

- On the 7th day of a guest’s stay or prior if the guest chooses, a discharge plan that was started at intake will be finalized with the guest.
- The morning of the day a guest is leaving, they will be asked to strip their bed and wash & dry all linens/towels provided at admission.
- Cleaning products will be provided to lightly clean the suite to which the guest was assigned.
- Any books, games, or musical instruments checked out during the stay will need to be returned.
- The guest will be responsible for removing all food and personal items they have brought in to the house.

Peer Respite is not a...

- Drop off site
- Group home
- Shelter
- Bed and breakfast-guests are welcome to bring food and use the fully equipped kitchen to prepare meals, go out to eat or have prepared food delivered to the house
- Hotel- there are expectations around chores and keeping the space clean
- Hospital diversion for an individual who needs a higher level of care
PEER RESPITE CAN

- Prevent higher levels of care such as hospitalization
- Function as a recovery-based safety net for those being discharged from a higher level of care
- Support youth age 18-20 enrolled in Wraparound with Intensive Services (WIS) Peer Respite
- Support individuals experiencing homelessness based on their individual circumstances
- Support those who are newly housed
- Support those who are stable but early in their recovery from substance use disorder

Guest Feedback

- I am actually ready to return home today. I feel good about my time here and am definitely looking forward to coming back. Now I have the energy to go home and give my husband a break."

- "Being here finally gave me a chance to reorganize my thoughts away from the chaos at home."

- "I felt like every single staff person who worked here was exactly who I needed for that day."

- "For the first time in a long time, I finally feel like I can make the first steps towards getting my life back on track. You all have given me so much in the way of resources and just being there, I really needed this more than I thought."

- "I didn't anticipate how nice this place would be. I liked being able to go out and go to group, school and stay up on all of that."
PEER RESpite LEAD STAFF

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