

Two Pillars Of Strength:

A Partnership Of Superhero Proportions

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Welcome!



Presentation Overview

- The Role of the “Dynamic Duo” (Two Pillars)
- What is Respite
- Benefits of Respite Care
- The Process of the “Dynamic Duo” (Two Pillars)
- Family Support vs Peer Support
- Fun with the “Peer Support Partner!”
- Testimonial from Family Member
- Questions and Answers



Best Practices and Evidence-Based Program

- The basis of the PSA Peer Respite program is Peer Crisis Respite, a best practice which is a participant –driven, recovery oriented practice designed to help participants develop the strength to self-manage their illness, avoid crisis situations, and remain in the community.
- It also promotes recovery and wellness through proactive outreach, peer support, and education in a community setting.

The Role

Who are the Two Pillars Of Strength?

- The supportive team:
- The FSP- Family Support Partner
- The PSP- Peer Support Partner





What is Respite?

- Respite is a “break” or “time away from usual activities.”
- In a formal “respite” program such as the PSA model, caregivers are given the opportunity to do things they may have been unable to do because they were caring. The FSP is always available to give the family members (caregivers) support and education if requested while the PSP helps the participant become and stay engaged in his/her personal process of recovery.



Benefits of Respite Care

- **RELAXATION** Respite gives families peace of mind, helps them relax, and renews their humor and energy;
- **ENJOYMENT** Respite allows families to enjoy favorite pastimes and pursue new activities;
- **STABILITY** Respite improves the family's ability to cope with daily responsibilities and maintain stability during crisis;
- **PRESERVATION** Respite helps preserve the family unit and lessens the pressure that might lead to divorce, institutionalism, neglect and child abuse;
- **INVOLVEMENT** Respite helps families become involved in community activities and feel less isolated;
- **TIME OFF** Respite allows families to take that needed vacation, spend time together and have time alone; &
- **ENRICHMENT** Respite makes it possible for family members to establish individual identities and enrich their own growth and development.



Family Member Quote

- **“I need much more than time—I need the security that comes from knowing that the person I’ve left my son with is as capable as I am of providing for his needs. You simply can’t relax and enjoy yourself and worry at the same time. It’s peace of mind I need—not just time.**

Goals of PSA Respite Program

- To engage the participant in working toward his/her own recovery goals.
- To improve the participant's perception of his/her own recovery.
- To enhance the family/caregiver's well-being.
- To avoid placement disruption/crisis hospitalization.

Framework of Respite Program

- Intake Process
 - Planned- Proactive interviewing
 - Unplanned- Urgent intakes
- Collaboration with the family/caregiver
- Coordination with the clinical team
- Programs and Service locations
- In-Home Services
- Transportation
- Cultural and Linguistic Responsiveness
- Service Hours



Admission Criteria

- Adult, Ages 18 or older; NTXIX SMI, TXIX SMI and GMHSA
- Referrals accepted from all sources “no wrong door” approach
- Reasonable expectations to be responsive to Peer-Driven In-Home Respite Services; customized services consistent with diagnosis, capacity and readiness towards recovery.
- Significant symptoms that interfere with the individual’s ability to function in at least one life area.
- Voluntary agreement by the person served to participate in the Peer-Driven Respite Service
- Admission consideration is given on a case-by-case basis dependent on the family member and participant need, and based on availability of service.

The Process of the “Two Pillars”

- PSP and FSP work cooperatively to do the initial intake and evaluation of the respite referral.
- The PSP works with the enrolled member to determine what services they would like during the time of the family respite.
- The FSP works with the family members offering family support and assisting them in learning about the enrolled member’s challenges. If the family members decline this service the FSP will continue to offer periodic support if requested.



Role of the Family Support Partner

- **Family Support Partner (FSP)**
 1. Participates in intakes,
 2. Facilitates support groups,
 3. Provides education to family members
 4. Works individually with family members
 5. Provides community education and activities

Family Support



Family Support vs. Family Education

- The approach taken in **PSA Family Support Groups** represents an intersection between parent education and parent support. It utilizes the format of family education while offering the individual emphasis and more intensive personal exploration associated with family support.

Peer Support



Role of the Peer Support Partner

Peer Support Partner

- Works with the enrolled member offering peer support services as needed or requested.
- Provides linkages to community resources and activities which support the participant in his/her recovery.
- Provides psychosocial education as needed or requested.
- Assists in community integration activities with the participant.

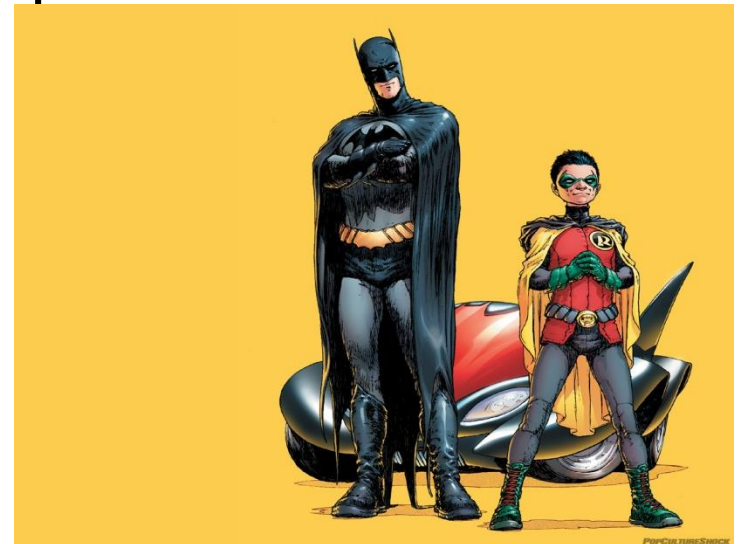


Fun with the “Peer Support Partner!”

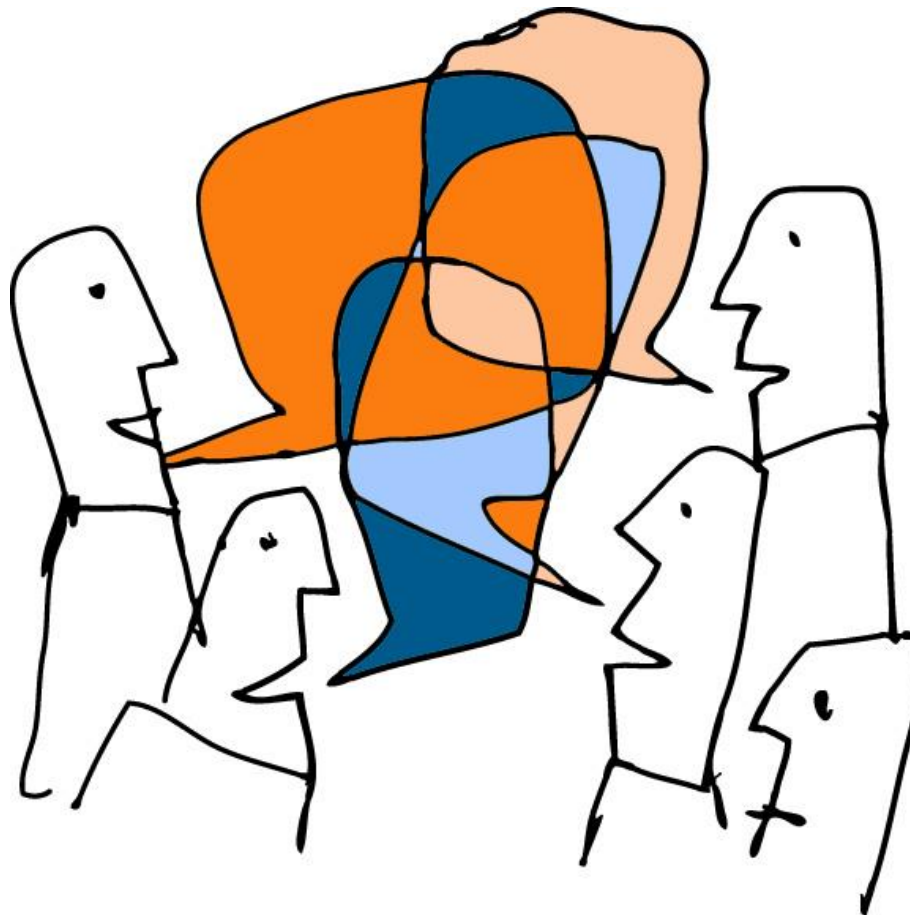
- **Activities**
- “Let’s Go to the Movies”
- “Let’s Take a Ride on the Bus”
- “Let’s Be Creative”
- “How About Some Ice Cream?”
- “Let’s Go to a Meeting”
- “Let’s Chat About Recovery”
- “Let’s Give Cooking a Try”
- “How About Organizing?”

Simply put....

- The dual relationships created, the focus on collaboration and partnerships make the team of the “Two Pillars of Strength” an unstoppable force and a partnership of superhero proportions.



Question & Answer





THANK YOU

- The “The Two Pillars of Strength” and PSA Behavioral Health Agency would like to thank you for your participation in this presentation.
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