

Free Webinar: Peer Respite - Research and Practice

National Empowerment Center <info4@power2u.org>

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Compassionate Approaches to Crisis Webinar Series

Over the next several months, the National Empowerment Center will be offering several webinars on peer-run services serving individuals experiencing an emotional crisis. Topics covered will include peer-staffed warmlines, peer respites, and clinical approaches informed by peer values.

The next webinar in the series is scheduled for **Wednesday, May 20th, at 2:00pm Eastern, 11:00am Pacific**. The webinar will introduce participants to peer-run respites.



Wednesday, May 20th, 2020
2:00 - 3:30 pm ET

Peer Respite: Research and Practice

Peer respites are short-term, voluntary crisis programs staffed by people with lived experience of emotional distress and mental health challenges, where individuals in crisis can receive care in a home-like, compassionate environment. Peer respite centers can be utilized as a diversion from psychiatric hospitalization or as a supplemental support in addition to traditional mental health services. In this webinar, presenter Morgan Pelot will discuss the research on the effectiveness of peer respites and the evidence supporting them. Presenter Sae Kim will discuss a practical application of this literature at the Monarch House, a peer respite in Wisconsin. Sae will also

cover how peer respites are responding to COVID-19 and how these crisis services are valuable during this time of quarantine.

Presented By:



Morgan Pelot is a Research Assistant with [Live & Learn, Inc.](#), a social enterprise that provides public health research, consulting, and knowledge translation services and specializes in partnerships between community members and researchers in public and academic settings. She has worked on the [2018 Peer Respite Essential Features survey](#) and reports, the [Psychiatric Medication Discontinuation/Reduction study](#), and the [Certified Peer Specialist Career Outcomes Study](#). Morgan served as a peer counselor for two and a half years at Second Story Respite house in Santa Cruz, CA where she first learned she could use her lived experience to support others. She graduated from University of California, Santa Cruz with a major in Psychology and Molecular, Cell, and Developmental Biology and is particularly interested in psychosocial approaches to emotional health and alternative treatment research.



Sae Kim currently serves as the executive director of Wisconsin Milkweed Alliance, Inc. (WIMA), a non-profit peer organization that oversees the Monarch House Peer Run Respite program in northwest Wisconsin. Sae is a Korean national who spent most of her life in the U.S. and has experienced a host of challenges arising from the

immigration system. Sae's background is in social work and public interest law. She has worked with children and families as well as undocumented folk.

Sae initially entered the more traditional mental health care system in college and continued the exploration on and off but found herself craving other supports, especially after a particularly distressing hospitalization. Sae stumbled upon the concept of peer support when Monarch House Peer Run Respite was first recruiting team members and found it utterly liberating and empowering. Sae initially joined the organization as a program coordinator and assumed the role of executive director since then. Sae hopes that WIMA will continue to grow and support our community and will eventually become part of our collective consciousness in any dialogue about mental health and wellness.



Moderator: Shira Collings
Youth Coordinator, National Empowerment Center



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