

Life Connections



Peer Recovery Services

“The Road to Recovery Never Ends”

***Life Connections Peer
Recovery Services.
What Do We Do?***

Peer Run Respite - Rhonda's House

Wellness Recovery Center

(W.R.A.P.) Wellness Recovery Action Planning

Iowa Peer Workforce Collaborative subcontractor

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What is Rhonda's House and what is a Peer Respite?

Peer respites are voluntary, short-term, residential programs designed to support individuals experiencing or at-risk of a psychiatric crisis. Rhonda's House has served over 285 guests since October 2018 with many inspirational outcomes on people who are now working, living in different areas that are more drug free, one story, that now lives in Dewitt and utilizes our recovery center.

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What has been done to serve the other 13 regions at Rhonda's House?

We have been doing outreach to hospitals, MCO's, churches, sheriff offices, law enforcement, foundation 2, food pantries, community action in all regions, community mental health centers, V.A. centers, and Todd has done a presentation to southwest region, rolling hills region, and southeast Iowa link region. Todd has also been invited to present at the MHDS regional conference in September.

How do I refer people or come to Rhonda's House?

1. Call the house number 563-659-1171

2. Register on the website under services tab

3. Guest must be the one to call since it is their recovery.

4. Guest must be 18 years of age.

5. Guest must be substance free in the last 24 hours.

6. Guest administers their own medication and given a lock box for personal belongings in each bedroom.

7. Guest are given a day pass to the fitness center.

8. Guest can get food from the local referral center.

9. Guest are free to come and go as they want until 10pm.

10. Guests must be able to care for themselves and bring their own food and medicines

11. 100% Peer Ran.

12. There is no charge to the individual

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WHAT WE ASK AND DO...

1. **My Wellness Vision (How do I define wellness? How do I see/hear/feel/think when I'm in a good space?)**
2. **My hopes for my stay are:**
3. **I would like to connect with resources or learn more about... (*LIST IS GIVEN*)**
4. **During my stay, one thing that I would like to move towards is:**
5. **Strengths that I have to move towards my hopes/needs are:**
6. **What are barriers for me in moving towards my hopes/needs and wellness?**
7. **How can we support you in moving toward your hopes and needs?**
8. **During my stay, I want to do the following to move toward my hopes and needs...**
9. **Other Comments I would like the team to know:**
10. **What else would you like to share?**



Why are there peer respites like Rhonda's House?



Peer respites and Rhonda's House were designed as psychiatric hospital diversion programs to support individuals experiencing or at-risk of a psychiatric crisis. The premise behind peer respites is that psychiatric emergency services can be avoided if less coercive or intrusive supports are available in the community.

Peer respites like Rhonda's House also engage guests in mutual, trusting relationships with peer staff. Peer support involves a process of mutual helping based on the principles of respect and shared responsibility. Peer support includes interactions in which individuals help themselves and others through fostering relationships and engaging in advocacy to empower people to participate in their communities.

WEBSITE:

<https://lifeconnectionsrecovery.org>

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