



“Tradition and innovation need not be mutually exclusive. We have a rare opportunity to gather strength for a better future. In partnership, we can all succeed.”

Gathering Strength: Canada's Aboriginal Action Plan, 1997



Peer Support Facility Coalition – Canada: Filling the Unrecognized Gap

PEER SUPPORT



“**Peer support** was declared an **evidence-based practice** by the Center for Medicare and Medicaid Services in 2007. The **evidence** is in! **Peer support** is generally cost-effective and cost saving. ... Other studies indicate that **peer support** improves symptoms of depression more than care as usual (Pfeiffer et al, 2011)”

www.mhanational.org

What are Peer Respite/Peer Support Facilities



“A peer respite is a voluntary, short-term, overnight program that provides community-based, non-clinical crisis support to help people find new understanding and ways to move forward. It operates 24 hours per day in a homelike environment.

Peer respites are staffed and operated by people with psychiatric histories or who have experienced trauma and/or extreme states.”

www.peerrespite.com

What affect does Peer Respites have on the Mental Health System



“The Effectiveness of a Peer-Staffed Crisis Respite Program as an Alternative to Hospitalization d/3 Aug 2018

Results:

In the month of crisis respite use and the 11 subsequent months, Medicaid expenditures were on average \$2,138 lower per Medicaid-enrolled month and there were 2.9 fewer hospitalizations for crisis respite clients than would have been expected in the absence of the intervention ($p < .01$).

Conclusions:

Peer-staffed crisis respite services resulted in lowered rates of Medicaid-funded hospitalizations and health expenditures for participants compared with a comparison group. The findings suggest that peer-staffed crisis respites can achieve system-level impacts.”

<https://ps.psychiatryonline.org/doi/full/10.1176/appi.ps.201700451>

CMHA – NS Support to Communities

- 5 Jan 21



How we support communities

- Education and training
- Food security
- Housing support and eviction prevention
- Employment
- Psychosocial-wellness resilience-based programs [SEL]
- Social programs
- Community-based peer support
- Life skills development supports
- Community-based suicide prevention [CAST]
- Community navigation and service support
- Addiction support services



Peer Support Facilities are poised to address the top ten items on this list.

A Case Study of the Peer-Run Crisis Respite Organizing Process in Massachusetts



A Case Study of the Peer-Run Crisis Respite Organizing Process in Massachusetts – Ostrow

Table 1. Existing Peer-Run Crisis Respite in the U.S.

PRCR Name	State	Funders	Annual Budget	Peer staff	# of Guests	LOS (days)	Model
Stepping Stone Peer Support & Crisis Respite Center	NH	NH State General Funds and Federal Block Grant	\$353,184	1	2	1-7	Peer-run
Sweetser Peer Support & Learning & Recovery Center	ME	Sweetser and their Endowment of Mental Health and United Way	\$308,500	1	3	3.5	Hybrid
Georgia Peer Support and Wellness Center	GA	Georgia Division of Mental Health, Consumer Relations and Recovery Section	\$338,000	2	3	Up to 7	Peer-run
Rose House Hospital Diversion Program by PEOPLE Inc.	NY	Duchess County	\$310,050	2	5	1-5	Peer-run
Essex County Crisis Alternatives Program (CAP)	NY	NY State Office of Mental Hygiene through grant funding	\$201,000	1	1	3 (but up to 2 weeks)	Hybrid
Voices of the Heart, Inc.	NY	NYS Office of Mental Hygiene, Warren and Washington County and Private supporters	\$53,000	2	2	1-3 days	Peer-run
Foundations: A Place for Education and Recovery	OH	Stark County Recovery Services Board (Canton)	\$160,000	3	3	3-5	Peer-run
New Beginnings	WV ³	WVA Office of Behavioral Health Service & program fees	\$18,000	1	8	90	Peer-run
Almost Home	WV	WVA Office of Behavioral Health Service & program fees	\$16,000	1	6	90	Peer-run
Holly House	WV	WV SAMHSA Block grant	\$34,000	2	6	90	Hybrid
Keya House	NE	State Division of Behavioral Health	\$200,000	2	4	Up to 5	Peer-run

³ All of the WV programs are operated by the WV Mental Health Consumer Association, and are programs for people experiencing homelessness, being discharged from hospitals, or in domestic violence situations. Therefore, they have a longer length of stay than other programs. They only have volunteer staff.

Annual budgets will vary with the number of programs/# of guests/LOS

Heller School for Social Policy and Management
Master of Public Policy Capstone
Laysha Ostrow
Spring 2010

Unrecognized Gap in Mental Health ... not really ...



Between 2016 and 2021 ...

Rally Point Retreat has been approved for Peers visits by:

- ▶ Psychologists 23 (30 including those who have dropped in)
- ▶ Psychiatrists 3 including:
 - ▶ 1 utilized methods from RPR to enhance Peer healing in HRM
 - ▶ 1 sought space for clients
 - ▶ 1 as an Independent Medical Examiner (IME) for a jurisdiction outside NS
- ▶ Registered Social Workers 6

Provided 14 public speaking arrangements around NS including

- ▶ 2019 NS/NU Legion Command Dinner
- ▶ RCMP H Division HQ Executive Branch
- ▶ One keynote engagement

Responded with low-cost solutions to institutions with Peers struggling through COVID-19



Peer Support Facility Coalition – Canada: Filling the Unrecognized Gap



▶ Nova Scotia

- ▶ Prospect Haven
- ▶ Purdy Wood Acres
- ▶ Rally Point Retreat
- ▶ Service Members Keep
- ▶ Serenity Acres Family Ranch
- ▶ Veterans Farm Project

Newfoundland and Labrador

Pathways to Better Days

Quebec

Equi-Sens

Centre Equestre Therapeutique

Ontario

Valhalla Project – Niagara

Prospect Haven Wellness Retreat



Working with Halifax Global to present detailed proposal to HRM council

1. Anticipated opening 2021
2. Goal of 10 Guest cabins,
3. Elaborate walking trail system
4. Clubhouse type building supporting a variety of resources and support sessions

Purdy Wood Acres



1. Dec 2017 - 50 acres
2. Aug 2018 wood mill - to teach members the joy of woodworking
3. Police, fire, EMS & Vets with PTSD
4. Day visits only at this time
5. No accommodations
6. No meals provided



Service Members Keep



1. Opened 2017, ongoing project
2. Registered with NS Joint Stocks
3. Guest +1 support person
4. Diverse activities
5. Not advertised, by MHC referral

Serenity Acres Family Ranch



1. Opened 2017, ongoing project
2. Goal - 10 Guest units
3. EAL – Equine Assisted Learning
Archery
Trail rides or Indoor riding ring
Fireside talks

Veteran Farm Project



Veteran farm project

"Healthy veterans, healthy families - Ensuring no one lives with food insecurities."

1. Give all veterans the experience of nature through horticultural programs
2. We aim to maximize a veteran's physical, psychological and social strength and enhance general health and well-being
3. 2019 & 2020: provided free fresh produce and pantry staples to 65 families (300+ veterans & families)
4. Forecast 2021: providing to over 120 families both mainland NS and Cape Breton

Pathways to Better Days



1. A registered not for profit foundation that incorporates music and peer support through a mobile unit.
2. Joined forces with Healing Rhythms for Vets
2. Opportunity to learn a musical instrument and join our Music Heals the Soul family.

Equi-Sens

Centre Equestre Therapeutique



The vision of Equi-Sens is to offer participants with a handicap, a deficiency, a behavioral disorder, an illness or other, one or more therapeutic horse-riding sessions in a respectful, professional, adapted and safe environment.

Valhalla Project - Niagara



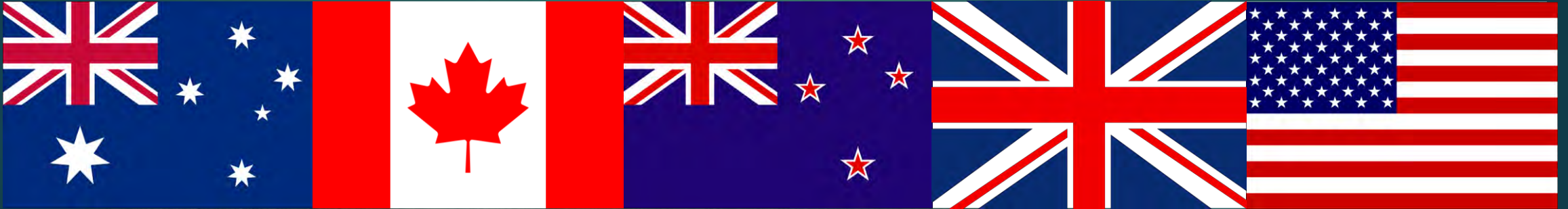
1. Provide skills to survive PTSD, and the varying issues collateral to this injury
2. Virtual Program, Mon & Thurs 1000-1300 hrs
3. Ontario's Niagara Region
4. Latest Residential Program ran in Oct
5. Battling COVID the 6th Cohort was virtual
6. Over 70 participants to date
7. Looking forward - our own Facility

Rally Point Retreat



1. Opened 2015, ongoing project
2. 2/3 Guest units year round
1 Guest unit seasonal
Goal 10 Additional eco-cabins
Goal 20 cohorts of 8 eco-cabins
Utilizing Carbon-negative materials
3. Diverse activities
4. Visits vary
24/7/365 (year-round since 2015)
Visitors – <2 weeks
Guests – 2 weeks – 6 months
Residents – 6 months +

Who are expected as visitors or guests?

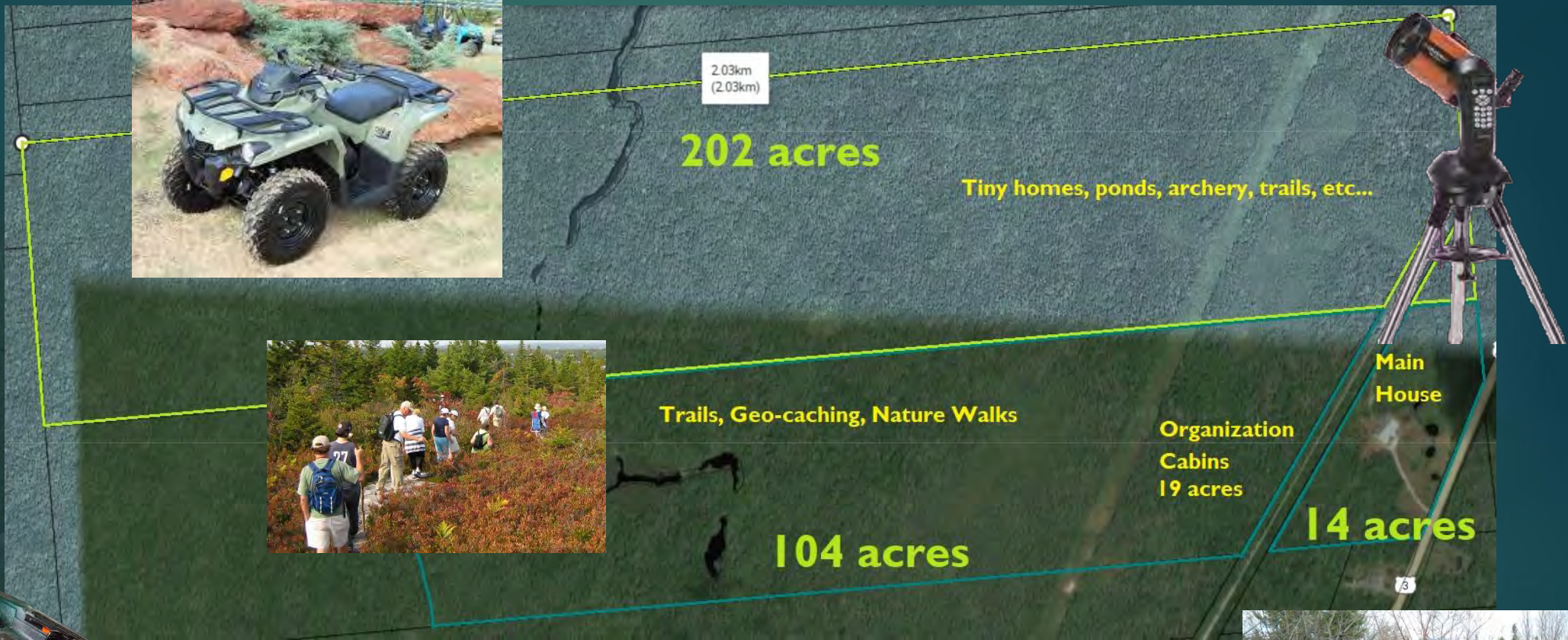


- Created by a combined team of Corrections Officers, First Responders, Veterans CFRV

Members from CFRV and Journalists



On the Ragged South Shore



6700 sq ft main house
2000 sq ft garage
14 acres in front yard for permaculture development
104 acres in back yard for cabins/trail development



Indoor Activities

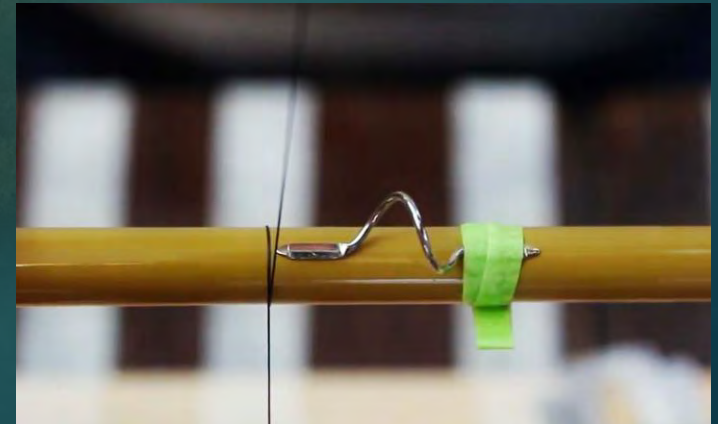
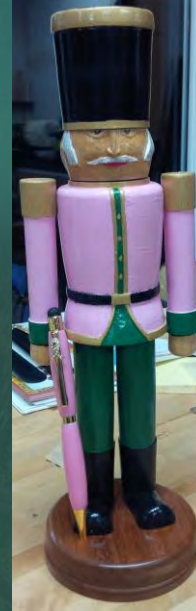
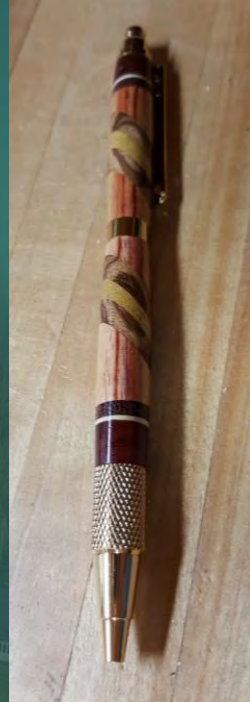


What programs do we offer, when?

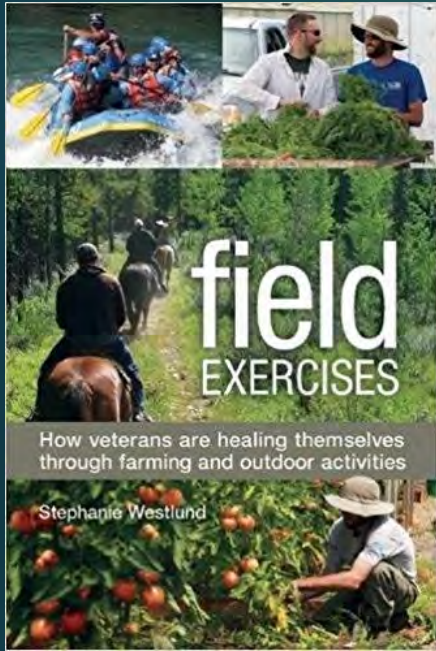


DIY Opportunities

- ▶ Pen-Turning
- ▶ Wood Carving
- ▶ Fly-tying
- ▶ Fishing Rod



Sustainable Food Security Program



Wood Harvesting Program



Supporters



Clementsport

Wedgeport



How to assist PSF-RPR's ongoing mission



- ▶ **Boots on the Ground** – be a labourer
- ▶ **Donate**
- ▶ Tell **MP/MLA, Case Managers** and **Therapists**
- ▶ **Join** Rally Point Retreat Society
- ▶ **Bring** a person with **PTSD** to PSF-RPR
- ▶ **Do nothing** – watch families part & Peers die.

Funding is Critical for Developing:



- ▶ **Greenhouse Program**
- ▶ **Phase 1 - Trail development for walking, hiking, geo-caching**
- ▶ **Eco-cabins for Guests and families**
- ▶ **Eco-cabins and ponds for CFRV without Fixed Addresses**



COVID-19 & Trauma Stress



The Issue:

- ▶ “Coronavirus-19 (COVID-19) is transforming every aspect of our lives.”

“...the virus will likely exacerbate existing mental health disorders and contribute to the onset of new stress-related disorders for many.”

Recommendations:

- ▶ “The field of traumatic stress should address the serious needs that will emerge now and well into the future.”

“... consider limits of our current approaches, and invest the intellectual and financial resources urgently needed in order to innovate, forge partnerships, and develop the technologies to support those in greatest need.”

<https://psycnet.apa.org/fulltext/2020-25108-001.html>

Thank You



- ▶ Pamela Magee CMHA NS Executive Director
- ▶ Erin Christie CMHA NS Communications Specialist
- ▶ NS Legislature Standing Committee on Veterans Affairs
- ▶ All those who served and continue to serve to keep us safe in our Country and Homes
- ▶ All those who operate Peer Respite across the country, providing a light in the darkness for so many.



Madame Chairperson - Limitations



- ▶ Please do not enquire to the nature of how any of the people operating these facilities came to their PTSD.
- ▶ These independent organizations are primarily self-funded, with donations gratefully accepted.
- ▶ We have PTSD, or support someone with PTSD, not all triggers are known to us. Answers may be quick, or slightly delayed.