

**FEBRUARY 2021**

# **HOUSE BILL 2980**

**"Provides funding to peer-run organizations in Portland metropolitan area, southern Oregon region and eastern and central Oregon region to operate peer respite centers to provide peer respite services to individuals with mental illness who experience acute distress, anxiety or emotional pain." <sup>1</sup>**

Bill brief by:  
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**Oregon currently  
does not have any  
peer respites.**

## WHAT ARE PEER RESPITES?

### EVIDENCE IN SUPPORT

Respite guests are less likely to use inpatient or emergency services. 4

**70% less likely**

Respite costs are significantly lower when compared to locked facilities. 5

**\$211 versus \$665 per day**

Respite users generally report greater levels of service satisfaction. 6

**Better outcomes and lower costs**

Most peer respites users report improvement in symptoms, functioning, and quality of life. 7

**Greater improvements**

"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.

Successful peer respites are currently operating in California, Florida, Georgia, Iowa, Massachusetts, Nebraska, New Hampshire, New Jersey, New York, Ohio, Pennsylvania, Vermont, and Wisconsin." 2

"Peer respites 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." 3

## IN CONCLUSION

For many people experiencing mental health crisis, traditional locked inpatient services can exacerbate symptoms and cause further re-traumatization. In contrast, peer respites can provide voluntary, community-based support that can create conditions in which guests "strengthen self-reliance and social connectedness".

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**Peer respites  
may be a  
feasible and  
person-centered  
alternative for  
people in crisis.**

### References

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