

**FOR MORE INFO:**  
[tinyurl.com/PRinfo25](https://tinyurl.com/PRinfo25)

**H.2231/S.1383, *An Act Establishing Peer Respite Throughout the Commonwealth*, is sponsored by Senator Jo Comerford and Reps Lindsay Sabsadosa and Leigh Davis. It would establish at least one peer respite per each of the 14 counties in MA, including at least two LGBTQ+ respites and two BIPOC respites.**

### TESTIMONIALS

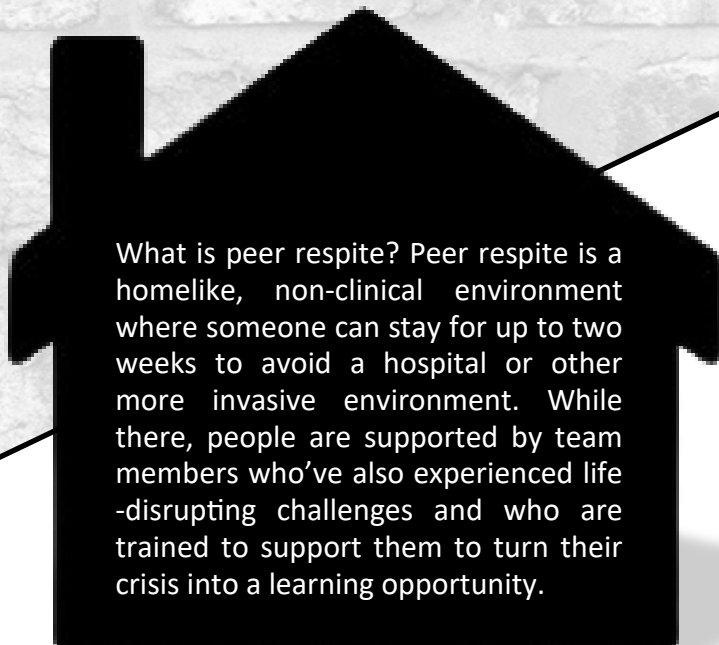
*"This stay made such a difference. I'm hoping to be able to come back and work here when I'm ready, and give back to others some of what I was able to get."*

*"It's a huge difference from the hospital. There's no way to really fully put that to words."*

*"I had trouble trusting this place because I knew it was still funded by the same sources, but not by the end. I knew I could trust them by the end and trust changes everything."*

## **SUPPORT PEER RESPITES IN MASSACHUSETTS**

Many people are stuck cycling in and out of the mental health system with a lack of real choices and alternatives. The result is ineffective care at high costs. People going through crisis are frequently traumatized by this care and the loss of power that goes with it. Consequently, they often experience worse outcomes including increased suicide risk and shortened lifespans. The risk of harm is even greater within multiple marginalized communities (e.g., Black and Brown communities, LGBTQ+ (and especially trans) communities and more. Alternatives are desperately needed.



What is peer respite? Peer respite is a homelike, non-clinical environment where someone can stay for up to two weeks to avoid a hospital or other more invasive environment. While there, people are supported by team members who've also experienced life-disrupting challenges and who are trained to support them to turn their crisis into a learning opportunity.

### ADVANTAGES OF PEER RESPITE:

**Peer respites can:**

- Be life changing and life saving
- Help people break cycles
- Help people overcome obstacles and connect with resources
- Create cost savings in the short and long-term
- Reduce use of psychiatric hospitals and emergency rooms
- Increase community connection

Peer respites are recognized by the MA Department of Mental Health and the Substance Abuse and Mental Health Services Administration (SAMHSA) as an evidence-based practice. Afiya peer respite was recognized in 2021 by the World Health Organization (WHO) as an exemplary model for non-coercive, alternative crisis response.