



Insight Respite Center ANNUAL REPORT

July 2020 – June 2021

WHAT WE DO

INSIGHT RESPITE CENTER is a peer-centered program where guests are treated as equals on their road to recovery. Developing a stigma-free environment is essential to our process. The fostering of self-esteem and self-respect is crucial to the health and well-being of each individual. Insight Respite Center recognizes and supports diversity within our program. Our goal is to strengthen the community as a whole.

The mission of Insight Respite Center is to create a stigma-free, supportive and healing environment for individuals with mental health challenges, who are going through difficult times, in order to prevent crisis intervention or hospitalization. Guests can come to rest body, mind and emotions, and when ready, have the opportunity to build peer support. We maintain a supportive environment so that guests can focus on their personal strengths and strive to gain emotional stability, balance and resilience within their lives. Guests will have the opportunity to work with others toward their recovery and connect to the greater community. Insight Respite is staffed mainly by peer supporters and others with lived experience.

SERVICES PROVIDED

WE PROVIDE CLIENT-CENTERED SERVICES IN A WELCOMING, HOME-LIKE ENVIRONMENT.

THESE INCLUDE:



24/7 peer support



Wellness Recovery Action Plan (WRAP) development

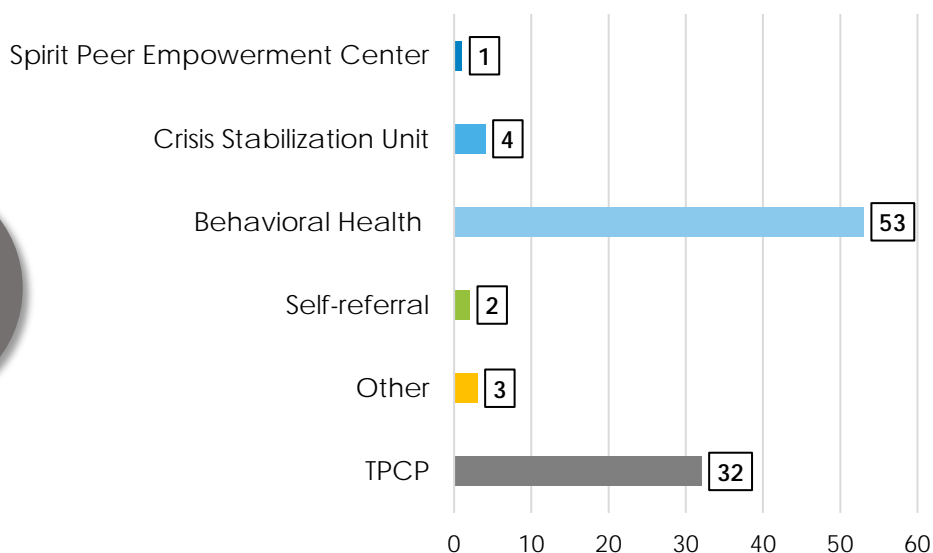
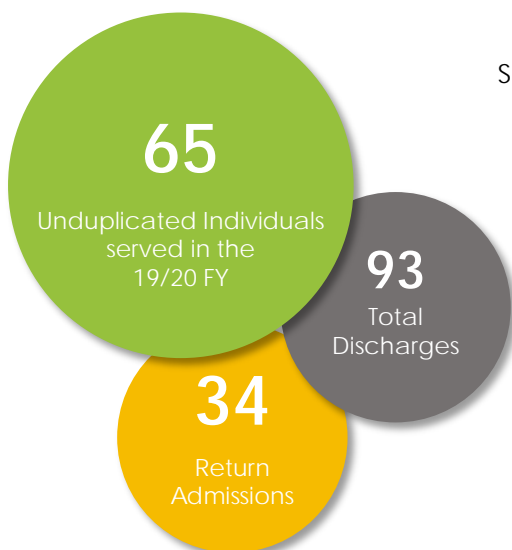


Wellness activities, laundry services



Linkage to resources, strengths assessments

CENSUS & REFERRALS



DEMOGRAPHICS

	#
Age Group	
18 – 25 years (TAY)	7
26 – 59 (Adult)	41
60+ (Older Adult)	16

	#
Sex	
Female	30
Male	34

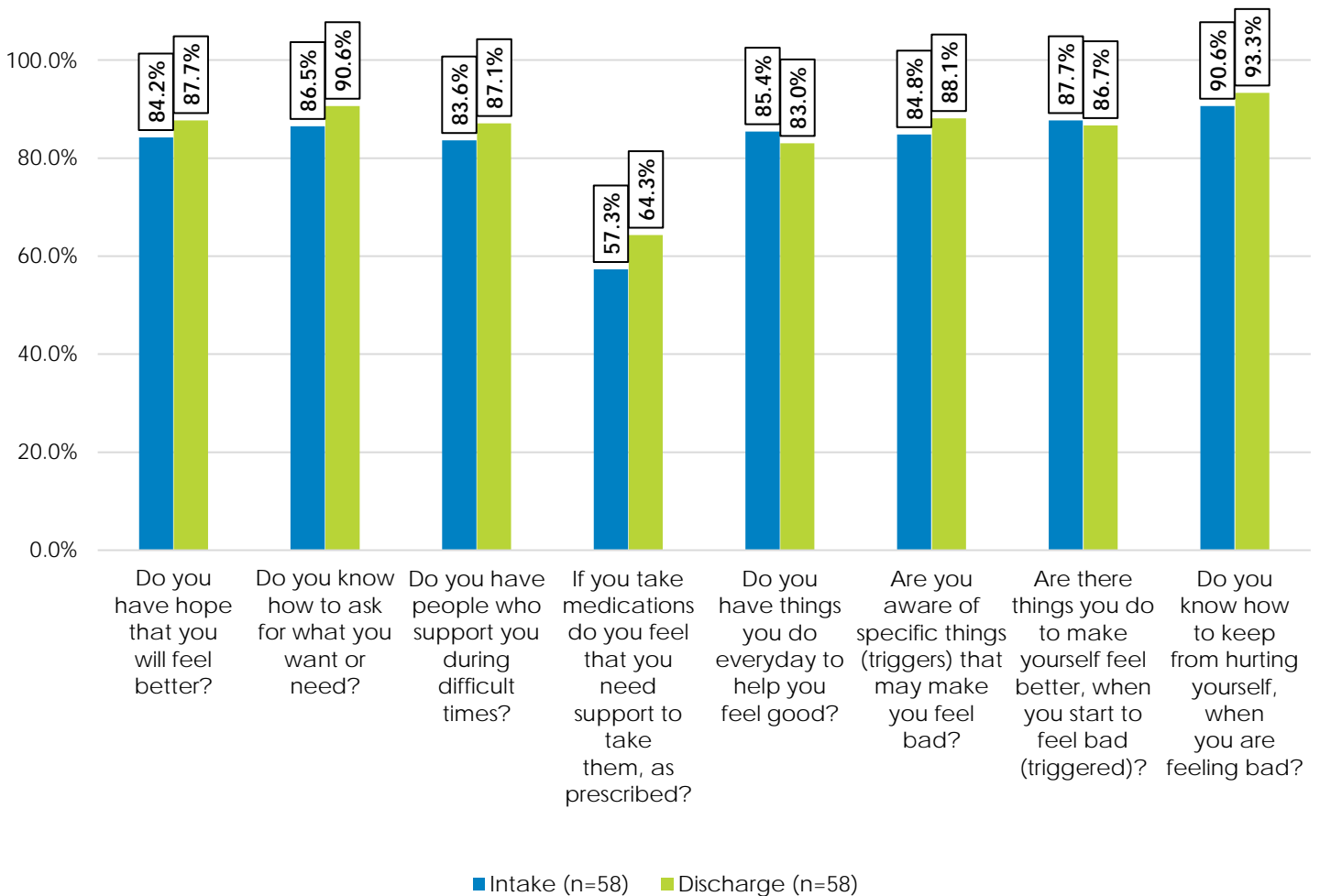
	#
Primary Language	
English	63
Spanish	1

	#
Race	
African American/Black	1
Asian/Pacific Islander	4
American Indian/Native Alaskan	1
Caucasian/White*	58

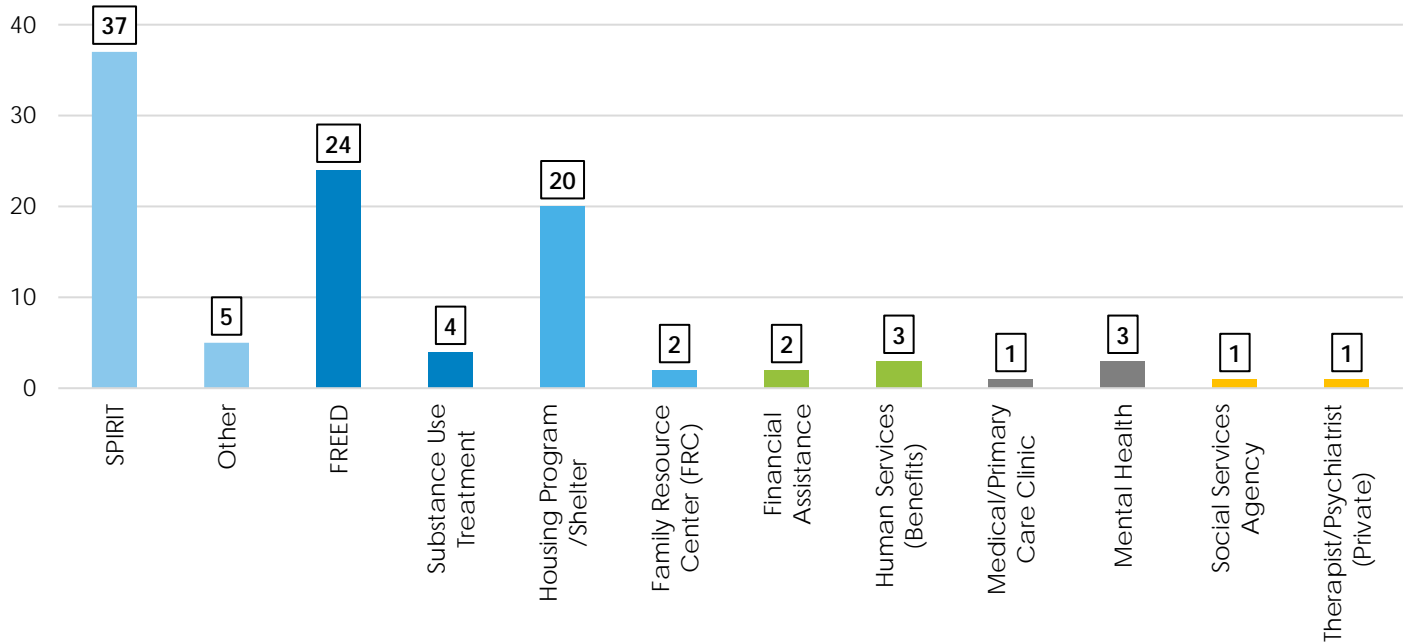
*2 of those identified as Caucasian/White were of Hispanic ethnicity.

PRE/POST OUTCOME SURVEY

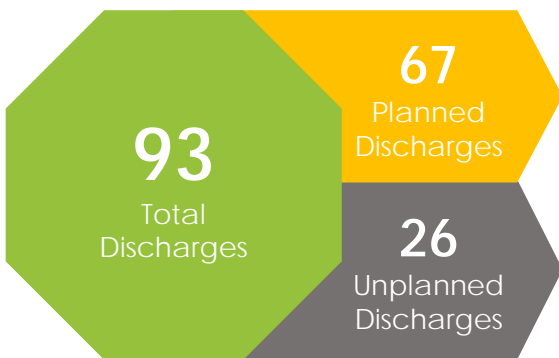
As part of the guest's intake and discharge process, they are asked to fill out a Pre/Post Outcome Survey. Eight items are measured as a pre/post comparison between intake and discharge. Participants answer the following items using a 3-point Likert scale (Rarely, Some of the Time, Most of the Time).



Linkage Referrals



DISCHARGE INFORMATION



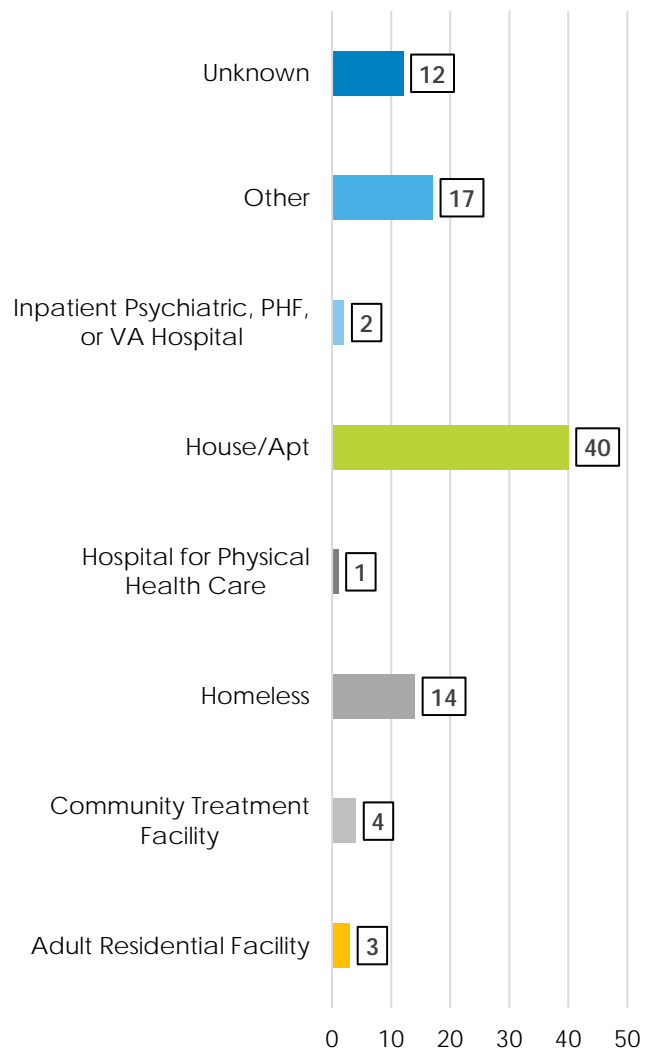
Employment Status at Discharge

	#
Full-Time Employment	1
Part-Time Employment	7
Unemployed	82
Data Not Available	3

Discharge Reason

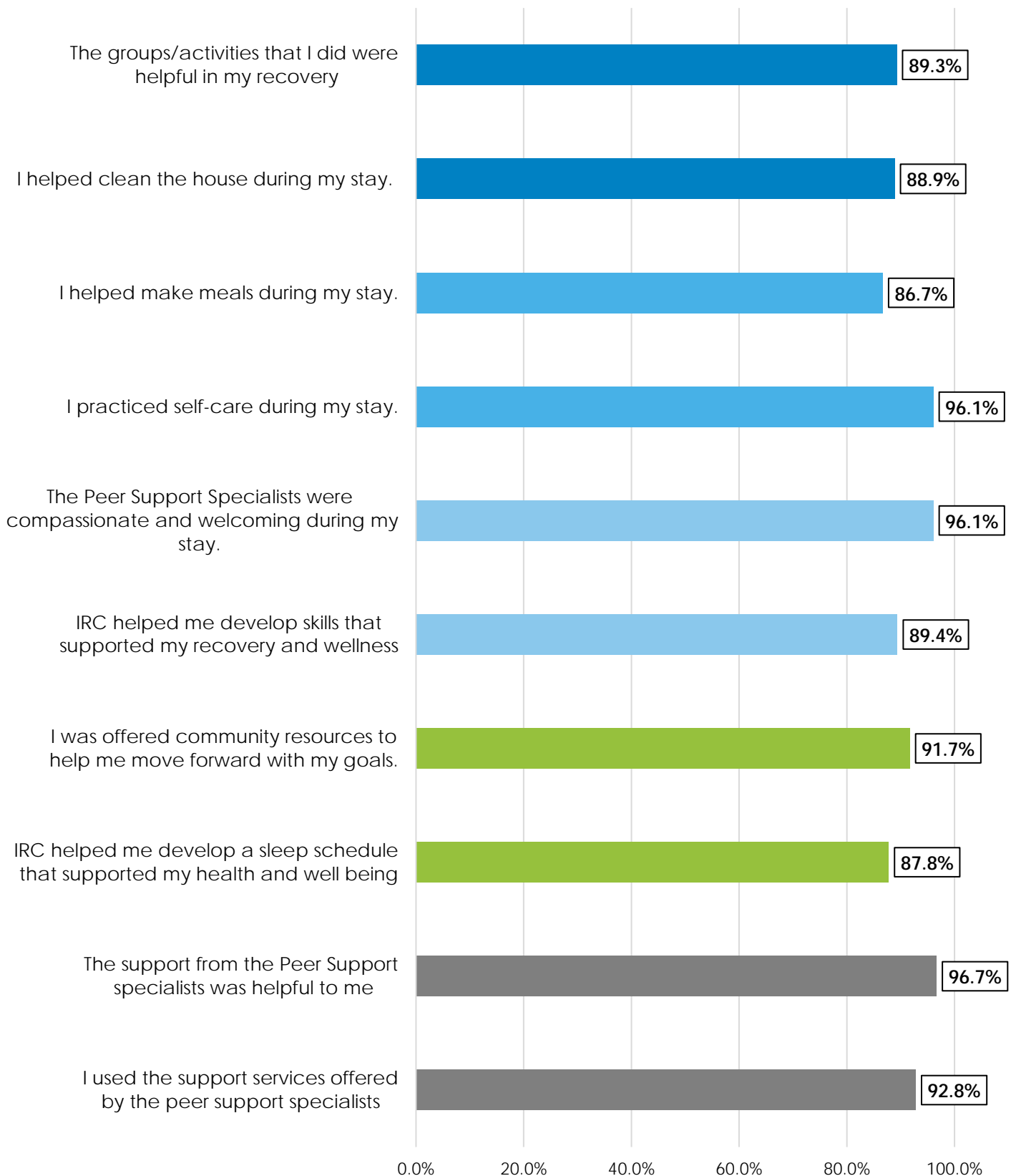
	#
Administrative Discharge	17
Higher Level of Care	4
Client Left Program	2
Client Met Goals	68
Other	1
Referred to Another Program	1

Living Situation at Discharge



CLIENT SATISFACTION

Of the 93 discharges that occurred within the reporting period, 60 (64.5%) completed a satisfaction survey. The remaining 33 (35.5%) guests did not complete a survey due either to declining to participate or having an unplanned discharge. Results for the 60 surveys completed are as follows:



This report was developed and distributed by
Turning Point Community Program's
Outcomes & Evaluation Department



A: 10850 Gold Center Drive, Suite 325, Rancho Cordova, CA 95670 P: (916) 364-8395 www.TPCP.org



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