



Insight Respite Center ANNUAL REPORT

July 2024 – June 2025

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 activities, laundry services



Wellness Recovery Action Plan (WRAP) development



Linkage to resources, strengths assessments

CENSUS & REFERRALS

86

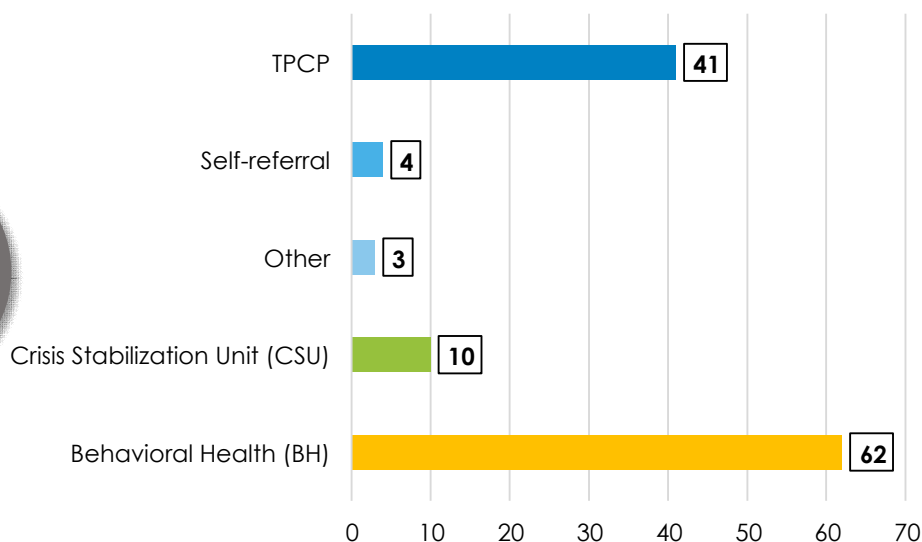
Unduplicated Individuals served in the 24/25 FY

115

Total Discharges

34

Return Admissions



DEMOGRAPHICS

All demographics below include all unduplicated admitted clients (n=86)

	#
Age Group	
Transitional Aged Youth (TAY)	5
Adult	59
Older Adult	22

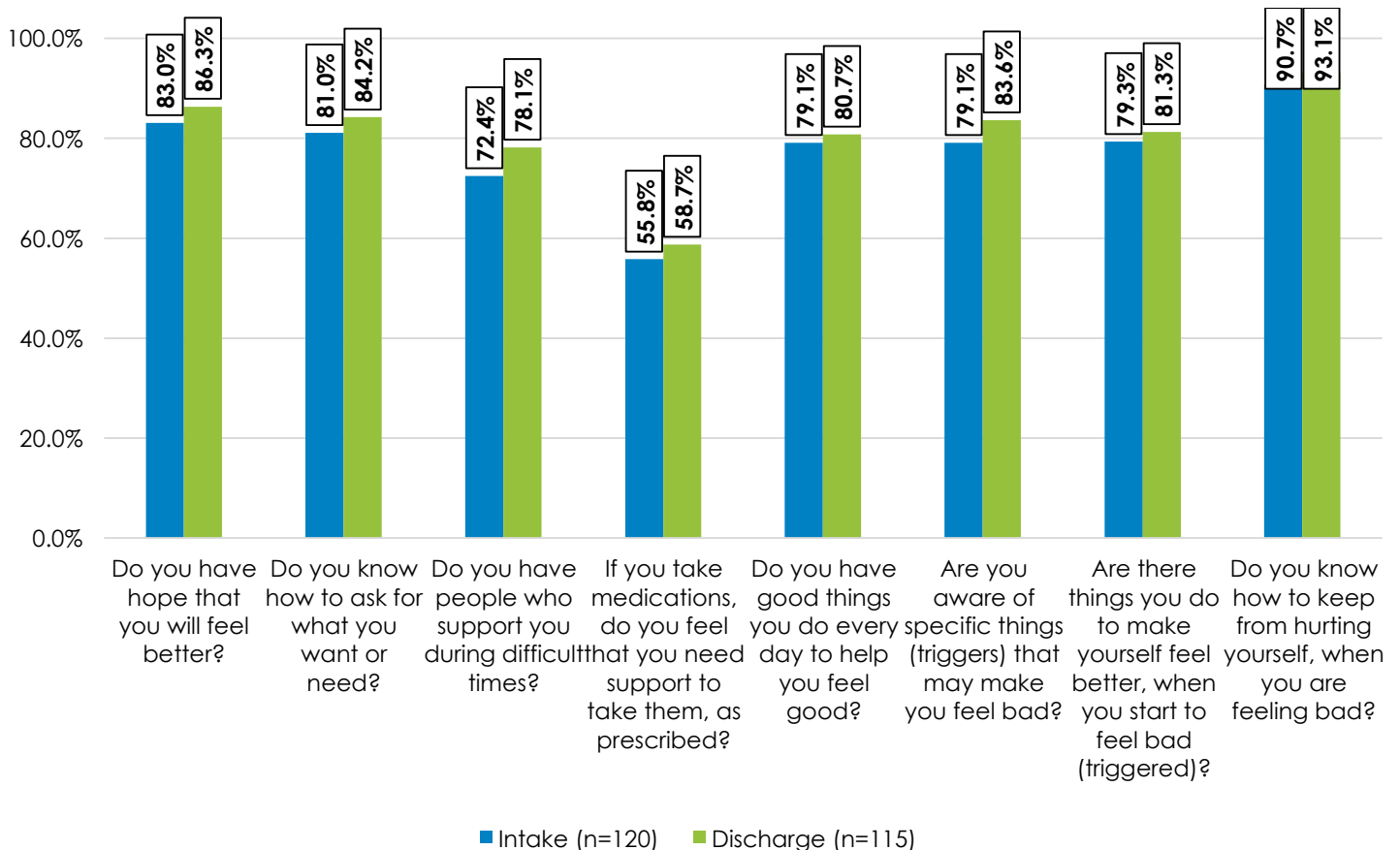
	#
Sex	
Female	46
Male	40

	#
Primary Language	
English	86

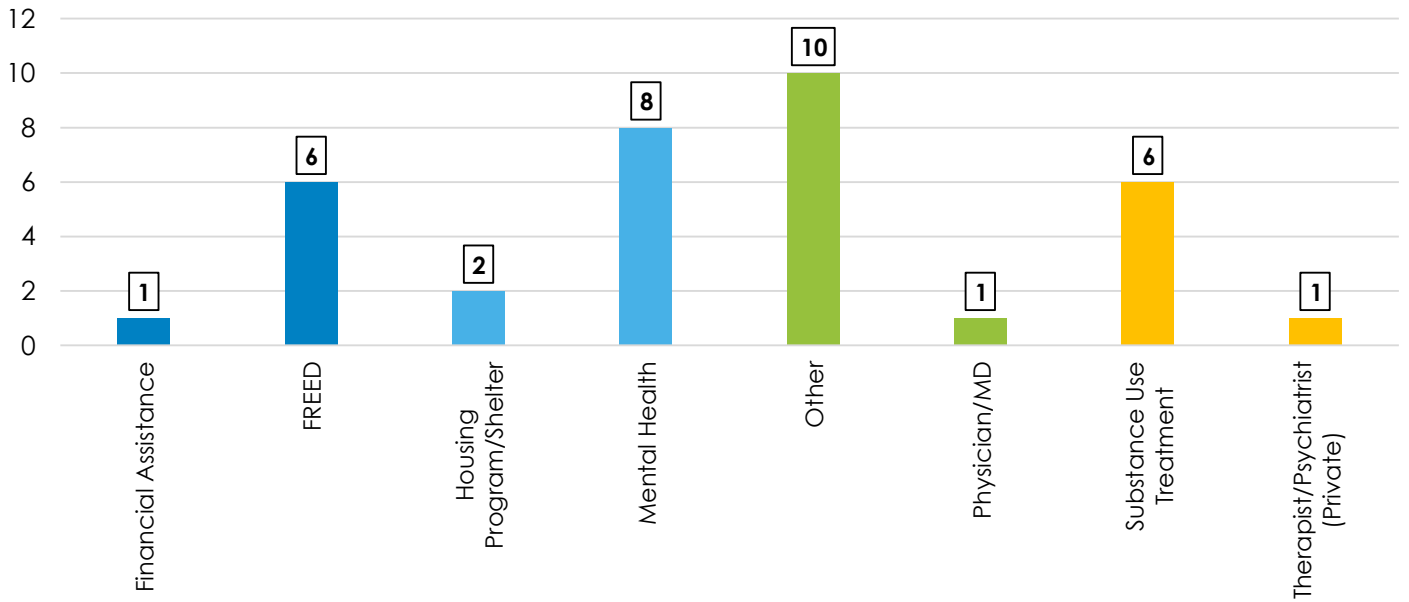
	#
Race	
Asian/Pacific Islander	3
Black/African-American	1
Hispanic/Latino	2
Multi-Ethnic	1
Native American/Alaskan	1
White/Caucasian	78

PRE/POST OUTCOME SURVEY

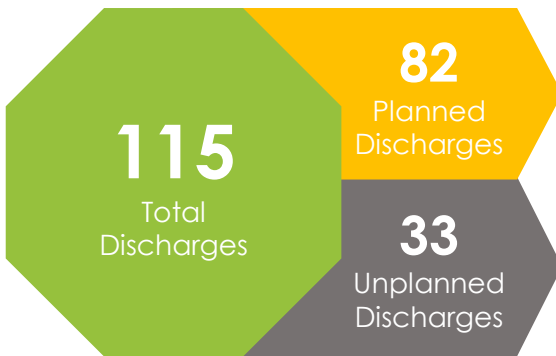
As part of the guest's intake and discharge process, they are asked to fill out a Pre/Post Outcome Survey. Eight items are measured as a pre/post comparison between intake and discharge. Participants answer the following items using a 3-point Likert scale (Rarely, Some of the Time, Most of the Time).



LINKAGE REFERRALS



DISCHARGE INFORMATION



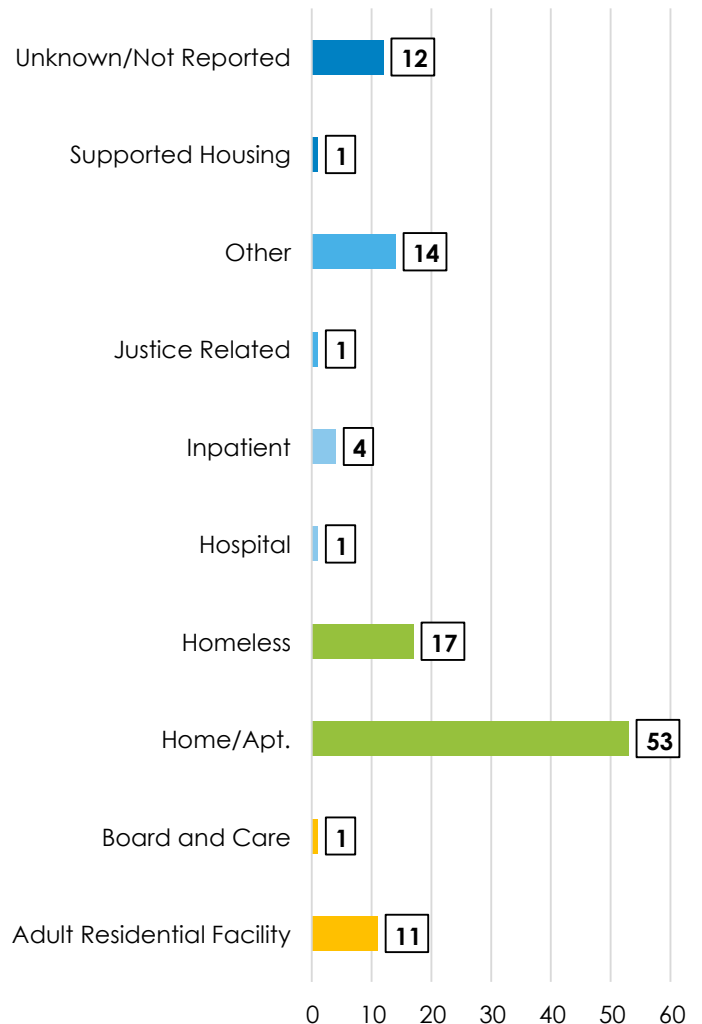
Employment Status at Discharge

	#
Part-Time Employment	11
Unemployed	103
Unknown	1

Discharge Reason

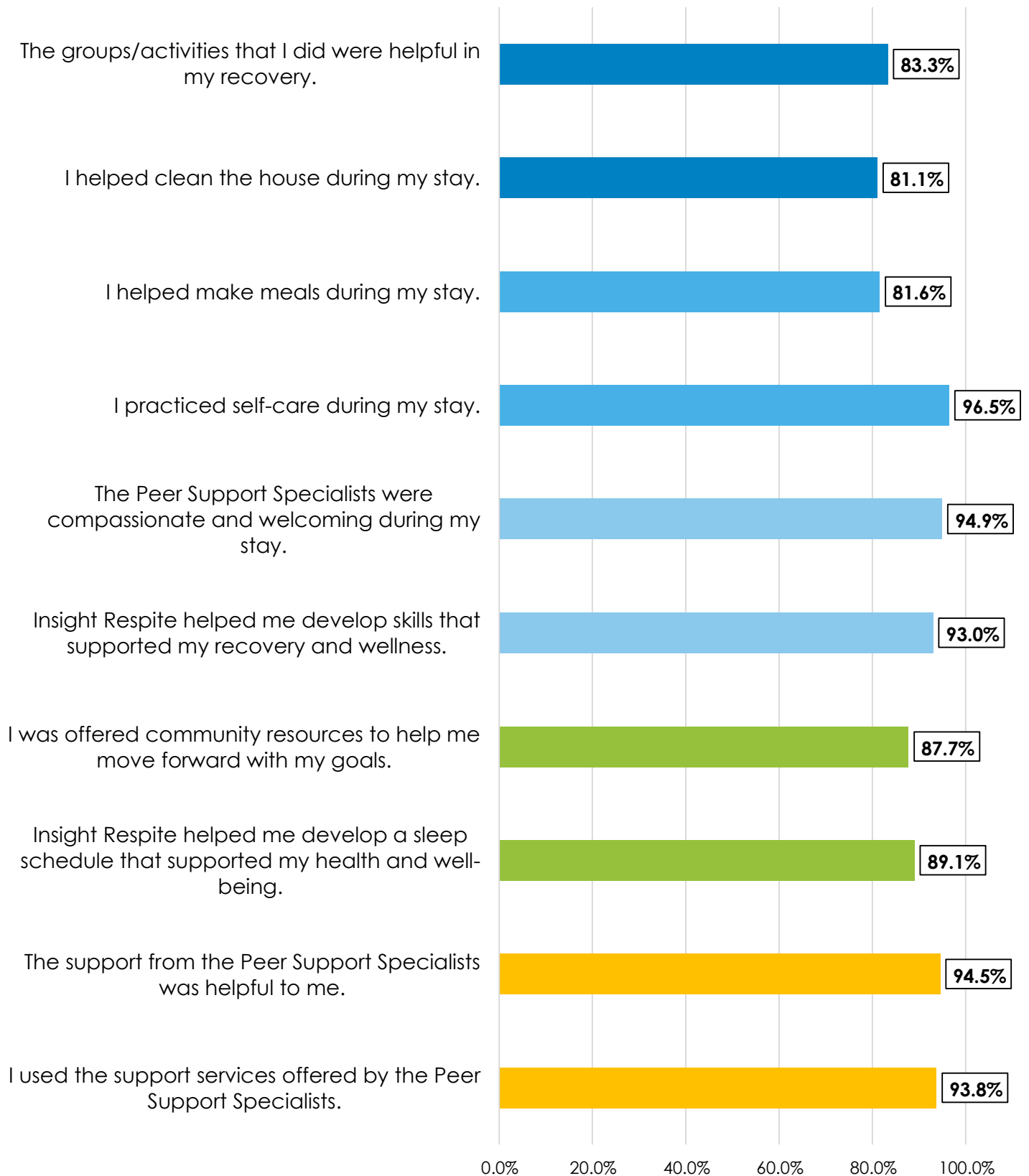
	#
Administrative Discharge	19
Client Left Program	5
Transfer to Higher Level of Care	9
Client Met Goals	80
Other	1
Unknown	1

Living Situation at Discharge



CLIENT SATISFACTION

Of the discharges that occurred within the reporting period, 69 (60.0%) completed a satisfaction survey. The remaining 46 (40.0%) guests did not complete a survey either due to declining to participate or having an unplanned discharge. Results for the 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

 /TurningPointCP  @TurningPointCP