





Welcome to Our Space

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What Is Our Space?

Our Space is a community that cares and grows together. We offer a variety of programs and services for individuals with mental health and/or substance abuse challenges.

Our Space Drop-In Center

The Our Space Drop-in Center is a voluntary day program which provides members support and community. Members who take part in this program determine the recovery path that works best for them. Some membership

Receive assistance through groups and one-on-one support

- Advocacy and empowerment through integrated services and community resources
- Learn skills through participation in educational groups
- Experience community integration

Peer Support

benefits include:

Peer Support is an emerging behavioral health best practice utilizing trained individuals with lived experience to help others cope with mental illness and/or substance abuse challenges.

Peer support offers a level of acceptance and understanding often not available in other professional relationships. Using a non-clinical approach, Peer Support Specialists share their experiences, and provide clients practical guidance to create goals and strategies towards a more fulfilling life. Peer Support Specialists:

- Supports recovery journey
- Provides hope and overall well-being
- ► Helps reduce mental health/substance abuse stigmas
- Provides holistic recovery tools
- Assists in wellness planning and goal development
- Reduces recovery barriers
- Advocates for clients with other care providers
- Educates about community resources
- Provides community linkage
- Meets client where they are on their journey

The Parachute House Peer-Run Respite

The Parachute House Peer-Run Respite is a short-term residential facility for individuals experiencing emotional distress or a low-level mental health crisis. Guests at the respite can expect the following:

- ► A short-term (7 days) residential resource
- A welcoming and accepting, home-like environment
- Open 24 hours a day, seven days a week, 365 days a year
- ► Come and go as you choose to continue with work or other scheduled activities
- Non-clinical support
- A safe and relaxing place to pause and reset
- One-on-one supportive conversations with Certified Peer **Support Specialists**
- ▶ Wellness activities
- Hope

Supportive Housing

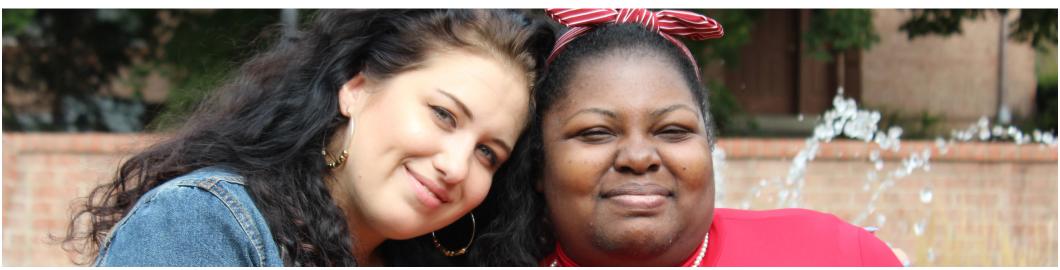
Supportive housing offers safe and affordable accommodations as well as wrap-around services for individuals struggling with mental health and/or substance abuse challenges. The goal is provide a supportive community while reducing the utlization of emergency services.

Services offered through supportive housing include:

- Peer Support
- Education, wellness, and support groups
- Activity groups
- Community integration
- ► Link to community resources

Price Is Right Shoppe

The Price is Right Shoppe is a community resource, available on a referral basis. The Shoppe provides clothing and household items, so that individuals suffering from mental illness are able to live independently. All items are provided free of charge.



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