



# Parachute House Peer-Run Respite

Our Space, Inc.  
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## What is the Parachute House?

The Parachute House Peer-Run Respite is a short-term residential facility for individuals experiencing emotional distress or a low-level mental health crisis.

## Who can access services at the Parachute House?

- ▶ Milwaukee County adult residents (18 and over)
- ▶ Individuals experiencing emotional distress, or a low-level crisis related to mental health and/or substance abuse challenges
- ▶ Individuals experiencing an increase in symptoms, stressors, or exacerbation, and require supportive services to aid in their recovery, avert crises, and avoid hospitalizations
- ▶ Individuals who can legally live next to an elementary school and/or nursing home
- ▶ Individuals who are not a harm to themselves or others
- ▶ and/or substance abuse challenges

## What to Expect

- ▶ A short-term (seven 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

## Activities That Might Occur During a Stay

- ▶ Processing and discussion groups
- ▶ One-on-one supportive conversation
- ▶ Wellness and goal planning
- ▶ Arts and crafts
- ▶ Yoga and other exercises
- ▶ Mindfulness and meditation
- ▶ Alternative/holistic healing approaches
- ▶ Community resources and linkage to help support their recovery journey
- ▶ Or just enjoy peace and privacy

## How to Receive Services

- ▶ Services can be accessed through voluntary, self-referral
- ▶ Contact the Parachute House at 414-877-5918
- ▶ Participate in a guest pre-stay conversation
- ▶ Guests welcomed between 8:00am and 7:00pm, seven days a week

