





What is the 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 or substance abuse challenges.

- ❖ Peer Support Services
- ❖ Our Space Drop-in Center
- ❖ Parachute House Peer-Run Respite
- ❖ Price Is Right Shoppe



Peer Support

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.

It 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.



The Role of a Peer Support Specialist

- ❖ 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



What a Peer Support Specialist is Not

- ❖ Paid friend
- ❖ Personal Care Worker (PCW)
- ❖ Transportation/Taxi Service
- ❖ Housing Specialist
- ❖ Case Manager
- ❖ Crisis Intervention/Crisis Assessment Response Team
- ❖ Psychologist, Social Worker, Psychiatrist, Therapist
- ❖ Big Brother/Sister
- ❖ Personal Assistant (errands, groceries, pay bills, etc.)



Desired Client Outcomes

- ❖ Decreased hospitalization
- ❖ Decreased alcohol/substance use
- ❖ Decreased incidences of mental health emergencies
- ❖ Reduction in depressive or psychotic episodes
- ❖ Increased confidence and self-esteem
- ❖ Developing appropriate decision-making skills
- ❖ Identification of personal recovery goals
- ❖ Increased self-care and wellness engagement
- ❖ Symptom and/or trigger management
- ❖ Learning coping skills
- ❖ Increased self-reliance and functional independence
- ❖ Development of healthy relationships including community connections and natural support
- ❖ Personal safety, stability, and accountability
- ❖ Ability to advocate for personal needs
- ❖ Navigating complex systems successfully
- ❖ A feeling of hope and overall wellness



Obtaining Peer Support Services from Our Space

Please have your provider download and complete a [client referral form](#). Email the completed PDF form to Melissa Wisniewski.

If you have additional questions regarding peer support services, contact Melissa at Our Space, Inc. (414-383-8921 Ext. 2).



The 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 benefits include:

- ❖ Receive encouragement 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



Member Activities

- ❖ Mental Health Education Groups
- ❖ Individual Skill Development Groups
- ❖ Wellness Management and Recovery
- ❖ Health and Exercise Groups
- ❖ Arts and Crafts
- ❖ Seasonal/Holiday Parties
- ❖ Community Outings
- ❖ Games
- ❖ And More!



Comprehensive Community Services

The Our Space Drop-in Center provides Comprehensive Community Services (CCS) to our members. Professional staff work with the individual's case manager and Peer Support Specialists to offer person-centered, strength-based, recovery-oriented services, including:

- ❖ Individual Skill Development Enhancement
- ❖ Wellness Management and Recovery
- ❖ Mental Health Education
- ❖ Peer-Support Services

How to Join the Our Space Drop-in Center

- ❖ Visit the Drop-in Center page on the Our Space [website](#) and download and complete a [membership application](#).
- ❖ Completed applications can be submitted via email, in person, or faxed to 414-383-9016.
- ❖ Hours:
8:30am – 3:30pm / Monday – Friday
Except major holidays
- ❖ Tours available M-F, 9:00am – 2:00pm





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.



Who can access services at the Parachute House?

- ❖ State of Wisconsin 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

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





Some 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](tel:414-877-5918)
- ❖ Participate in a guest pre-stay conversation
- ❖ Guests welcomed between 8:00am and 7:00pm, seven days a week



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.



How to Receive Referral to the Shoppe

Price Is Right Shoppe customers must be referred by a Milwaukee County Service Agency. Suitable contact persons include:

- ❖ Case Manager/Care Manager
- ❖ Housing Coordinator
- ❖ Peer Support Specialist
- ❖ Social Worker
- ❖ Therapist
- ❖ Psychiatrist
- ❖ Nurse
- ❖ Doctor
- ❖ Law Enforcement Official
- ❖ Other Community Agency Professional



Responsibilities of Referring Representative

- ❖ Accompany customer to the Price is Right Shoppe

Or One of the Following:

- ❖ Fax referral on company letterhead to 414-383-9016, Attn: Price is Right Shoppe. Provide customer's specific needs in referral (clothing, household items, or both)
- ❖ Email referral to Melissa (mwisniewski@ourspaceinc.org) at Our Space

Price Is Right Shoppe Rules

- ❖ Must have a referral letter from representative in hand or on file with Our Space.
- ❖ Customer may shop twice in a 30-day time period (from the time of first visit)
- ❖ Referral expires 30-days from the customer's first visit. They must wait 30-days before another referral can be issued.
- ❖ Customers are allowed six referrals annually.
- ❖ The referral must state what the customer requires (clothing, household goods or both).
- ❖ Due to limited items available at the Shoppe, if specific needs are not stated, shopper may only obtain clothing.
- ❖ Be courteous to staff.
- ❖ Customers may not shop under the influence of alcohol or drugs.
- ❖ If you are experiencing a unique circumstance, please contact Melissa at [414-383-8921](tel:414-383-8921) Ext. 2.





Donations Always Welcome!

- ❖ Men's and women's clothing and shoes (shoes and larger sizes are always in demand).
- ❖ Kitchen items such as small appliances, dishes, cookware, and utensils (please do not send chipped items or things that should be thrown away).
- ❖ Bathroom items such as shower curtains, small rugs, toothbrush holders, toiletries, towels, and wash cloths.
- ❖ Bedroom linens, pillows, lamps, and curtains.
- ❖ Living room decor, throw pillows, lamps, TV's, radios, blankets, and curtains.
- ❖ Other unopened household items such as bath soap, laundry detergent, shampoo, conditioner, toothpaste, deodorant, feminine products, cotton swabs, cotton balls, Band-aids, and hygiene items.

If you itemize deductions on your federal tax return, Our Space will provide a tax donation receipt and you are entitled to claim a charitable deduction.

Hours of Operation

Price Is Right Shoppe Hours

Monday, Wednesday, Thursday
9:00am-2:15pm

(excludes major holidays)

Donation Drop-off Hours

Monday - Friday,
9:00am-2:00pm





For more information about Our Space, Inc. please visit our [website](https://ourspaceinc.org) (ourspaceinc.org), or contact our team via [email](mailto:ourspace@ourspaceinc.org) (ourspace@ourspaceinc.org), or phone (414)383-8921.

