



# Michigan Peer Recovery Coalition

<https://michiganpeerrecovery.com/>

## Peer-Run Crisis Respite White Paper

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### ***ABSTRACT***

For more than two decades, peer run respites have provided an innovative, cost-effective, self-directed resource in the continuum of care for mental health and substance use treatment. Peer run respites offer support and care in a homelike environment for people experiencing an increase in stress or symptoms related to mental health and substance use challenges. The Michigan Peer Recovery Coalition (MPRC) believes that peer run respites are a vital addition to the mental health treatment system in our state. Many existing studies and evaluations of peer run respites demonstrate that Michiganders seeking support will find respites would offer a homelike environment that provides appropriate levels of care and peer support, trauma-informed staff who draw on their own lived experience, and alternative healing philosophies that may be more welcoming to underserved communities. Peer run respites have also been shown to reduce hospitalizations, improve long term recovery, and provide substantial cost savings compared to more traditional medical models of treatment. The MPRC conducted surveys of state residents, which show clear demand and support for peer run respites throughout Michigan. Lastly, the coalition's paper outlines training, structure, and financing necessary for the development of peer run respites in Michigan.