



# Insight Respite Center ANNUAL REPORT

July 2023 – June 2024

## 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 Recovery Action Plan (WRAP) development**

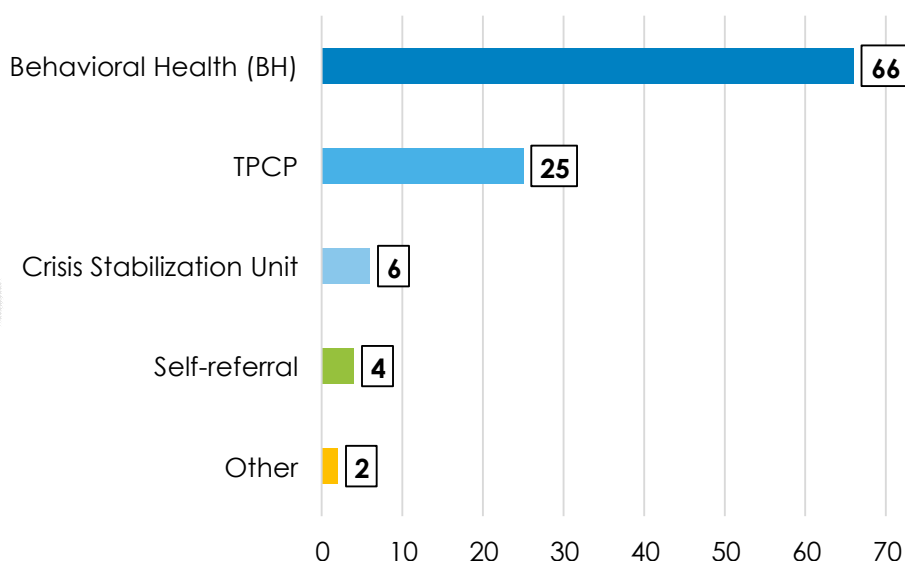
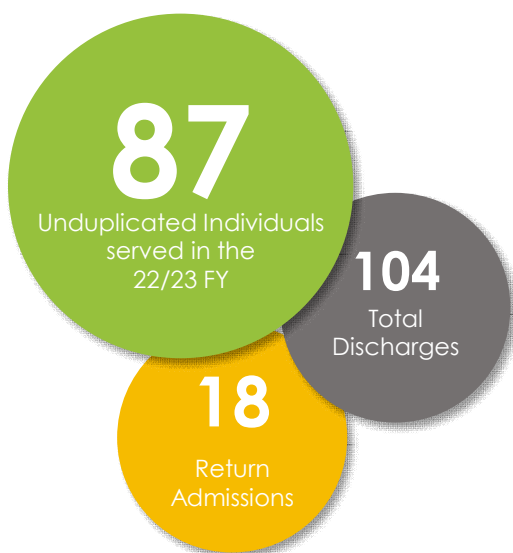


**Wellness activities, laundry services**



**Linkage to resources, strengths assessments**

## CENSUS & REFERRALS



## DEMOGRAPHICS

All demographics below include all unduplicated admitted clients (N= 87)

	#
<b>Age Group</b>	
Transitional Aged Youth (TAY)	11
Adult	61
Older Adult	15

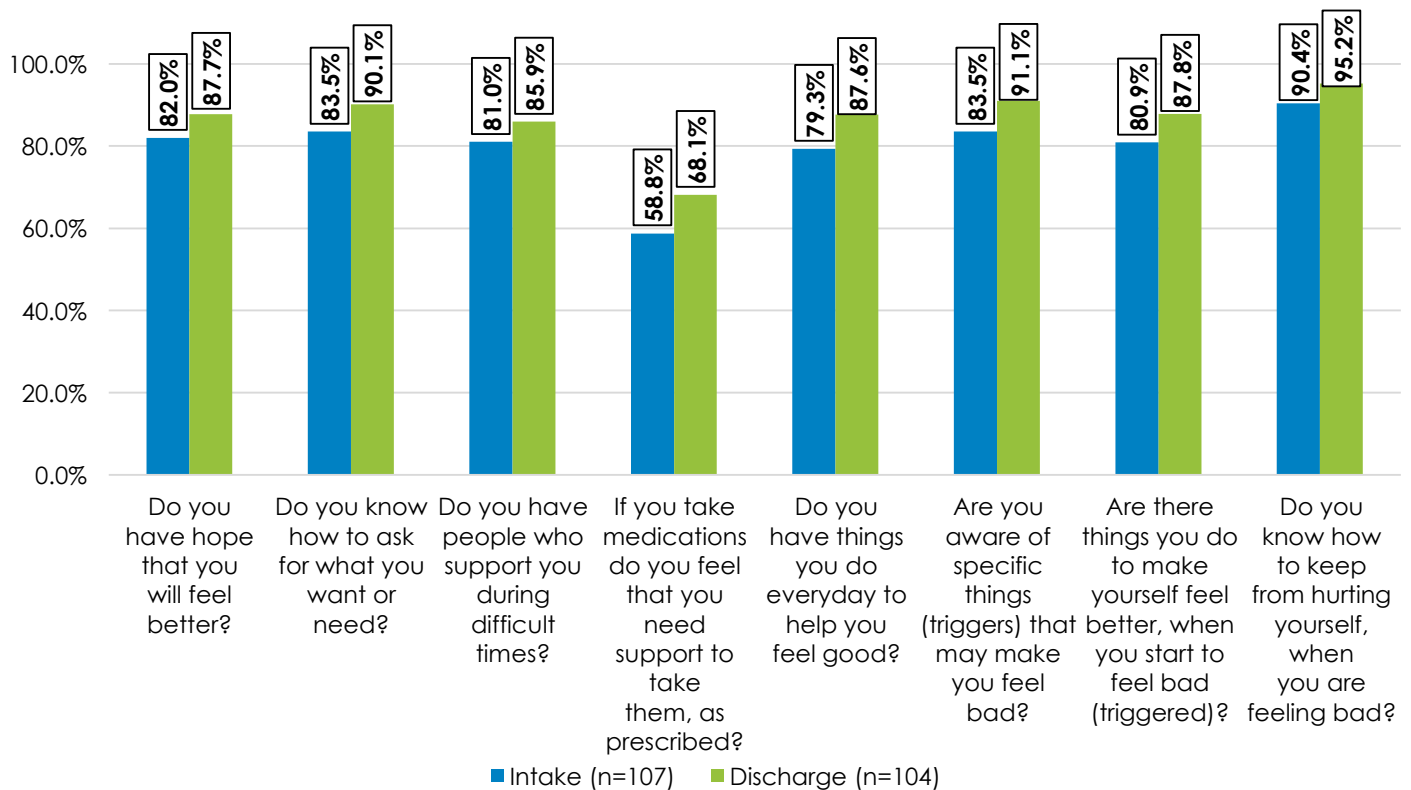
	#
<b>Sex</b>	
Female	43
Male	44

	#
<b>Primary Language</b>	
English	87

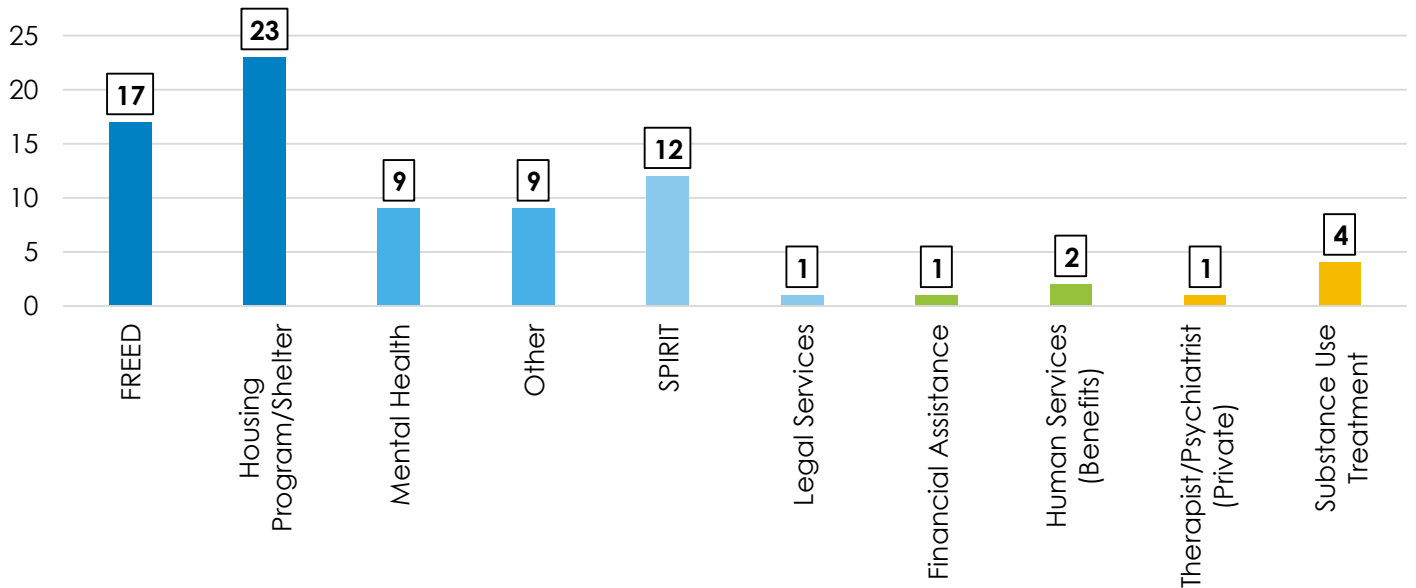
	#
<b>Race</b>	
Asian/Pacific Islander	1
Black/African-American	1
Hispanic/Latino	3
Multi-Ethnic	1
Native American/Alaskan	1
White/Caucasian	80

## PRE/POST OUTCOME SURVEY

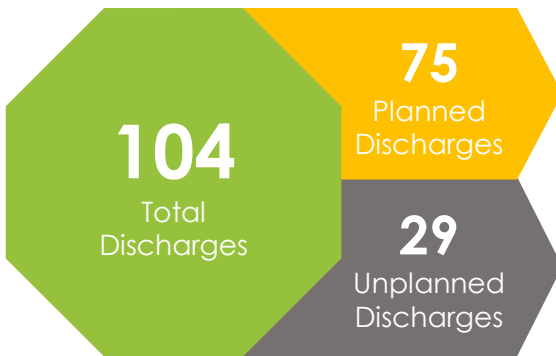
As part of the guest's intake and discharge process, they are asked to fill out a Pre/Post Outcome Survey. Eight items are measured as a pre/post comparison between intake and discharge. Participants answer the following items using a 3-point Likert scale (Rarely, Some of the Time, Most of the Time).



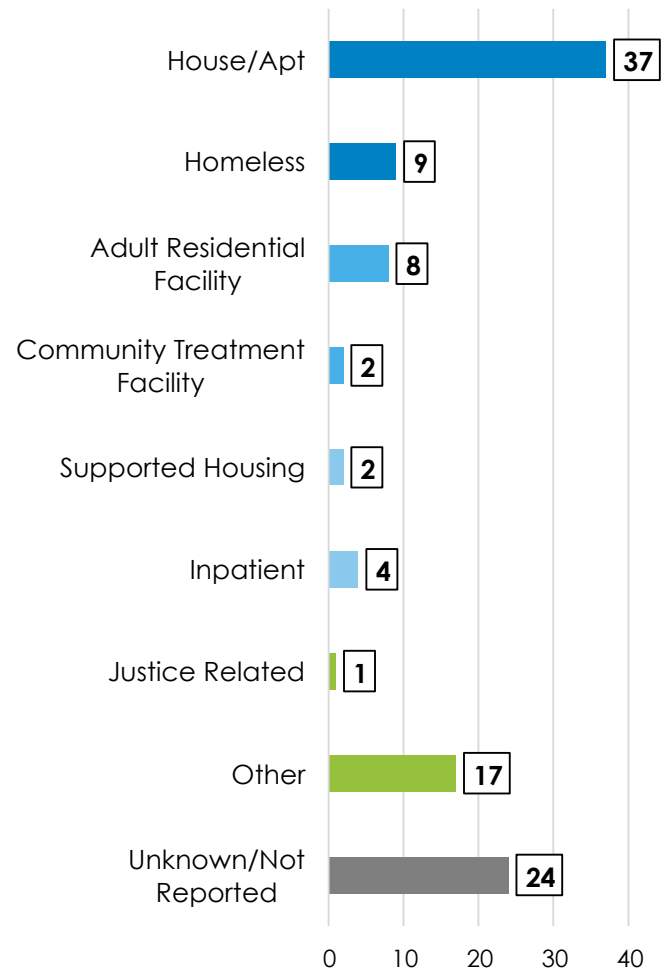
## LINKAGE REFERRALS



## DISCHARGE INFORMATION



### Living Situation at Discharge



### Employment Status at Discharge

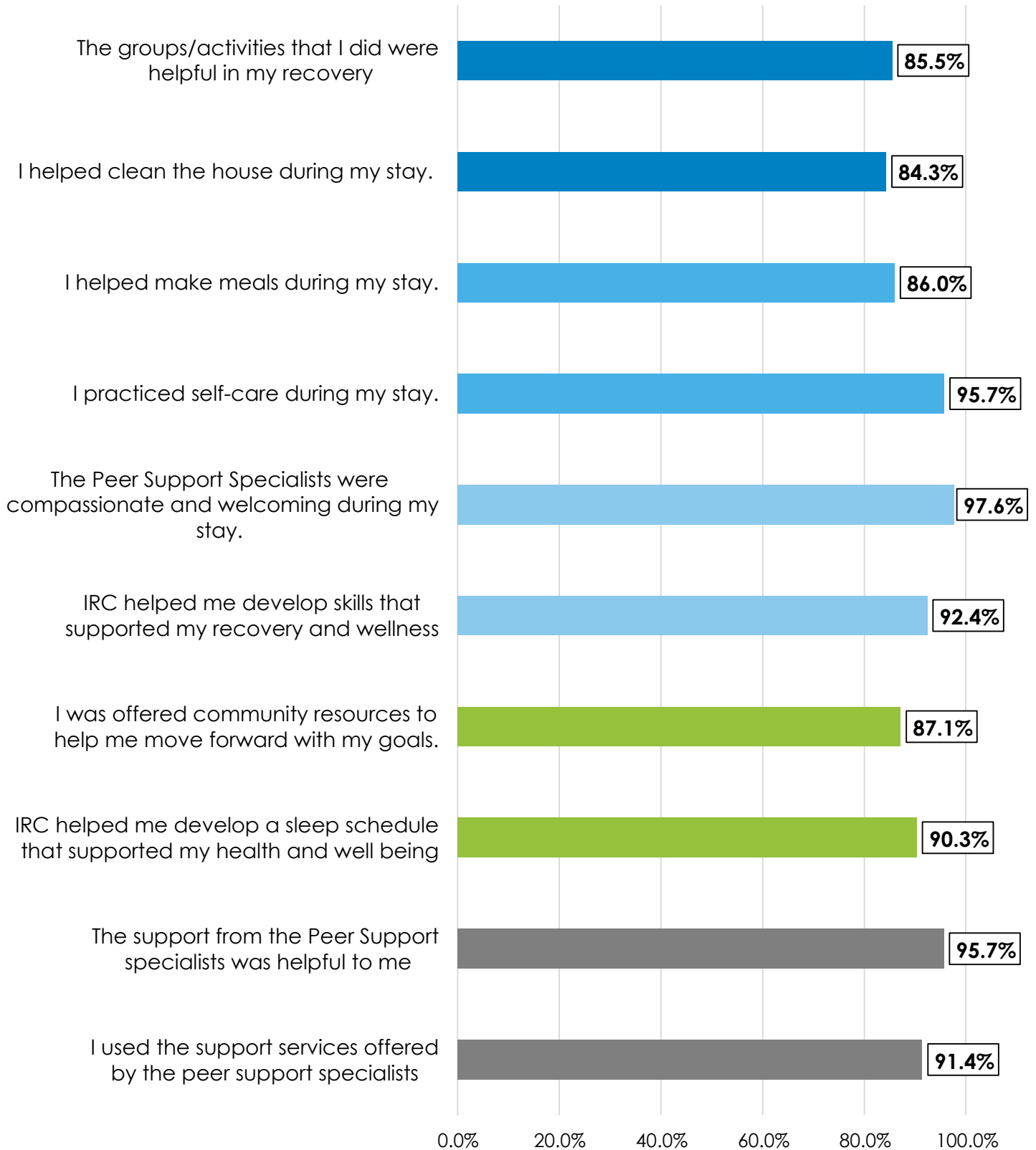
	#
Full-Time Employment	2
Part-Time Employment	8
Unemployed	88
Unknown	6

### Discharge Reason

	#
Administrative Discharge	26
Client Left Program	2
Transfer to Higher Level of Care	2
Client Met Goals	74

## CLIENT SATISFACTION

Of the discharges that occurred within the reporting period, 69 (66.3%) completed a satisfaction survey. The remaining 35 (33.7%) 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  
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