



# **Peer Operated Respite Bidder's Conference**

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# **Peer Operated Respite Bidder's Conference**

- **This conference will be recorded and posted on the DMHDDSAS website, where the Peer Operated Respite (PORS) Invitation to Apply can be found**
- **Phones will be muted throughout the call. Please type your questions in the chat box.**
- **Questions will be transferred to a FAQ documented and posted where the PORS Invitation to Apply can be found.**

# **Peer Operated Respite Bidder's Conference**

- **We will attempt to answer as many questions as we can during this webinar. Any questions we do not get to, or questions that we need to do some research on, we will answer in a Frequently Asked Question document we will post on the DMHDDSAS website.**

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- **DMHDDSAS posted an Invitation to Apply for two more PORs to be started using MHBG funds on 11/21/18**
- **Applications are due by 5:00 PM, Friday, February 15, 2019**
- **DMHDDSAS will be taking electronic applications only**

# Peer Operated Respite Bidder's Conference

- **Peer Operated Respite Services:**

- Provide temporary services (typically three to four days, not to exceed seven days) to support persons served in emotional distress and/or urgent or emergent behavioral health crisis.
- Employ North Carolina Certified Peer Support Specialists (CPSS) who can use their lived experiences to assist individuals.
- Utilize a recognized and emerging best practice model, such as the Intentional Peer Support Model or other compatible model that assists persons served through mutual problem solving.
- Are provided in a short-term community-based living arrangement.
- Are provided by an award recipient that is a Consumer-Run-Organization.

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- The award recipient must have a physical site that accommodates two (2) to four (4) beds.
- **DMH/DD/SAS will give preference to the bidders that meet the definition of a Consumer-Run Organization as of the date that the responses are due. Preference will also be given to bidders meeting the first definition of Consumer-Run-Organization (Board of Directors is composed of a majority of individuals who are Consumers). Bidders that are not currently Consumer-Run-Organizations must submit with their bid a plan for becoming such and must meet the requirements as of the Service Start Date.**

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- **Access and Admission Criteria**
- Peer Operated Respite Services are voluntary.
- Peer Operated Respite Services are for individuals eighteen (18) and older, who are living with behavioral health challenges and are experiencing urgent emotional distress and/or emergent crisis related to a diagnosis of mental illness.
- Peer Operated Respite Services are not intended for individuals with a diagnosis of substance use only, for individuals that are experiencing distress or crisis related to a substance use disorder, for individuals awaiting admission to a halfway house, or for individuals needing detox.
- The person served does not present imminent harm to self or others.
- The person served and the CPSS must both agree that the individual can benefit from the Service.
- The person served can self-administer medication.

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- **Hours of Operations and Length of Stay**
- **a.** Services must be available and accessible on a twenty-four (24) hour per day, seven (7) day per week basis with a CPSS on site at all times when there is a person served residing at the PORS. When there is no CPSS present at the physical site, there must be a mechanism for persons served, DMH/DD/SAS and other potential referring agencies, to be able to immediately contact and access the Services.
- **b.** The physical site must be open 24 hours a day, seven (7) days a week when a person served is admitted to the PORS.
- **c.** Length of stay in Peer Operated Respite Services cannot exceed seven (7) days.
- **d.** Individuals classified as 'Old Friends' or 'Returning Guests' may not stay more than twice in a 12-month period while the Peer Operated Respite Services is a pilot service.



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- **Service Delivery**
- **Goal Planning**
- As soon as it is appropriate, but no later than forty-eight (48) hours after admission, the PORS CPSS must, in conjunction with the person served, develop a Goal Plan. The Goal Plan must:
  - be an explicit statement of what the person being served hopes to accomplish during his/her time with Peer Operated Respite Services;
  - document the proposed recovery-oriented activities that will be undertaken during his/her time with Peer Operated Respite Services;

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- Outcome Tracking
- All PORS sites will participate in outcome tracking. Intended outcomes for PORS include:
  - Decrease in hospital utilization (over time)
  - Increase in healing and satisfaction
  - Increase in advocacy and self-empowerment
  - Increased engagement in community-based services (both peer and provider led)
- Outcomes will be tracked by PORS guests at check in and again at check out. Outcome data will be submitted to the LME-MCO and to DMH/DD/SAS quarterly.

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- **PORS sites have the option to facilitate wellness center if there is no similar program existing in the community, or if an existing similar program is at capacity and there is demonstrated need the community would benefit from an additional wellness center.**
- **A wellness center allows for drop in peer support services to individuals in the community that identify as having a mental illness. A PORS site seeking to also facilitate a wellness center must identify the following:**
  - **Days and hours of operation, not to disturb or conflict with the respite services**
  - **Space/locations where the wellness groups will take place**
  - **Policies and procedures to ensure that respite guests will have privacy, and means to secure their personal belongings while wellness center activities are scheduled**
  - **Peer facilitated groups that the wellness center plans to offer, as well as a sample calendar of events and groups.**

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- Staffing patterns to support the facilitation of wellness center activities
- Please note, is it not required that a PORS also facilitates a wellness center. Applicants that focus on PORS services only will not be penalized.

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- **How funding will work-**
  - Funds will be allocated to the LME-MCO, and the LME-MCO will pay the provider of the PORS service
  - Funding will be Mental Health Block Grant (MHBG) funds. These are Federal funds.
  - Funding is meant to support the start up and implementation of the service. On-going funding to sustain the service cannot be guaranteed through MHBG funds

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- A question from our last PORS RFA- Can the state advance funds for the purchase of items like furniture, rental deposits, etc?
- *The State cannot advance funds. However, the LME-MCO can cover the cost of expenses and then be reimbursed by the State.*

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- A lesson learned-
- *Make sure that the rental you are considering is zoned for a service like respite. Check with your local city government BEFORE entering into any kind of rental agreement/paying deposits for a rental*

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- More Frequently Asked Questions
- *Funds cannot be used to purchase a house. The respite site can only be a rental.*
- *Funds cannot be made to make upgrades or improvements to the rental*
- *Funds can be used to provide respite guests funds for groceries during their stay (purchase of \$25 grocery cards)*



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- *Funds can be used to ensure basic needs are met when people stay- toilet paper, bath towels, feminine hygiene needs, soaps/personal hygiene, linens*
- *Funds can be used to purchase furniture, though we do request that you work with local vendors to secure the best prices possible*

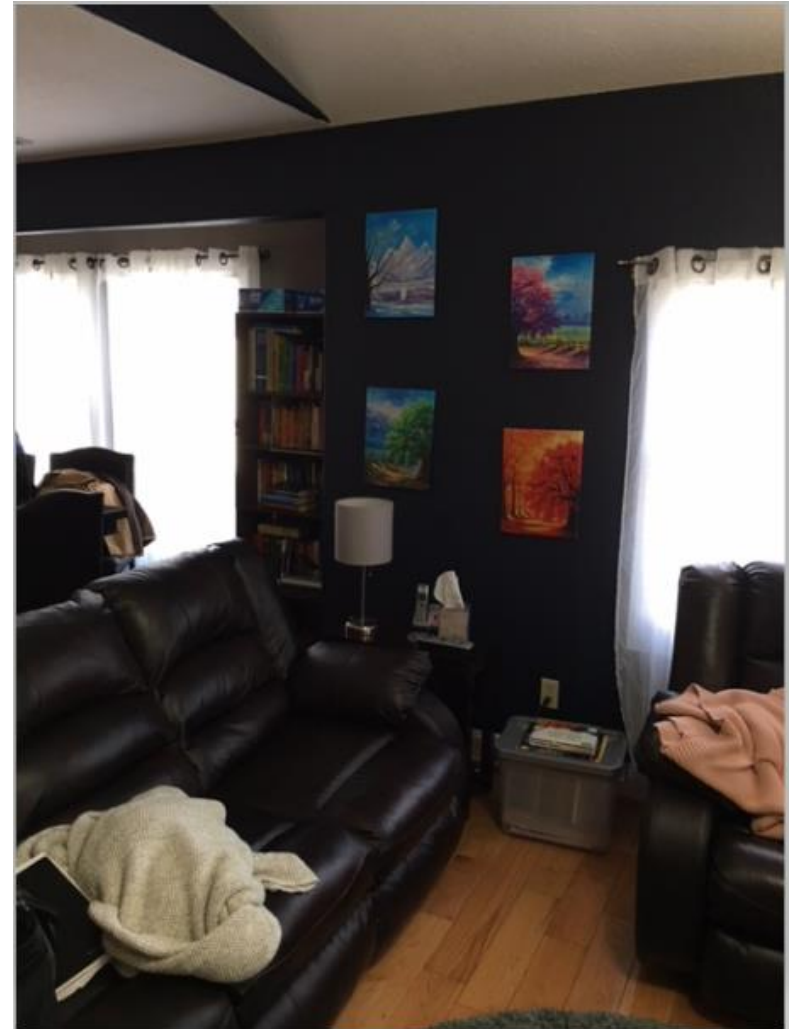
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- How respite is already helping people in western NC-
  - *I was actually in crisis the day before I came. Suicidal, with a plan that did not work out (Thank God!) I knew I was coming here which made it worth it for me to hang on.*
  - *Much healthier environment for me as I'm on the spectrum. No forced schedule or participation in my activities. And the peace and quiet of the neighborhood was truly a balm to my soul. Being able to go outside and drink coffee on the porch – a gift.*

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- *It gave me time and space to find a place to live*
- *Having my own room with an awesome bed and a door to close. Thank you!*
- *The staff is always awesome! Plus luxurious basic needs rock! <3 bathtub!*
- *Being able to shower, being able to reach in a refrigerator and grab something I actually wanted to eat. The security of a lock on the front door.*