

Eligibility Criteria

- 18 years of age or older
- Experiencing a crisis or emotional distress
- Identifying as living with a mental health or substance use disorder
- Must not be solely seeking shelter



Our Respite House is staffed 24 hours a day, 7 days a week by peers who are trained and experienced in supporting others to transform a crisis into an opportunity for enhancing personal wellness and recovery.

All admissions must be on voluntary terms.

we're here for you.



To learn more about respite services or to begin the intake process, contact:

Passaic County Respite
(862) 239-9896

Essex County Respite
(862) 229-1401

Middlesex County Respite
(732) 354-4403

cspnj.org/respite



Collaborative Support Programs of New Jersey, Inc. (CSPNJ), a peer-led not-for-profit organization, provides flexible, community-based services that promote responsibility, recovery, and wellness through the provision of community wellness centers, supportive and respite housing, human rights advocacy, educational and innovative programs for people with the lived experience of behavioral health conditions and substance use



peer wellness respite services

wellness respite house
-
intensive outreach
-
follow up support

WELLNESS RESPITE HOUSE

Our house is a clean, safe, supportive, tranquil and non-judgmental environment in a residential community.

We offer intensive peer support and involvement in wellness activities to help guests to restore balance, and plan for adjustments when they return to their home, their associated valued roles, and their community activities.

Guests can stay at the respite house for a maximum of 10 days.

INTENSIVE OUTREACH

If there is a waiting list or if a guest chooses to remain at home, we can provide wellness planning and intensive phone contact and outreach in the community for up to 10 days.

FOLLOW UP SUPPORT

After completing a Respite House stay or Intensive Outreach, all guests are offered up to 30 days of continued support through a follow up wellness plan and phone contact and outreach in the community for up to 30 days.

The goal of our peer wellness respite services is to empower an individual through emotional and mental health crisis.

During their respite services, a guest will...

- meet with peer staff daily to develop a wellness plan and goal related to their mental health
- learn about coping tools, resources and activities to better manage crisis
- have the opportunity to gain linkages to local community resources



Scan the QR Code to take a virtual tour of our respite houses!

We encourage independence, self-empowerment and self-acceptance at respite.

Respite services are individualized to each guest dependent on their needs, habits, and desires.

At the respite, we understand that life circumstances can become too difficult to bear alone. Our peer wellness respite associates are trained with variety and tools to help support guests with compassion, empathy and empowerment.

Our goal is to support our guests in reclaiming their recovery and wellness.

