



Turning Point operates over **37** programs in **8** Northern California counties.

OUR MISSION IS TO CREATE A STIGMA-FREE, SUPPORTIVE AND HEALING ENVIRONMENT.

"I have enjoyed feeling a part of Insight Respite. There is truly a family-like atmosphere that adds to a positive experience while staying here. Having other people ask you how you are doing every day and giving you feedback was very helpful. Playing games was a lot of fun and a great distraction from fear and hopelessness. Staying here is like having a long time-out period, allowing me to regroup my feelings and my direction. Thank you again and keep up the good work."

- Former guest



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TURNING POINT
COMMUNITY PROGRAMS
A Path to Mental Health

Insight Respite Center

WE PROVIDE CLIENT-CENTERED SERVICES IN A WELCOMING, HOME-LIKE ENVIRONMENT.

THESE INCLUDE:



24/7 peer support



Wellness activities,
laundry services



Wellness Recovery
Action Plan (WRAP)
development



Linkage to resources,
strengths assessments

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.

To best meet the needs of our guests, there are eligibility requirements for acceptance into the program:

- Must be approved by Nevada County Behavioral Health
- Must be a resident of Nevada County
- Must be 18 years or older
- Has a mental illness, or is experiencing a first episode or re-emergence of severe symptoms
- Cannot be under the influence of illicit drugs and/or alcohol
- Is medically stable
- Able to maintain personal hygiene and self-care
- Can prepare own meals and clean up following meals
- Can sign and understand documents
- Is willing to follow house agreements
- Has a place to return to once they are ready to leave

CONTACT US



FOR MORE INFO, VISIT:

www.TPCP.org/Programs/Insight-Respite



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