

# Statistics

This alternative solution seeks to address unmet needs of our community members

## In our recent survey:



97% of participants believe that a peer respite would've helped them cope with recent crises



1 in 5 participants did not have any help during recent crises

## In Montgomery County:

1 out of 3 MontCo adults reported their mental health was “not good” in the past 30 days, and 1 in 6 MontCo adults report that they have been told they have a depressive disorder

# Become an Advocate



## How You Can Help

- **Volunteering**
  - It takes community and collaboration for true inclusiveness
- **Communication & Outreach**
  - Reach out and give us feedback and suggestions!
- **Monetary Donations**
  - any amount helps in order for this community resource to continue

# *The Ferns Peer Respite*

## Our Fiduciary





**"We are hardwired to connect with others, it's what gives purpose and meaning to our lives, and without it there is suffering. "**  
**- Brene Brown**

## About Our Respite Council and Director

Our peer respite council is comprised of individuals who are passionate about advocating for more person-first and individualized resources within the mental health field. Members either identify as having lived experience or have supported someone who has needed support around their mental wellness.

Sue Shannon is a council member who is also the Executive Director of Hopeworx INC.

Our Peer Respite Director is Olivia Bruecks. Olivia is a Certified Peer Specialist and Intentional Peer Support Facilitator. She has been working in the field as a CPS Supervisor for 7 years and is invested in empowering individuals to feel connected and validated in their unique experience.

## OUR MISSION

To offer a welcoming environment for people experiencing distress in their lives that recognizes each individual as the expert on themselves while also providing time, space, and connections that support their self-determination, healing, and growth

## Let's Connect

### Phone

610-787-7363

### Website

<https://www.hopeworxinc.org/what-we-do/ferns-peer-respite>

### Email

[obruecks@theferns.org](mailto:obruecks@theferns.org)

Grounded in Intentional Peer Support (IPS), our peer respite will serve as a space for people to connect with each other during times of struggle in ways that honor suffering as a universal human experience and respect that people are experts on themselves.