





## What is the Our Space?

Our Space is a community that cares and grows together. We offer a variety of programs and services for individuals with mental health or substance abuse challenges.

- ❖ Our Space Drop-in Center
- ❖ Peer Support Services
- ❖ Parachute House Peer-Run Respite
- ❖ Supportive Housing
- ❖ Price Is Right Shoppe



## The Our Space Drop-in Center

The Our Space Drop-in Center is a voluntary day program which provides members support and community. Members who take part in this program determine the recovery path that works best for them. Some membership benefits include:

- ❖ Receive encouragement through groups and one-on-one support
- ❖ Advocacy and empowerment through integrated services and community resources
- ❖ Learn skills through participation in educational groups
- ❖ Experience community integration

# The Our Space Drop-in Center

The Our Space Drop-in Center provides of Comprehensive Community Services (CCS). Professional staff work with the individual's case manager and Peer Support Specialists to offer person-centered, recovery-oriented services, including:

- ❖ Individual Skill Development Enhancement
- ❖ Wellness Management and Recovery
- ❖ Mental Health Education
- ❖ Peer-Support Services

Hours:

8:30am – 3:30pm / Monday – Friday  
Except major holidays

Tours available M-F, 9:00am – 2:30pm  
No Appointment Needed





## Peer Support

Peer Support is an emerging behavioral health best practice utilizing trained individuals with lived experience to help others cope with mental illness and/or substance abuse challenges.

It offers a level of acceptance and understanding often not available in other professional relationships. Using a non-clinical approach, Peer Support Specialists share their experiences, and provide clients practical guidance to create goals and strategies towards a more fulfilling life.



# The Role of a Peer Support Specialist

- ❖ Supports recovery journey
- ❖ Provides hope and overall well-being
- ❖ Helps reduce mental health/substance abuse stigmas
- ❖ Provides holistic recovery tools
- ❖ Assists in wellness planning and goal development
- ❖ Reduces recovery barriers
- ❖ Advocates for clients with other care providers
- ❖ Educates about community resources
- ❖ Provides community linkage
- ❖ Meets client where they are on their journey



# The Parachute House Peer-run Respite

The Parachute House Peer-Run Respite is a short-term residential facility for individuals experiencing emotional distress or a low-level mental health crisis.

# What to Expect

- ❖ A short-term (seven days) residential resource
- ❖ A welcoming and accepting, home-like environment
- ❖ Open 24 hours a day, seven days a week, 365 days a year
- ❖ Come and go as you choose to continue with work or other scheduled activities
- ❖ Non-clinical support
- ❖ A safe and relaxing place to pause and reset
- ❖ One-on-one supportive conversations with Certified Peer Support Specialists
- ❖ Wellness activities
- ❖ Hope







# Supportive Housing

Supportive housing offers accommodations as well as wrap-around services for individuals struggling with mental health and/or substance abuse challenges.

Objectives:

- ❖ Reduce utilization of emergency services
- ❖ Provide a stable, safe, cost-effective place to live

# Supportive Services Offered

- ❖ Peer Support
- ❖ Education, wellness, and support groups
- ❖ Activity groups
- ❖ Community integration
- ❖ Link to community resources





## Price Is Right Shoppe

The Price is Right Shoppe is a community resource, available on a referral basis. The Shoppe provides clothing and household items, so that individuals suffering from mental illness are able to live independently. All items are provided free of charge.



For more information about Our Space, Inc. please visit our [website](https://ourspaceinc.org) (ourspaceinc.org), or contact our team via [email](mailto:ourspace@ourspaceinc.org) (ourspace@ourspaceinc.org), or phone (414)383-8921.



OUR SPACE INC

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