

# Choose HOPE

# Anything is possible

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Hope365 is a peer staffed and trauma informed alternative to more restrictive care. We offer guests short-term respite care and peer support in a friendly, safe, and home like setting.

Hope365 supports guests to manage their mental health concerns in a supportive and nurturing environment while retaining their individuality and freedom.

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## AT HOPE365

Your stay is completely voluntary and there is no cost to you. You will receive one-on-one peer support from Michigan Certified Peer Support Specialists who are in their own journey of recovery.

You will receive services and support while developing a wellness plan in a mutual learning setting, participate in recovery discussions and activities and build on strengths and supports.

Identification and engagement in community-based resources including integrated health care.

Hope365 helps guests learn how to view mental health challenges differently and explore wellness tools that would help decrease the intensity of or prevent future crisis.



PEER RESPITE &  
WELLNESS CENTER

## THE BENEFIT OF RESPITE

Guests voluntarily choose temporary respite services to restore well-being and the ability to manage their lives.

Hope365 will provide innovative and unique “crisis aversion” services to adults (18+ years of age) residing in Oakland County, who are self-aware of their mental health and are voluntarily seeking support services to help them with their recovery efforts.

Hope365 is designed to empower guests and promote hope.

## WHY PEER SUPPORT

Peers are integral in supporting people who are experiencing emotional distress.

Hope365 guests learn how to:

- View symptoms or challenges that arise differently
- Use wellness tools to help decrease the intensity of or prevent a crisis

The primary role of peers is to create a respite from emotional distress through the promotion of a non-judgmental supportive, friendly and engaging environment.

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