



## FAQs

1. What is Crosswinds Peer Respite Center?

A: Crosswinds peer respite center offers a place for adults to stay on a short-term basis when they are experiencing or on the verge of a mental health crisis and are in need of support and services. This program is a crisis alternative that aims to avoid the repetitive cycle of hospitalization.

2. What is the referral process?

A: This is a voluntary program. Individuals may self-refer by calling Crosswinds directly. When being referred by a service provider or family member, program staff must speak to the potential guest to ensure the request for admission is voluntary.

3. What is the eligibility criteria?

A: 21 years of age or older; Diagnosable mental illness; Acute psychiatric symptoms; Voluntary admission; Able to conduct self in a respectful and responsible manner; Willing to participate in peer support planning and some group activities; cannot be under the influence of drugs or alcohol

BONUS QUESTION: How much does it cost? A: FREE OF CHARGE – we bill Medicaid; if no Medicaid, state contract pays for it.