

NAMI St. Tammany Day Center

- This component of the **Safe Haven** campus, operated by **NAMI St. Tammany**, offers support, resources, recovery-oriented programs, groups and activities in a safe and accepting environment for those living with a mental illness who are seeking support and guidance.
- The **NAMI St. Tammany Day Center** program is staffed by Certified Peer Support Specialists (PSS) who will assist adults living with severe and persistent behavioral health disorders in St. Tammany Parish, in navigating access to appropriate support resources and providing alternatives for less costly behavioral health care in a less restrictive environment, leading to recovery. There is no cost to attend the program.

**Please note, our program is non-clinical and no medical providers are onsite or part of this program.*

- The renovation on the 3800 sq. ft. building was completed by St. Tammany Parish Government using Community Development Block Grant money. NAMI St. Tammany won a grant from Baptist Community Ministries for the training and operation of the Day Program in the amount of \$199,748 for an 18-month period.

HOURS: Monday – Friday from 9 AM – 3:30 PM, and lunch is provided daily

For more information or to apply, please contact **Tom Rowan** at **985-626-0063**.

STAFF

Program Director – Tom Rowan

Peer Support Specialist - Roxanne Skal

Peer Support Specialist - Keya Robinson



National Alliance on Mental Illness

NAMI St. Tammany Day Center – Peer Support Specialists

Trained and Certified Peer Support Specialists (PSS) are people who use their lived experience of recovery from mental illness and/or addiction, plus skills learned in formal training, to deliver services in behavioral health settings to promote mind-body recovery and resiliency.

Studies have shown that the use of PSSs is an extremely effective way to support individuals in their recovery. 70% of self-help groups report their members stay out of the hospital, hold jobs and live more independently, assuming more responsibility. The research shows the benefits of utilizing peers in Day Centers. The most substantial finding was that follow-up re-hospitalization rates during a two year period decreased from 60% to 19%, an improvement of 41% for individuals who were recipients of peer provided bridging services.

PSS from NAMI St. Tammany have worked to help change and shape the inclusion of individuals with experience in Louisiana’s Behavioral Health System. They have worked and will work across the behavioral health continuum of care with BH provider partners including the crisis line, mobile crisis team, hospital Emergency Departments, inpatient psychiatric facilities, outpatient behavioral health clinics, and the criminal justice system, to assist persons with BH disorders navigate the system and get cost effective and efficient treatment in the right place and at the right time.

The Day Center will have a focus on psychosocial rehabilitation in a community setting as its primary approach to mental health. This is not only an evidence based approach, which is extremely effective at addressing the gap in services for its target client base, and which is an effective tool in reducing the symptomology of isolation, feelings of rejection, and despair experienced, but also addresses issues of sustainability in that billing for peer-led psychosocial rehabilitation is allowed by Medicaid.

The holistic approach envisioned is highly structured, and will encompass didactic group work both peer-led, and peer co-led with mental health and medical clinicians from the community, as well as peer and professional group work in areas including, but not limited to diverse recovery tools such as: yoga, visual arts, musical arts, dance, current events, cooking, ADL’s (as needed), job skills, and community groups within the Center where the participants will have a voice in operations.

The facility will allow as many as 3 groups to be held simultaneously, which will guarantee the ability to fit the therapy to the client, as well as afford workable group sizing. All client plans will be individualized, and reflect their goals and wishes as much as possible, in keeping with the Recovery Model philosophy which recognizes that an individual may only be effectively served if he is met “where they is.” This might seem an obvious statement, however it is meant to reflect our philosophy, which recognizes that in spite of the fact that most of the therapeutic actions take place in group modalities, the assignment of clients into the groups is based on their individual needs and desires, as shared with their Case Managers, and reflected in their Case plans and Goals.

Treatment and crisis services available in St. Tammany Parish for people with mental health or substance use disorders vary depending on their ability to pay for care. Several private, for-profit facilities offer a continuum of inpatient, residential, and comprehensive outpatient services. Access to these services is generally limited to people with commercial insurance or Medicare coverage. Individuals most frequently cycling through St. Tammany jails are indigent or qualify for Louisiana’s current Medicaid program. The NAMI St. Tammany Drop-In Center will accept all eligible clients regardless of their ability to pay.



St. Tammany