Monarch House Peer Run Respite is a voluntary, non-medical, overnight program for people experiencing emotional distress or crisis. Guests are able to stay from 1-5 days for mutual peer support and self-directed healing in a home-like setting. Monarch House also provides a warmline for over-the-phone peer support.

Monarch House is a program of Wisconsin Milkweed Alliance, Inc (WIMA) a non-profit organization based in western Wisconsin that is 100% managed and run by people with lived experience of mental health or substance use challenges, trauma backgrounds, or other difficult life experiences.

Wisconsin Milkweed Alliance
PO Box 305 Menomonie, WI 54751
info@milkweedalliance.org | MilkweedAlliance.org

POTENTIAL GUESTS:
- Are 18 years old and residents of Wisconsin
- Need and want peer support to navigate or avoid a crisis
- Want to self-direct their healing process
- Are able to support their own basic health needs
- Are able to stay clean and sober for the duration of their stay
- Are able to uphold the values of the respite house

For more information or to access the warmline for support:
715-505-5641

715-505-5641
milkweedalliance.org/monarch-house
STAYING AT MONARCH HOUSE PEER RUN RESPITE

Respite stays are voluntary, so potential guests must call the respite themselves. Staying at Monarch House is free of charge.

During their stay, guests have access to a fully-furnished, private, locking bedroom, as well as to the communal areas of the home. Guests may come and go as needed for work, school, appointments, family responsibilities, social activities, and etc.

Guests may have visitors in designated areas during daytime hours. Guests are responsible for taking care of their basic needs such as hygiene, meals, and self-administration of any medications. Some basic pantry items are provided, but guests are encouraged to bring their own food if they have special dietary needs. A lockbox is provided to each guest for safe keeping of any medications or valuables.

There is no formal “programming” at peer run respite. Guests have access to peer support day and night, and self-direct their healing process. Monarch House offers options for guests during their stay, including:

- Art supplies
- Yoga & exercise supplies
- Resource and reading library
- Movies and games
- Computer and internet access
- Cooking & eating with peers
- Information about local resources

MISSION:

To provide a supportive, home-like environment where people can explore, discover, and direct their path to healing and wholeness with the support of people who have shared similar experiences.

FROM PEOPLE WHO HAVE STAYED AT MONARCH HOUSE:

“It means a lot to be heard and be respected... to share similarities and understand how to cope through situations/events.”

“This is a great place to be when life is hard... I am so glad I found Monarch House.”

WHAT IS PEER SUPPORT?

The people who work and volunteer at Monarch House provide peer support: a way of connecting based on shared experiences of surviving and healing from mental health or substance use concerns, trauma, or other difficult life experiences.

Peer support is not about one person in a ‘helper’ role trying to ‘fix’ another person. Rather, peer support is based on creating a mutual relationship where each person is open to learning and growing.