

A day at The Ferns



OUR BACK DECK



Not sure what to expect as a guest? No worries!

Here is what a typical day can look like at the Ferns; waking up whenever you are ready and enjoying some coffee on our beautiful back deck. Then going into town for some shopping, going for a hike, or just hanging out in our finished basement doing some arts and crafts. We have staff present 24-7 who are ready to engage whether it be through board games, cooking, yoga, and more! You can end the day with some take-out food and a movie.

Our focus is to provide a home-like environment where any guest can engage in connecting with themselves, others, and the environment in order to find the much needed space they need to heal and grow.

Keep in mind there is no involuntary or required participation, so your stay is unique to you!

Ferns Mission and Guiding Principles

MISSION

To offer a welcoming environment for people experiencing distress in their lives that recognizes everyone as experts on themselves while also providing time, space, and connections that support their self-determination, healing, and growth.

PRINCIPLES

**Genuine Connections
Voice and Choice
Mutuality
Potential for Change
Healing Environments
Respect for Yourself and Others**

These Principles and their definitions are posted around our respite house.



The Ferns Peer-Run Respite

Pottstown, Pennsylvania





How to get involved in other ways:

★ Donate

The Ferns Peer-Run Respite is accepting any and all monetary donations and DAF's. As a small non-profit these donations are what keep us open. Please go to:
<https://www.hopeworxinc.org/how-to-help/donate.html>

★ Peer Respite Council

If interested in joining our Peer Respite Council please contact our Council Chair- Sarah Spath
Email: sspath@theferns.org

★ Volunteer

The Ferns is currently open to anyone who wishes to volunteer whether it be through services to help our residential home, spending the day at the house, and more. Reach out to Olivia Kripak the Respite Director to discuss possibilities:
Email: okripak@theferns.org

★ Resource Sharing

If you are a small business or large agency, and feel connecting with our Director would benefit you and/or the Ferns, let's connect! We are open to sharing brochures, educating staff on respite, and much more! Reach out to Olivia Kripak.
Email: okripak@theferns.org

About Us

The Ferns Peer-Run Respite is a non-clinical mental health resource in Montgomery County, PA.

We aim to be a crisis alternative resource for any individual experiencing emotional distress that identifies with needing a break but may not want to, or cannot, interact with current available clinical resources.

The respite is located in a residential home, in a rural community, that has 24/7 trained staff available at all times.

We'd love to have you as a guest!

A GUEST IS ANYONE WHO:

- ☑ is feeling a big emotion/experiencing emotional distress
- ☑ is able to respect themselves, others, the space, and surrounding community
- ☑ feels safe in a voluntary, open, and unlocked shared space
- ☑ Can take care of all of their personal needs, including medical, medications, and hygiene
- ☑ Wants to engage in activities and conversations that aid in healing and personal growth
- ☑ Is accepting that the respite can only offer a 7 day stay max

How to Contact The Ferns if Interested in being a Guest

610-705-8797

By Phone

If reaching out through phone and leaving a voicemail please include:

- Your name
- Your location
- Contact Information for us to reach out to such as a phone number if possible
- Any brief insight as to why you wish to stay at the Ferns (only what you feel comfortable sharing)

info@theferns.org

By Email

If reaching out through email please include:

- Your name
- Your location
- Contact Information for us to reach out to you such as a phone number if possible
- Any brief insight as to why you wish to stay at the Ferns (only what you feel comfortable sharing)

Reach out to Hopeworx

We are in partnership with Hopeworx Inc. and therefore if you call Hopeworx there is an option to be connected to The Ferns Peer Respite. They can also provide some basic answers to any questions if needed.

Phone: 610-270-3685