

**«Time for a pause»
(Respite Services)
SUMMARY**

A Network for Peacekeeping officers

Time for a pause

LA VIGILE offers a service of varying duration and intensity for Peace Officers needing to rest.

The service applies to people who are having difficulties in their life and need a pause. They are greeted in a peaceful and secure environment where they benefit from the aid of a trained and experienced dynamic multi-disciplinary team that will guide them and help them get their breath back.

During their stay in the service, the clients share the same rights and responsibilities as all the other residents who are benefitting from the in-house services of LA VIGILE. Requests for leave must be discussed with the group moderator.

Main objective:

Help the clients to regain their psychological and social balance.

Specific Objectives:

1. Allow a pause in the clients' life and duties at the workplace
2. Offer a secure environment that favors appeasement
3. Offer well-structured facilities leading to the practice of good living habits
4. Offer a favorable environment for reflection
5. Evaluate the clients' needs
6. Guide the clients towards proper resources

How to reach the objectives:

1. Participation in daily relaxation workshops
2. Participation in psycho-educational workshops when recommended by members of the clinical team
3. Participation in two (2) individual encounters per week with an appointment agent
4. Supervision of health condition by the medical staff