

# CHILDREN AND YOUTH SERVICES:

## Child/Youth and Caregiver Respite Care

<b>Target Population</b>	Children/youth with substance use and/or mental health disorders (MH/SUD) and their parents/caregivers.
<b>Expected Outcomes</b>	<p>Expected outcomes of this service include:</p> <ul style="list-style-type: none"> <li>• Reduced caregiver strain</li> <li>• Improved caregiver function</li> <li>• Ability of children/youth to stay at home and/or in the community</li> </ul>
<b>Service Definition</b>	Respite care services involve the supervision and care of children/youth residing at home in order to provide an interval of rest and relief to the child/youth and/or their primary care givers. This service may include a range of activities to meet the social, emotional and physical needs of the child/youth during the respite period. These services may be provided on a short-term basis or for longer periods of time involving overnight stays.
<b>Program/Service Requirements</b>	<p>Respite care should be delivered face-to-face only.</p> <p>Activities for this service may include:</p> <ul style="list-style-type: none"> <li>• Providing supervision of child/youth for the period of time authorized</li> <li>• Ensuring that child/youth’s medications are taken as prescribed</li> <li>• Providing first aid and appropriate attention to illness and injury for child/youth</li> <li>• Providing for the appropriate nutritional needs of the child/youth</li> <li>• Providing transportation for child/youth to regularly scheduled programs and appointments – including school or work as appropriate</li> </ul>
<b>Staffing Requirements</b>	<p>Required staff education/qualifications:</p> <ul style="list-style-type: none"> <li>• Successful background checks</li> <li>• CPR and first aid certification</li> <li>• Medical documentation that demonstrates that health status is sufficient to provide services</li> </ul> <p>Respite care service staff should be regularly supervised by a licensed MH/SUD professional with at least a Master’s degree in a relevant field.</p> <p>Required staff competencies:</p> <ul style="list-style-type: none"> <li>• Experience and training in managing children/youth with MH/SUD</li> <li>• Knowledge of behavior management and developmental issues</li> </ul>

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	<p>Ongoing/continuing staff training should include:</p> <ul style="list-style-type: none"> <li>• Completion of an initial training program, as determined by the state, often including client rights, confidentiality, MH/SUD symptoms, managing safety, protecting individual dignity and choice</li> <li>• Regular in-service training</li> <li>• Administrative contact</li> </ul> <p>Caseloads may vary depending on the need for services. Respite care services are intended for a family unit, as defined in the service plan. For home-based respite care, the number of clients served is limited to one child or sibling group at a time. For facility-based respite, the number of clients served depends on the licensed capacity of the facility.</p>
<b>Location Requirements</b>	<p>These services should be delivered in the following places:</p> <ul style="list-style-type: none"> <li>• Home of child/youth</li> <li>• Residential facility or outpatient facility</li> <li>• Private home of the respite care provider</li> </ul> <p>If the service is provided in a facility or center, the setting must have appropriate licensing or certification to provide services. A home inspection must occur, and the home must meet state certification requirements. The respite provider may engage the child/youth in community activities during respite in safe and appropriate settings.</p> <p>This service should not be delivered within any type of correctional setting, in camps and other structured activity programs, unless they meet the definition/criteria of respite care services. Children/youth receiving facility-based respite should not be mixed with a population that is receiving longer term care (e.g. receiving treatment for MH/SUD) at the facility.</p>
<b>Recommended Duration</b>	<p>This service should be delivered on average for a period of X-Y days. The frequency should be determined by the treatment plan.</p>
<b>Service Exclusions</b>	<p>Activities should not include:</p> <ul style="list-style-type: none"> <li>• Personal services, such as babysitting, lawn care, and housecleaning</li> <li>• MH/SUD therapy</li> </ul>
<b>Documentation Requirements</b>	<p>Progress reports detailing all contact made with the family.</p>