Planned and scheduled respite care is a proven and evidenced based practice that can benefit children and families with complex mental health needs and those with developmental and mental health needs. Respite care has several benefits. Crisis respite care can allow children who may not safely return home due to mental health issues be diverted from the Emergency room. Children have a reduced exposure to trauma that they may experience by being boarded in an Emergency room setting, and it can establish a broader support system for a family that may reduce and prevent further ER usage. Scheduled respite care can prevent crisis’s from occurring by providing a safety net and support for parents, allowing them to have a brief and needed break from care giving, as well as provide the child a break, and an additional support system. Effective respite care can prevent burn out, increase family support systems, and prevent crisis and ER visits. This reduces exposure of children to trauma from the ER, supports families staying together and is cost saving to the community. It has the added benefit of supporting children in the community in which they live.

A respite care program works with coordinated systems of accessible, community-based respite care services for family caregivers of children and adults of all ages with behavioral and/or special needs. Such programs reduce duplication of effort and assist with increased stability of families.

Respite Care programs incorporate different models to improve the delivery and quality of respite services available through the following objectives:

1. Expand and enhance respite services in Lane County and throughout Oregon;
2. Improve coordination and dissemination of respite services;
3. Streamline access to programs;
4. Fill gaps in service where necessary; and
5. Improve the overall quality of the respite services currently available.

Based on the review and success of respite programs in other communities we are recommending the development of respite infrastructures in Lane County. The development of this infrastructure would come from a variety of approaches designed to enhance or improve access to and receipt of respite services. Some of these activities may include:

- Environmental scanning to understand available respite programs and family caregiver needs;
- Marketing and outreach campaigns to educate family caregivers about respite and how to access services;
- Training of volunteer and paid respite providers to increase the availability of respite services;
- Partnering with communities of faith to develop respite programs;
• Developing or enhancing statewide databases of respite care programs, services, and information to improve access for family caregivers; and
• Developing and implementing person-centered respite service options, such as vouchers.

****Administration for Community Living, Lifespan Respite Care Program: [https://acl.gov/programs/support-caregivers/lifespan-respite-care-program](https://acl.gov/programs/support-caregivers/lifespan-respite-care-program)

This approach recognizes and maximizes the family’s capacity, resiliency, and unique abilities. The intention is to better support, nurture, and facilitate self-determination, interdependence, and inclusion in all facets of community life for the child and family.

Through a collaborative relationship with the family, supports and services aimed at achieving desired outcomes are identified, prioritized, and implemented. Strategies must be flexible, coordinated, and effective. These strategies may include:

Information, education, and training on advocating on behalf of the child, leadership, and the full array of supports and services available in each community.

Methods for connecting families with other families (including parents, guardians, self-advocates, siblings, and grandparents) and support groups for mutual support and networking.

Goods and services that promote identified outcomes, benefit the child, and enhance the family’s long-term support roles.

Wisconsin Department of Health Services, Children’s Community Options Program [https://www.dhs.wisconsin.gov/ccop/index.htm](https://www.dhs.wisconsin.gov/ccop/index.htm)

*New Solutions, is a wraparound model, that includes crisis respite, and parent mentorship, to prevent ER usage and prevent further crisis from occurring.  
Linn County New Solutions, Linn County Behavioral Health [https://www.linncountyhealth.org/mh/page/new-solutions](https://www.linncountyhealth.org/mh/page/new-solutions)*