

LUK, Inc.

Hourly Respite Services

Melissa Murphy, MA, LMHC, LMFT

Carolyn Griffin, AS



LUK, Inc.

- LUK Crisis Center, Inc. (LUK) was established in 1970 by two VISTA volunteers who worked in partnership with the community to create an all volunteer 24-hour hotline. LUK has diversified our services since that time, expanding throughout all of central Massachusetts, Lowell, parts of MetroWest and the North East Suburban Area.

Agency Services

- Foster care
- Transition to independent living
- Young parent support
- Short and long term residential placement
- Outpatient behavioral health and substance abuse treatment
- Trauma recovery treatment
- Children's Behavioral Health Initiative services
- Community Service Agency (wraparound)
- Adventure-based programs for at risk youth and youth with Autism Spectrum Disorders (ASD)
- Respite services
- Tacking and youth support
- Home-based family counseling
- Coordination of child welfare services
- Coordination of youth risk surveys in schools and community assessments
- Mentoring
- Street outreach
- Prevention of youth access to alcohol
- Positive youth development

Respite Services

- Support is provided to a child with emotional and/or behavioral concerns and can prevent incidences of out-of-home placement.
- Responsive to the needs of families
- Reliable
- Flexible
- Strengthen families, children and youth
- Essential part of the overall support that families may need to maintain their child

Respite Services

The Hourly Respite Program assists families, children and youth:

- To reduce family stress;
- To establish, support and maintain family stability;
- To increase family and individual safety; and,
- To minimize the need for out-of-home placement.

Respite Services

- The goal is to “wrap” services around the child/adolescent and family and to provide individualized treatment and supports so that the youth can remain in the home (or permanency plan) whenever that is clinically appropriate and safe.

Respite Services

- LUK has worked to evolve a set of services that are responsive to the needs of parents, youth and service providers. As a result, we have learned how to provide an effective service and have attempted to offer services that are individually designed, creative, responsive, helpful and meaningful in the lives of families and youth.

Respite Services

- Referred youth come from diverse cultural, religious and ethnic backgrounds, and may have varying sexual or gender orientations.

Respite Services

- Youth may present with a range of DSM V psychiatric diagnoses. The enrolled child may have significant difficulty at home, school or the community.

Respite Services

- The child may also have a history of placement or hospitalization, be at risk of placement out of home or at risk of disrupting from a permanent placement.

Respite Services

- All participants and workers involved with LUK Respite Services have access to our 24/7 on call after hours team. This team has a licensed clinician and an intervention specialist who can respond by phone or in person as indicated.

**Our Most
Valuable
Resources**

**LUK
Respite
Staff**



Respite Workers

- LUK actively recruits and retains Respite Workers of various cultural, linguistic, ethnic and religious backgrounds. The unique vision of this program is that children/youth and families are matched with Respite Worker that are uniquely suited to meet the individual needs of both the youth and family.

Respite Workers

- By creating this match, we are establishing a connection that allows for consistency and trust, enabling the youth to remain in their community such that there remains access to their support network and for the family to establish a relationship with a caregiver that enjoys reciprocity of ideas and solutions for the overall success of the permanency plan.

Respite Workers

- All LUK Respite Workers receive training in first aid, CPR and verbal de-escalation techniques and non-violent passive restraint (Crisis Prevention Institute)

Respite Workers

- All Respite Workers have access to supervision through the Program Coordinator and the Lead Respite Worker Case Manager

Respite workers

- All Respite Workers are employees of LUK, and are not paid privately or “out of pocket”

**Values in
Action
Driven
by Vision**



Agency Values

- Child centered
- Family focused
- Input & choice
- Consistent Involvement
- Safety
- Individualized Services
- Cultural Competence
- Promote Continuous Learning
- Strength based
- Community based

Permanency

**My
Forever
Family**



Permanency

- Many families identify In Home Respite services as the one critical service element in a comprehensive system of care. We believe that respite services are an essential component in assisting families with a child with emotional and behavioral problems, who are under stress and are overwhelmed. Similarly, parents, guardians, siblings and those involved in the child's life are likely to experience increased stress and substantial strains on significant relationships. All parents need a break at times.

Permanency

Success Stories



Permanency

- Respite services help families reduce stress, improve their relationships, prevent out of home placement, and decrease the risk of abuse and neglect. Services also support youth returning from placement or hospitalization to reunite with their families, and to access additional community-based supports.

Service Delivery

- **Home-based Respite** offers a trained respite worker who comes to the family's home on a specified day and time and provides the services in the family's home.
- **Community-based Respite** offers a trained respite worker who comes to the family's home on a specified day and time and takes the child/youth into the local community to participate in social and recreational activities that work on skill building.
- **Center-based Respite** offers a safe and secure site where the family has the option of dropping off or having their child/youth picked-up on a specified day and time to work on skill building, social, and recreational activities at the Hourly Respite Program facility.

Service Delivery

- Crisis Respite Services for “Respite” Families
- Crisis Respite Services for “Non Respite” Families

Respite Treatment Plan

- The Day, the Time of Day, and the Duration of Respite Services
- The Type of Respite
- Children/Youth Involved
- Parent/Guardian Presence
- Plan for Medication
- Medical Plan
- Activities
- Goal(s)
- Safety Plan

Effectiveness of Services

- Respite is also conceptualized as a strategy to support families who are experiencing distress, thereby preventing the placement of children in out-of-home care, and avoiding family breakdown (Webb, 1990). Emergency Respite, provided through respite care centers and crisis nurseries, is designed to support parents through a crisis by reducing family stress and giving parents time to deal with concrete problems (Webb & Aldgate, 1991).

Effectiveness of Services

- There have been few well-designed studies of the outcomes of respite care for the families of children with emotional disorders. In one of the few controlled studies of the effectiveness of respite care for families with children with emotional and behavioral disorders, families who received an average of twenty-three hours per month of preplanned respite care reported fewer out-of-home placements, greater optimism about caring for their child at home, and reduced caregiving stress compared with similar families who were on a waiting list (Bruns & Burchard, 2000).

Effectiveness of Services

- In addition, the families reported that their children displayed fewer negative behaviors in the community. Greater use of respite services was associated with more positive outcomes, pointing to the need to increase the intensity of respite services to impact some outcomes.

**LUK, Inc
Community
Engagement and
Support Services**

**Respite
Services –
The Impact
is Evident**

