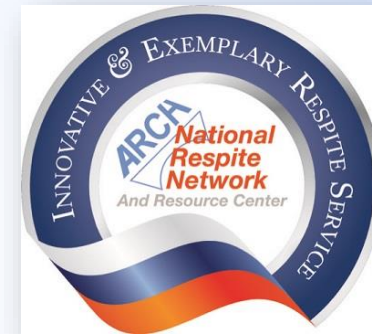





JUNE 22 - 25, 2021
VIRTUAL

Models of Exemplary and Innovative Practices in Respite Care/Short Break Programs in the U.S.



Presented by:

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- Barb Williams, ChildServe, Johnston, Iowa




But first, some background on ARCH and the Innovative and Exemplary Practice Initiative

The ARCH National Respite Network

includes the [National Respite Locator](#), a service to help caregivers and professionals locate respite services in their community, the [National Respite Coalition](#), a service that advocates for preserving and promoting respite in policy and programs at the national, state, and local levels, and the [Lifespan Respite Technical Assistance and Resource Center](#) which is funded by the [Administration for Community Living](#) in the U.S. Department of Health and Human Services.

- The mission of the ARCH National Respite Network and Resource Center is to assist and promote the development of quality respite and crisis care programs in the United States; to help families locate respite and crisis care services in their communities; and to serve as a strong voice for respite in all forums.



ARCH's Innovative and Exemplary Practice Initiative was initiated . . .

- To identify and document promising respite practices across settings and service populations.
- To learn more about respite services that are evidence-based or evidence-informed or are developing new service models and collecting practice-based evidence documenting their benefits to caregivers, care receivers and families.
- To learn ways of addressing challenging aspects of providing respite to special populations.
- To honor the work of Innovative and Exemplary Programs.



Today we will . . .

- Describe the 7 qualities and characteristics of programs and services that make them Exemplary or Innovative;
- Highlight actual programs from across the U.S. of varying size, scope, mission and funding.
- Provide real-life examples and commonly used strategies for bringing excellence to lifespan respite/short break programs and services no matter the program size, location or funding level.

About ARCH's Innovative & Exemplary Practice Initiative

The application & review process.

<https://archrespite.org/innovative-and-exemplary-respite>

US SEARCH



Do you know a respite service that is
Innovative & Exemplary?



Pre-Application Checklist

For Innovative and Exemplary Respite Services

Before you proceed with the application, make sure you meet the following minimum criteria. You must be able to respond YES to each of the three questions below before completing the application. Programs that cannot answer yes to all three Pre-Application Screening questions cannot be considered for a full review

1. Have you been in operation for at least 3 years?
2. Do you have written guidelines for your respite service or an operations manual that you would be willing to share with ARCH and with others who might wish to replicate your services if selected as exemplary or innovative?
3. Do you have a written plan for how you will measure performance or a logic model for measuring performance? The written plan may be as simple as identification of a single outcome or multiple outcomes you plan to measure and a short description of how you plan to measure them. It is not necessary to have completed a logic model or formal evaluation at the time you complete this application.

7 Criteria for Selection

1. An Evidence-Based or -Informed Approach
2. Written Plan with Goals and Objectives
3. Program or Service Manual or Guide
4. Person- and Family-Centered Services
5. Professional Development Plan
6. Evaluation and Data Collection Plan
7. Sustainability

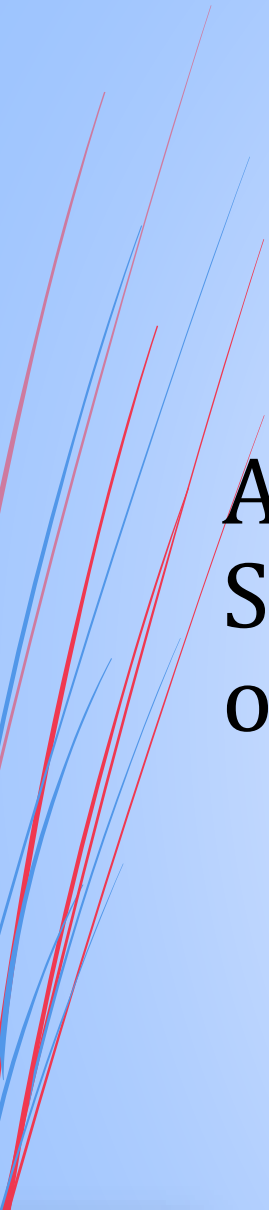
[Link to checklist](#)

An Evidence-
Based or
Evidence
-Informed
Approach ...

*is guided by research, data, and the
knowledge and wisdom gained through
practice*

A Written Plan with Goals and Objectives . . .

*clearly articulates your program's
targeted outcomes and performance
targets. Goals and objectives inform
data collection efforts.*



A Program or Service Manual or Guide . . .

*connects outcomes with the activities
that led to them. A detailed manual or
guide is necessary for program
replication.*



Person- & Family- Centered Services...

***is a collaborative approach to planning,
delivering and evaluating services.***

Professional Development Planning...

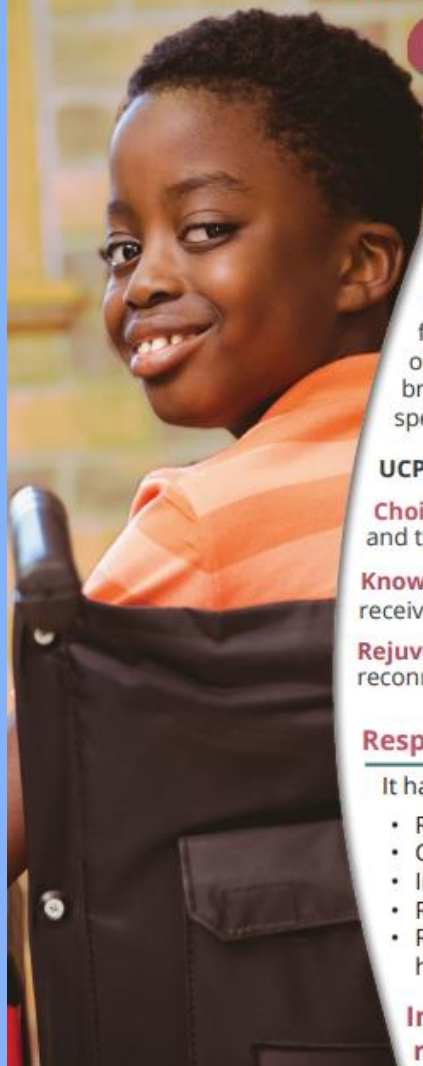
ensures volunteers and staff are trained and supported in competently and confidently providing safe services according to program plans, policies and protocols.

Program Evaluation and Data Collection...

measures program implementation and fidelity, consumer satisfaction, and person- and family-centered outcomes related to individual and program goals.

Sustainability... *includes stable and shared leadership, diversified resources, and a written plan.*

Alabama Department of Child Abuse and Neglect Prevention (ADCANP)



“I didn't know how much I needed respite until I used it. Respite helps me care for my children with fresh eyes and a renewed heart!”

- UCP Respite Care program participant

The Alabama Department of Child Abuse and Neglect Prevention (ADCANP) makes meaningful differences in the lives of children with disabilities.

Through Community-Based Child Abuse Prevention (CBCAP) funding awarded by ADCANP, United Cerebral Palsy (UCP) of Alabama's affiliates enabled **1,673** families to take short breaks from the 24/7 demands of caring for children with special needs and medical conditions.

UCP's Respite Model offers:

Choice: Families choose and train respite providers they know and trust.

Knowledge: Parents of children with extraordinary care needs can receive parent education, including First Aid and CPR.

Rejuvenation: The respite allows parents to rest, recharge, and reconnect with family and friends.

Respite is a powerful child abuse prevention service

It has been shown to:

- Reduce the stress of fulltime caregiving.
- Contribute to improved marital quality and stability.
- Increase employment opportunities for parents.
- Reduce social isolation for both parent and child.
- Reduce likelihood of out-of-home placements or hospitalization.¹

Investments in prevention programs, such as respite, save taxpayers' money:

POTENTIAL COSTS VS. INVESTMENT IN PREVENTION

\$175,344

Average taxpayer cost in Alabama per child who is abused or neglected.*

\$47

Average cost of prevention programming per adult participant.**

Prevention activities have the potential to reduce not only the social, emotional, and achievement costs to our children and families, but can reduce real financial costs associated with intervention.

* Report from the University of Alabama released in 2015²

** Based on grant awards and number of adult participants

“Our stress levels are naturally high, considering the medical condition of our child. However, the ability to leave for a short while, forget our worries briefly, and to laugh, helps immensely.”

- UCP Respite Care program participant

Since 2015, HEARTS Respite, a service of UCP of Alabama, has led to significant positive impacts on family protective factors—factors that are known to reduce and mitigate child abuse and neglect.³

An external evaluation conducted by Auburn University⁴ found that of the 1,673 parents who received HEARTS Respite services:



74% reported reduced stress, indicating increased resilience—the flexibility and strength to spring back from adversity.



73% reported an increase in Knowledge of Parenting and Child Development — accurate information about raising children and appropriate expectations for their behaviors.



75% reported an increase in their social connections. Research has shown that parents who are isolated and have few social connections are at higher risk for child maltreatment.



85% reported an increase in Concrete Supports in Times of Need, connecting families with needed services and ensuring basic needs, such as food, clothing, and shelter, are met.

“Perhaps the most encouraging outcomes associated with respite was the reduction in the percentage of families using out-of-home placements [foster care and hospitalizations]. These findings, combined with caregivers' greater optimism about caring for the child at home in the future, represent a consistent indication of respite's potential as a preventative family support service.”

- Bruns, E.J. & Bujrhard, J.D. (2000)

For more information on this and other Alabama Prevention services, visit: www.ctf.alabama.gov

This brief was created in partnership with FRIENDS National Center for Community-Based Child Abuse Prevention (CBCAP) and the Alabama Department of Child Abuse and Neglect Prevention (ADCANP)



¹ Abelson, (1999), Boothroyd et al (1996), Bruns, E.J. & Bujrhard, J.D. (2000), Harper et al. (2013), Mullins et al (2004)

² Link to University of Alabama's 2015 report: <https://ctf.alabama.gov/wp-content/uploads/2018/05/Cost-of-Child-Maltreatment-Alabama-2013.pdf>

³ <https://www.childwelfare.gov/topics/preventing/preventionmonth/resources/resource-guide/>

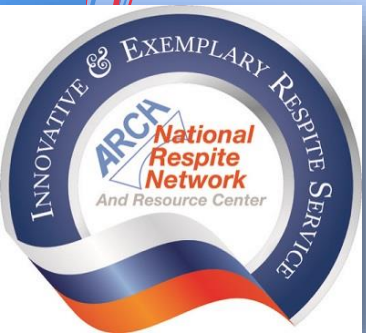
⁴ Link to Full Auburn Report: <https://ctf.alabama.gov/wp-content/uploads/2020/10/2019-2020-Evaluation-Report.pdf>

Full citations and information on the respite research cited can be found at: https://archrespite.org/images/docs/Bibliographies/Annotated_Bibliography_Web_2020_FINAL.pdf and https://archrespite.org/images/docs/ABCH_Annotated_Bibliography.pdf

One Example

ChildServe,
Des Moines, Iowa, USA

2020 Recipient

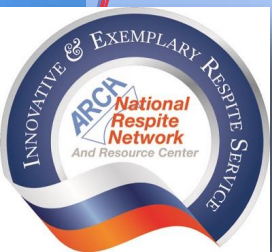




ChildServe ~ Group, Individual, Specialized, Camp Des Moines, IA

650 Children/Young Adults
133,000 Hours of Respite

Over 500 Staff
25 Years of Respite







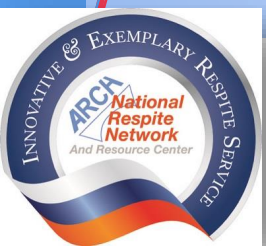




2019 Innovative & Exemplary Practice Programs

<https://archrespite.org/innovative-and-exemplary-respite/2019-innovative-and-exemplary-respite-services>

- Agape Respite Care, Inc., Berne, IN
- Caregiver Volunteers of Central Jersey/
Alzheimer's Respite Care Program, Toms
River, NJ
- George Mark Children's House, San
Leandro, CA
- A Rosie Place for Children, South Bend, IN
- Anne Arundel County Department of
Aging and Disabilities Respite Care
Referral Program, Glen Burnie, MD
- Assistance with Residential Care in the
Home Respite Care, St. Louis Arc, St.
Louis, MO
- Child Care Aware® of America
Exceptional Family Member Program
(EFMP) Respite Care, Arlington, VA
- Claude Moore Precious Time,
Harrisonburg, VA
- Gio's Garden, Middleton, WI
- Masterpiece R&R Respite Care
Program, Lincoln, NE
- Providence House, Cleveland, Ohio
- Respite Care, Inc., Fort Collins, CO
- Vanessa Behan Crisis Nursery,
Spokane, WA





2020 Innovative & Exemplary Practice Programs

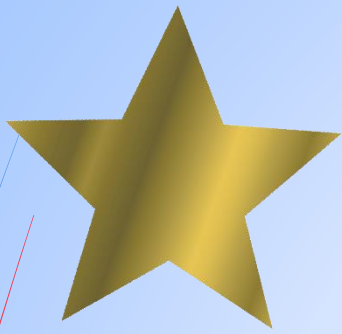
<https://archrespite.org/innovative-and-exemplary-respite/2020-innovative-and-exemplary-respite-services>

Innovative & Exemplary Respite Services

- Caregiving Youth Project of the American Association of Caregiving Youth, Boca Raton, FL
- ChildServe Respite, Johnston, IA
- Lifespan of Greater Rochester, Caregiver Respite Program, Rochester, NY
- Rhode Island Care Breaks, Cranston, Rhode Island
- RISE Wisconsin, Inc., The Respite Center, Madison, WI
- Ryan House, Phoenix, AZ
- TRE-ADD Respite Choices, Community Living Toronto, Toronto, Canada

Innovative Respite Services

- Central Minnesota Elder Network, Respite Care Program, Alexandria, MN
- Nurturing Newborns, Centennial, CO
- Soar 35 Respite, Richmond, VA
- The ALS Association, MN, ND and SD Chapter, Jack Norton Family Respite Program, Saint Paul, MN



2020, Rising Stars

- Alzheimer's Disease Caregiver Support Initiative
Plattsburgh, New York
- Bethel Life, Loving Hands
Greenville, Pennsylvania
- Dutter House
Beloit, Wisconsin
- Family to Family Adult Care Service
Memphis, Tennessee
- Music Therapy Respite Program at the Cleveland Clinic Lou Ruvo
Center for Brain Health
Las Vegas, NV

For More Information

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