ELIGIBILITY:
- Reside in Lehigh County
- Children/Young Adults between birth and 21 with a documented mental health diagnosis, including Behavioral Disorders, Mood Disorders, Autism Spectrum Disorders, and Attention Deficit/Hyperactivity Disorder

HOW TO MAKE A REFERRAL
Referrals will be received from various sources such as the families, pediatricians, Good Shepherd, family’s behavioral health services provider, or Magellan Behavioral Health.

Contact: Melissa – Case Coordinator
610-432-6481 ext. 219

AUTHORIZATION PROCESS:
- Will be authorized based on the needs of the family and the child
- Authorized in three month increments, with a set number of hours being authorized per month
- Will then reauthorize services based on necessity of the family

LEHIGH COUNTY FAMILY RESPITE SERVICES
Help for Families

CONTACT:
Respite Services
524 Walnut Street
Allentown, PA 18101
Phone: 610-432-6481
Fax: 610-432-6648
**RESPITE SERVICE OPTIONS**

There are 3 options for respite services that families can utilize. Most services are provided free of cost.

**Home/Community Based:**

Mental Health Aides provide one-on-one care to your child in the home or in the community as requested by the family.

**Site-Based:**

Families may drop the child off at identified community sites for up to three hour period in which the child may participate in group activities.

**Family Driven Respite:**

Families identify their own caregiver (such a friend or family member that does not reside in their home) to provide respite services.

**WHAT CAN A FAMILY EXPECT FROM PARTICIPATION IN THE PROGRAM?**

- Temporary relief from the daily routine of care giving
- Assistance with the care of their child in the home or community settings
- Site-based respite will give your child the opportunity to:
  - Engage in peer interactions
  - Expand inter-personal skills such as cooperation, sharing, problem-solving and limit setting
- A time to accomplish necessary tasks when respite services are in place
- Stress relief involved with parenting
- Family may choose someone they know as respite worker

**QUESTIONS TO CONSIDER TO REFER A CHILD OR ADOLESCENT FOR RESPITE SERVICES**

- Do you have a child with a mental health diagnosis and you feel you need a break from care giving at times?
- Is finding temporary care for your child a problem?
- Do you feel you need time to relax so you will be able to care for your child?
- Do you feel that with a break now and then that you would be able to release some stress?
- Do you avoid doing necessary activities because you feel it may be a struggle?
- Is it important to spend time with spouse/significant other without my child?
- Do you need time to do things on your own and do not have supports such as friends, family or a babysitter?
- Would you benefit from having a trained Mental Health Aide available to take care of your child so you can do other things?