

VALLEY YOUTH HOUSE

FAMILY RESPITE SERVICES

Mission Statement

We are dedicated to providing quality respite services to families. Respite will assist parents who have children with special needs to maintain the care of their child in their own home by providing one-on-one respite services to provide a break from care giving responsibilities for the purpose of enhancing the quality of life for the family.

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

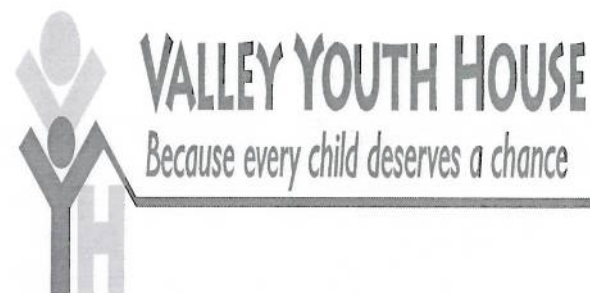
Referrals will be received from various sources such as the families, pediatricians, Good Shepherd, family's behavioral health services provider, or Magellan Behavioral Health.

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?