

VALLEY YOUTH HOUSE

Family Respite Services

Agency Values

We are dedicated to providing quality, goal-oriented counseling, aftercare, support, and ancillary services to children/adolescents with a mental health diagnosis and their families with the purpose of strengthening the family and community so as to maintain the individual in the least restrictive environment.

We believe the best interest of any individual is served by promoting healthy development and supporting wellness and individual goals. It is our philosophy to identify the strengths of the individual and to develop goals, as a team, to assist in the improved functioning of the individual and their families.

HOW TO MAKE A REFERRAL

Referrals will be received from various sources such as the families, Pediatricians, developmental pediatricians, behavioral health providers, or Magellan Behavioral Health.

ELIGIBILITY:

- Reside in Lehigh County
- Mental Health Diagnosis
- Birth to 21 years of age

AUTHORIZATION PROCESS

*Will be authorized based on the needs of the family and child.
*Authorized in three month increments, with a set number of hours being authorized per month.
*Respite can be re-authorized depending on the needs of the family and available staffing.



Respite Services

Help for Families

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What is the Respite Program?

The Respite program allows children & young adults a chance to socialize with others and allows for caregivers to have time for themselves.

The Respite Program serves individuals birth to 21 years of age in Lehigh County. The program supports

individuals who have a mental health diagnosis.

The Respite program pairs youth with a Mental Health Aide who is trained to help children and young adults who have mental health diagnoses. All Aides have active clearances.

Respite Service Options

1) Home/Community Based: Mental Health Aides provide 1:1 care to your child in the home or community (depending on family's need)

2) Site-Based: Families may drop off your child at a designated community location for 3-4 hours where they have the opportunity to socialize with others.

3) Family Driven Respite: Families identify their own caregiver (family member, friend, etc. that does not reside in the home) to provide respite services.

- Assistance with the care of their child in community or home settings.
- Site-Based respite allows children the opportunity to socialize with other peers.
- Expansion of social skills such as sharing, cooperative play, and turn taking.
- A time to accomplish necessary tasks when respite services are provided.
- Stress relief involved with parenting.

*Do you feel you need time to relax in order to care for your child the way you would like?

*Do you feel that if you had a break, you would be able to relieve some stress?

*Do you avoid doing necessary activities because they could be difficult with your child present?

*Do you need alone time or time with friends or significant others without the pressures of parenting?

QUESTIONS TO CONSIDER TO REFER A YOUTH TO THE RESPITE PROGRAM

WHAT CAN A FAMILY EXPECT FROM PARTICIPATION IN THE PROGRAM?

- Temporary relief from the daily routine of caregiving

*Do you have a child with a mental health diagnosis and need a temporary break from caregiving at times?

*Is finding temporary care for your child difficult?