

Respite and Crisis Care:

Potent Prevention Tools for Strengthening Families.



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Overview

What is Respite? The Lifespan Respite Care Act and CBCAP Definitions

Planned Respite

Crisis Respite (Crisis Nurseries)

Respite Enhances Protective Factors

Some Crisis Nurseries Outcomes



Respite and Crisis Nurseries

CBCAP Grantee Meeting

March 12, 2020

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ARCH National Respite Network and Resource Center

Archrespite.org



ARCH National Respite Network and Resource Center

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; 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 Home
Respite Locator
Consumer Information
Lifespan Respite TA Center
Webinars
Training Resources

Welcome to the ARCH National Respite Network and Resource Center

Asking for help is a sign of strength

- *Technical Assistance Center for Lifespan Respite*
- *ARCH Membership*
- *ARCH Products*
- *ARCH Video: Respite - A World of Relief*



Respite is...

Planned or emergency care provided to a child or adult with special needs in order to provide temporary relief to family caregivers who are caring for that child or adult.

***Lifespan Respite Care Act
PL 109-442***



Respite care services are...

“short-term care services, including the services of crisis nurseries, provided in the temporary absence of the regular caregiver (parent, other relative, foster parent, adoptive parent or guardian) to children who --

- are in danger of abuse or neglect;
- have experienced child abuse or neglect; or
- have disabilities or chronic or terminal illnesses.”

CBCAP Law



Respite



Benefits

Access

Barriers



Lifespan Respite ... a system of services

Lifespan Respite Definition:

- ❑ Coordinated **SYSTEMS** of accessible, community-based respite services for all family caregivers regardless of age or special need.



Planned Respite is...

a break from caregiving that is built into the family's schedule. Respite may be center-based, in the families home, in a provider's home, or in a variety of other settings.

Crisis Respite is...

care that is available in emergency or crisis situations. It ensures child-safety while family caregivers deal with crisis. Usually, crisis nurseries are available 24 / 7 and families can use the services for multiple consecutive days.



ARCH Innovative and Exemplary Respite Services



Center-based crisis nursery in Cleveland OH, that provides emergency respite and comprehensive wrap-around services to vulnerable children and families.



In Spokane, WA, center-based services are voluntary, free of charge and available 24 hours a day, 7 days a week, 365 days a year.

CBCAP and State Supported Respite and Crisis Nurseries

- Alabama
 - ❑ Children's Trust Fund contracts with United Cerebral Palsy-Huntsville (AL Lifespan Respite) to provide respite vouchers or home health respite in six counties
- Illinois Network of Crisis Nurseries
 - ❑ Six crisis nurseries funded by Donated Funds Initiative (DFI) through Family and Community Services, IL Department of Human Services
- Utah Network of Crisis Nurseries
 - ❑ 14 crisis nurseries and planned respite in local Family Support Centers
 - ❑ Supported by CBCAP and UT Department of Human Services

Crisis Nurseries: Respite for Children at Risk of Abuse or Neglect

Introduction

Crisis nurseries provide temporary respite for families experiencing challenging life circumstances that place their children at risk for abuse and/or neglect. Created to provide immediate stress relief for parents and caregivers in times of crisis, the care provided by most nurseries can be accessed any time of the day or night and is offered free-of charge.

Although the word “nursery” is typically used when referencing facilities for infants or very young children, crisis nurseries may serve children whose ages range from birth to eighteen years. Often, programs serve a particular age group (e.g., birth to three years or preschoolers, etc.). Some programs offer emergency care exclusively for children experiencing a disability and their siblings, although most do not have a disability-related eligibility requirement. A dependent child experiencing risk for maltreatment due to family crisis is often the only eligibility criteria. Other terms used for this type of emergency service are “crisis respite” or “emergency respite.”

Crisis nurseries were first developed in the early 1970’s as a support service to families needing a place of safety for their children during times of crisis. Nurseries are a practical alternative for families lacking appropriate, willing, or proximately

close friends and relatives who can provide child care in an emergency. In some instances, crisis nurseries are the only alternative for families who otherwise would have experienced a foster care placement, an unnecessarily intrusive option when a brief period of respite could alleviate the parental stressors that could lead to abuse or neglect.

Crisis Nursery Program Models

There is no single crisis nursery model. Program models differ according to the needs of the families within the community. For example, some programs

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may elect to serve families in situational emergencies such as families involved in divorce or a long hospital stay; whereas, other programs focus on serving children and families where potential abuse or neglect has been identified by the

parents themselves or another agency. Local or state regulations related to center or home-based child care will influence the model of crisis care.

Crisis nursery programs may provide both in-home or center-based care. Many nurseries use existing day care centers, private homes that have been licensed (similar to foster care homes), or emergency shelter facilities. Other programs are located in facilities which are specifically designated as a crisis nursery.

New ARCH Fact Sheet

[https://archrespite.org/images/docs/Factsheets/Crisis Nurseries 01-20.pdf](https://archrespite.org/images/docs/Factsheets/Crisis_Nurseries_01-20.pdf)

List of Crisis Nurseries

[https://archrespite.org/images/Crisis Nurseries Contact List.pdf](https://archrespite.org/images/Crisis_Nurseries_Contact_List.pdf)

For More Information



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ARCH National Respite Network
and Resource Center

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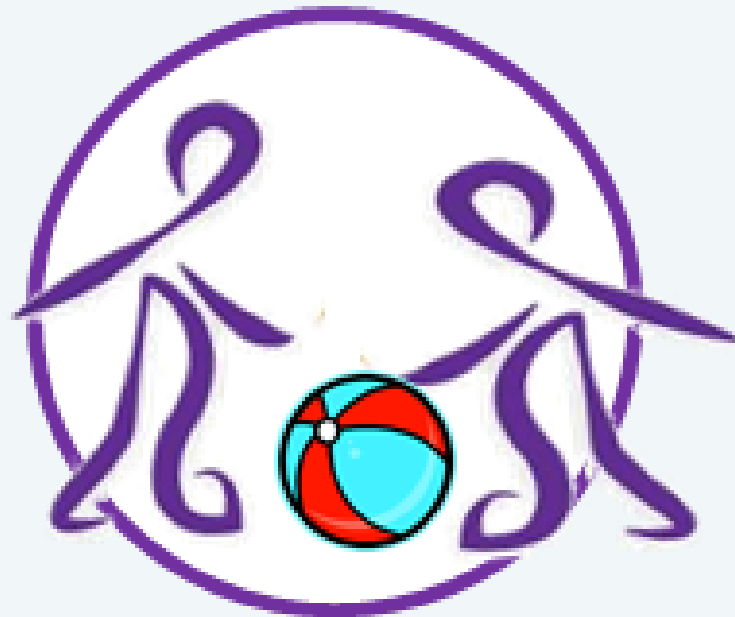
**Lifespan Respite
Technical Assistance Center**



This project was supported, in part by grant number 90LT0002, from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201. Grantees undertaking projects under government sponsorship are encouraged to express freely their findings and conclusions. Points of view or opinions do not, therefore, necessarily represent official Administration for Community Living policy.

Social and Emotional Competence of Children and Youth

The ability to regulate emotions, engage with others, and communicate in positive ways to get needs met. During respite, recipients have opportunities to develop relationships with people other than their family caregiver.



Knowledge of Parenting and Child Development

Parents and caregivers understand and use effective and positive parenting strategies and have age-appropriate expectations for children's abilities.



Nurturing and Attachment

The emotional tie along with a pattern of positive interaction between the caregiver and care recipient.



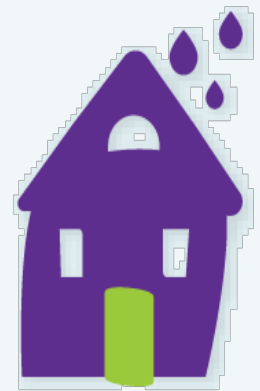
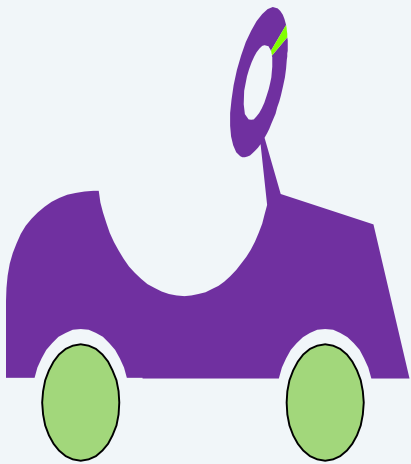
“Safe, stable, and nurturing relationships (SSNRs) are essential to prevent child maltreatment (CM) and to assure that children reach their full potential.”

CDC, Essentials for Childhood

<http://www.cdc.gov/violenceprevention/childmaltreatment/essentials/>

Concrete Supports

Access to tangible goods and services to help families cope with stress, particularly in times of crisis or intensified need. Respite, in and of itself, is a concrete support. It also enables caregivers to receive other supports.



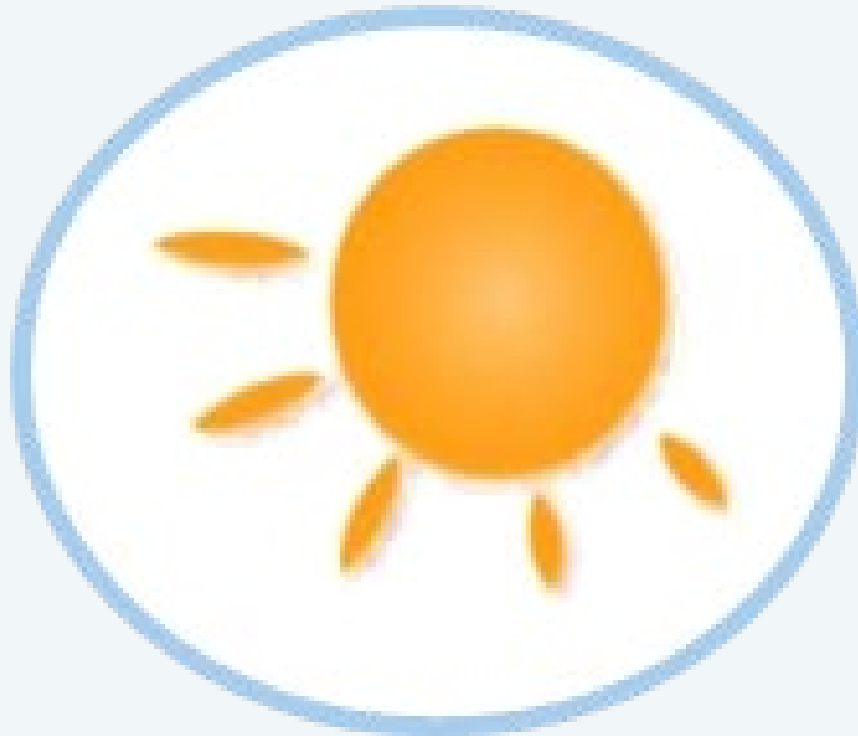
Social Connections

It's not how many relationships we have, but the quality of the relationships and whether or not caregivers perceive they are supported. Caregivers and care recipients alike need social networks.



Resilience

Having adaptive skills and strategies to persevere in times of crisis. Family's ability to openly share positive and negative experiences and mobilize to accept, solve, and manage problems. Respite provides a window for caregivers and care-recipients to build resilience.





*It's hard to stay cool,
to practice positive
parenting skills, and
to make good
decisions in the midst
of crisis.*

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Outcomes



Crisis Respite: Evaluating Outcomes for Children and Families Receiving Crisis Nursery Services

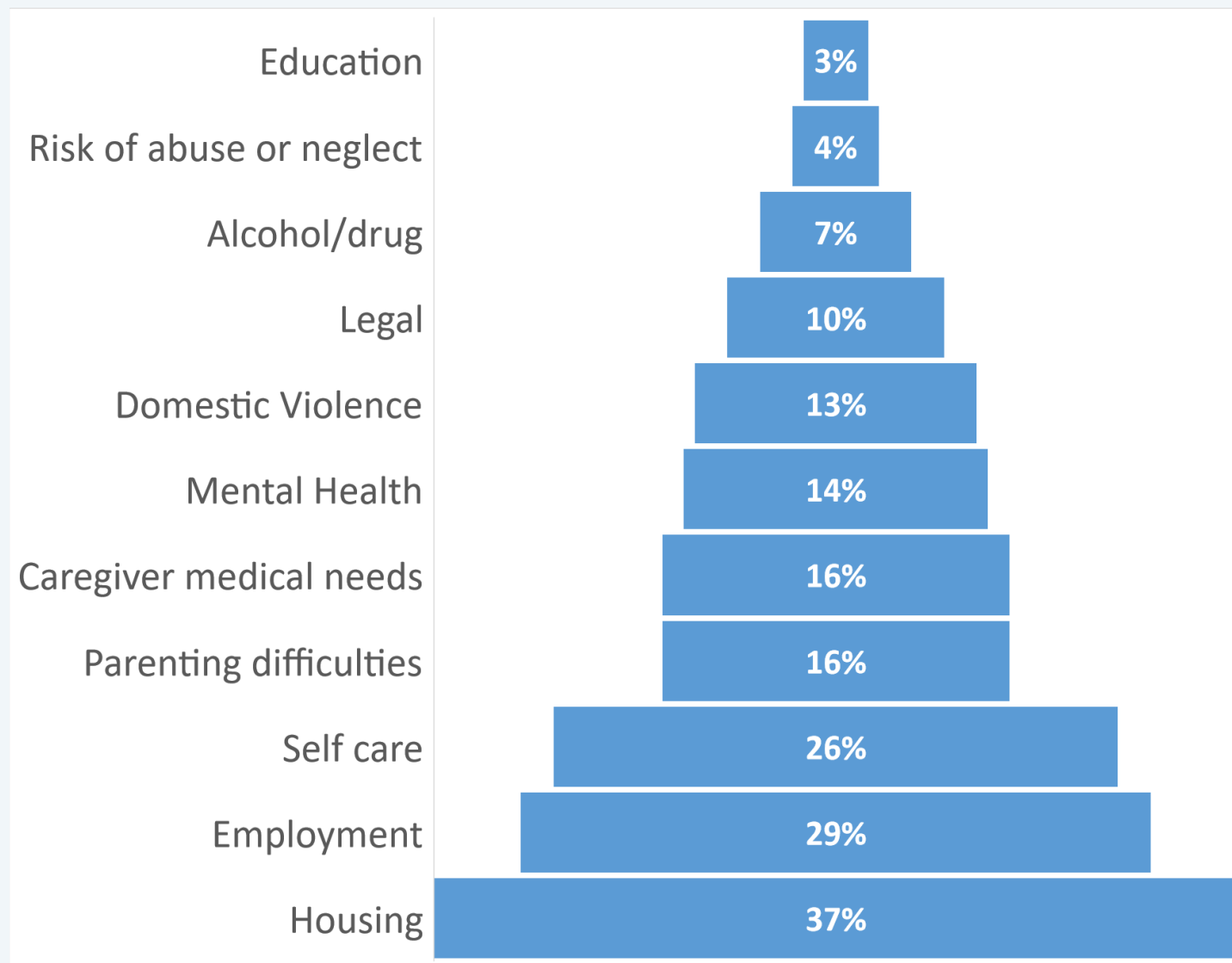
December 2006

(Revised July 2007)

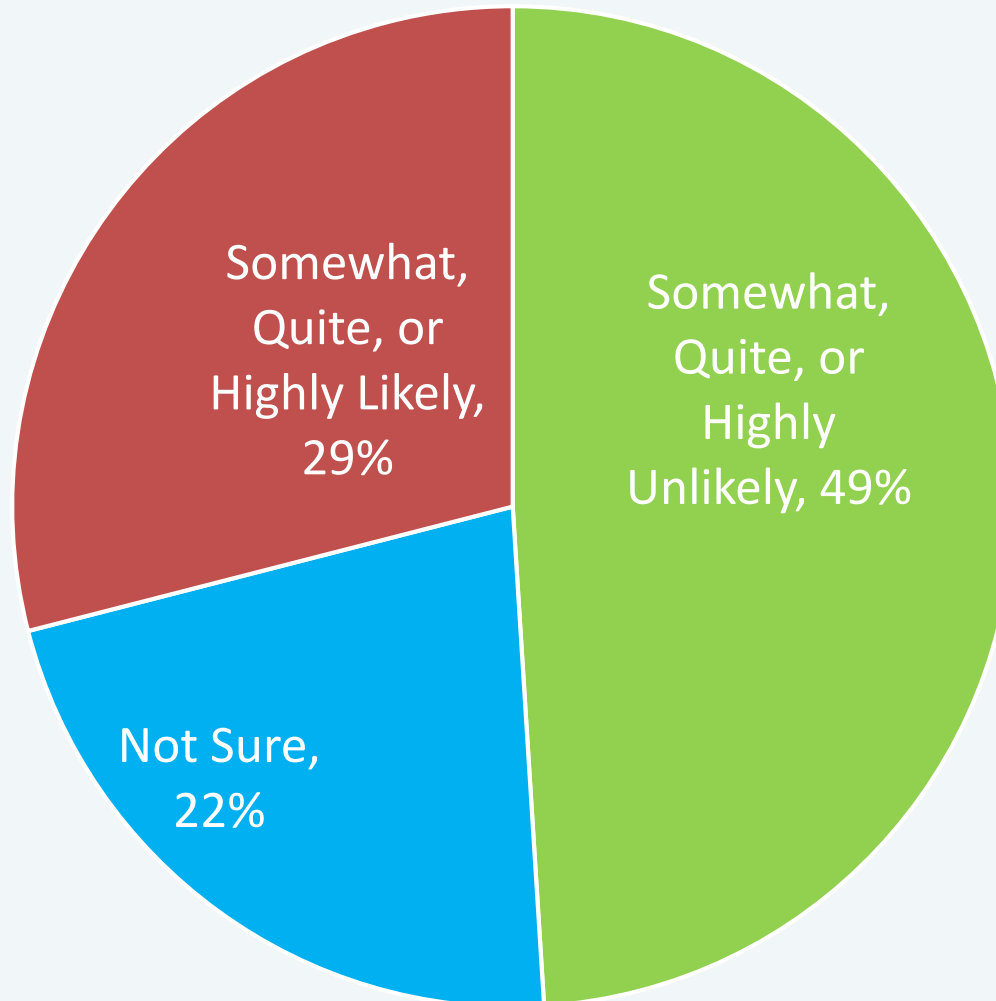


ARCH National Respite Network

Parents reported using Crisis Nursery services to work on problems or “Risk Factors.” Parents could identify more than one area, so the sum is greater than 100%. (N=120)



If our program had not been available, how likely is it that your child might have been placed in foster care or some other form of out-of-home care? N=113



The 120 respondents reported that without the crisis nursery, their alternatives may have resulted in elevated risk for abuse, neglect, or out-of-home placements



Although only a handful of studies on crisis nursery outcomes have been published, they suggest that crisis care reduces caregiver stress, lowers the risk of abuse and neglect, and enhances parenting skills. (Cole & Record, 2010.)



Cole and Hernandez (2011) found that children who had experienced crisis care prior to a foster care placement were more than twice as likely to be returned to their biological parents than a comparison group whose families did not receive crisis nursery services.

A study of families receiving crisis care services at Ohio's Providence House found that families who received crisis care services are less likely to later experience out-of-home placements (Crampton & Yoon, 2016).



In a study conducted by ARCH (2006) it was found that although families who received crisis care were more likely than families in a comparison group to be reported to child protective services, families who received crisis nursery services were less likely to have the reports substantiated.