

## LANE COUNTY SYSTEM OF CARE

BARRIER SUBMISSION: Lack of Planned and Scheduled Respite Care Providers/Services  
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This barrier came out of a response from a taskforce that started a couple of years ago as many youth were being housed in the emergency department with complex mental health and/or developmental disabilities due to a lack of placement options.

There have been several reiterations of this barrier from different agencies, including Lane County Developmental Disabilities and DHS. PeaceHealth was looking at blended funding with LCO supporting this barrier with beds in the ED but did not come to fruition.

Respite care has been identified by families as something that is desperately needed in Lane County. There are Oregon CCOs and other county agencies (Linn) who have had success with this type of respite programming. The Lane County (LCO) Practice Level Workgroup (PLW) and Advisory Council (AC) brought this barrier forward to the LCO Executive Council to review and move to approve for submission to the State SOC Steering Committee. On June 3, 2020 the LCO Executive Council approved unanimously to support the AC and PLW efforts and recommendations.

Increasing respite accessibility with a comprehensive standardized State plan would reduce trauma exposure to children who are kept in the ER, provide relief and safety net for families and youth, develop positive relationships with another family, reduces stress, help maintain positive relationships, and help foster homes and parents with an additional local resource.

Crisis respite care can allow children who may not safely return home due to mental health issues be diverted from the Emergency room. Children have a reduced exposure to trauma that they may experience by being boarded in an Emergency room setting, and it can establish a broader support system for a family such as Peer parent connections, that may reduce and prevent further ER usage and establish cost-saving measures.

Scheduled respite care can prevent crises from occurring by providing a safety net and support for parents, allowing brief and needed breaks from care giving, as well as provide the child a break, and additional support systems. Families and youth with scheduled respite care can:

- Prevent caregiver burn out
- Increase family support systems
- Prevent/reduce crisis and ER visits thus reducing exposure to trauma from the ER
- Support families staying together and is cost saving to the community
- Support children in the community in which they live
- Enable families to have a break when providing intensive care
- Allow youth to stay in home and keep families together

Research has demonstrated that respite services can <sup>(1)</sup>:

- Reduce risk of maltreatment and risk of an out-of-home placement
- Achieve statistically significant reductions in reported stress levels of caregivers and improvements in the quality of their relationships
- Improve caregivers' positive attitude toward their children
- Improve family functioning
- Help caregivers meet their children's special needs
- Improve relationships between parents and children
- Decrease the risk of child abuse
- Prevent placement disruptions
- Increase families' ability to provide care at home for children with disabilities

\*\*Caregiver includes biological parents, foster parents, grandparents, or other family member providing care to a child/youth.

A respite care program works with coordinated systems of accessible, community-based respite care services for family caregivers of children and adults of all ages with behavioral and/or special needs. Such programs reduce duplication of effort and assist in the development of Respite Care programs incorporate different models to improve the delivery and quality of respite services available through the following objectives:

- Expand and enhance respite services in Lane County and throughout Oregon;
- Improve coordination and dissemination of respite services;
- Streamline access to programs;
- Fill gaps in service where necessary; and
- Improve the overall quality of the respite services currently available.

## **RECOMMENDATIONS**

Based on the review and success of respite programs in other communities, Lane County SOC is recommending the development of respite infrastructures in Lane County. The development of this infrastructure would come from a variety of approaches designed to enhance or improve access to and receipt of respite services. Some of these activities may include:

- Environmental scanning to understand available respite programs and family caregiver needs;
- Marketing and outreach campaigns to educate family caregivers about respite and how to access services;
- Development and promotion of recruitment and retention strategies for new or existing respite provider/services
- Training of volunteer and paid respite providers to increase the availability of respite services;
- Partnering with communities of faith to develop respite programs;
- Developing or enhancing statewide databases of respite care programs, services, and information to improve access for family caregivers; and
- Developing and implementing person-centered respite service options, such as vouchers.
- Support and development blended funding at the State level as well as providing downward pressure with State, County, Coordinated Care Organizations, and behavioral health crisis providers. Utilize IIBHT funding is possible. Blend funds with DD, DHS, OYA.

## RESOURCES:

- (1) Adopt US Kids, *Creating and Sustaining Effective Respite Services; Lessons from the Field* (September 2012)

<https://www.adoptuskids.org/assets/files/AUSK/respite-program/creating-and-sustaining-effective-respite-services.pdf>

\*\*\*\*Administration for Community Living, Lifespan Respite Care Program:

<https://acl.gov/programs/support-caregivers/lifespan-respite-care-program>

This approach recognizes and maximizes the family's capacity, resiliency, and unique abilities. The intention is to better support, nurture, and facilitate self-determination, interdependence, and inclusion in all facets of community life for the child and family.

Through a collaborative relationship with the family, supports and services aimed at achieving desired outcomes are identified, prioritized, and implemented. Strategies must be flexible, coordinated, and effective. These strategies may include:

Information, education, and training on advocating on behalf of the child, leadership, and the full array of supports and services available in each community.

Methods for connecting families with other families (including parents, guardians, self-advocates, siblings, and grandparents) and support groups for mutual support and networking.

Goods and services that promote identified outcomes, benefit the child, and enhance the family's long-term support roles.

Wisconsin Department of Health Services, Children's Community Options Program

<https://www.dhs.wisconsin.gov/ccop/index.htm>

New Solutions, is a wraparound model, that includes crisis respite, and parent mentorship, to prevent ER usage and prevent further crisis from occurring.

Linn County New Solutions, Linn County Behavioral Health

<https://www.linncountyhealth.org/mh/page/new-solutions>