

## How does respite fit with High Fidelity Wraparound?

Respite embodies the values and principles of High Fidelity Wraparound. Your respite provider is trained on how those principles apply to his or her role in serving your family. Your respite provider knows the importance of:

- Understanding what families look for in a respite provider
- Valuing your culture
- Working in partnership with you and your team
- Using a strengths-based approach with your child
- Using skill-building methods to support your child's plan of care

### How can we use respite as part of High Fidelity Wraparound?


Your Child and Family Team, or Wraparound team, will help you determine how respite can support the goals in your child's plan of care. In order to receive respite, the service needs to be identified in the plan of care.



## Contact us!

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# A respite guide for families

Strengthening the fabric of the family through high-quality respite care



## What is respite?

Parenting a child with emotional or behavioral health needs can be stressful. Juggling daily family life with health care appointments and challenges that can arise at home, in school or in the community can be exhausting. It is often difficult to find someone who will simply give you a break.

Respite services are intended to provide short-term, temporary relief for the child's primary caregiver(s).

### ✓ Respite can help you:

- Renew your energy and be prepared to manage daily demands
- Have time to learn new skills
- Have time for fun
- Rebuild fragile relationships
- Engage in self-care
- Reduce the need for out-of-home care for your child

### ✗ Respite should not:

- Be something that lasts for a long time
- Replace day care services
- Serve as a substitute for care otherwise available through schools or community programs
- Be daily scheduled supervision
- Replace a crisis plan
- Be provided overnight

## Finding a respite provider

Once respite has been documented as necessary in your child's plan of care, your Family Care Coordinator will help you locate respite providers. You and your Family Care Coordinator will use a contact information form and a parent information form to gather information for the potential respite provider. These forms give you an opportunity to share important information about your child's strengths and needs.

- Contact potential providers to see whether they are available
- If they are available, send them your completed parent information form
- Within three days of receiving your form, the provider will send you a form that shares information about their background and experience

You and the provider will set a time to meet so you can get to know more about one another, discuss any concerns and plan for next steps.

If you do not choose this provider for your family, please let your Family Care Coordinator know that you need to contact another provider—then repeat this process.

## What training have respite providers had?

All respite providers have been certified in:

- First aid/CPR
- Wraparound
- Magellan's six-hour respite provider training course

Through these trainings, providers learn about safety, the importance of honoring your family culture, how behavioral health conditions are unique, ways to navigate complex behaviors and many strategies for achieving positive outcomes.



### Examples of respite activities

- Learn to talk to others
- Know how to find things in the community
- Discover how to have fun without getting into trouble
- Practice following directions