Our Model

The Youth Advocate Programs, Inc. Respite Management Program uses a network of local providers to deliver quality respite services to individuals and their families. We believe that individuals should have the opportunity to receive services and supports in their own communities regardless of the complexity of their condition, severity of their disability, or challenges of their behavior. We believe that in natural community settings, the individuals we serve have the best opportunity to develop relationships and to realize their full potential.

What are Respite Services?

We know that caring for individuals with special needs can be both emotionally and physically challenging. The Respite Program aims to give rest and relief to those caregivers of children and adults with behavioral health challenges.

There are two types of respite services, in-home and out-of-home.

In-home services: provided inside your own home and the community. A direct service provider will supervise and interact with your family member while you are able to take a break. You do not need to be present in the home during this time. Authorization time is 15 hours for a 3 month period.

Out-of-home services: typically overnights or weekends, but may be scheduled for any time. The service is provided in the home of a qualified provider. Typical authorization is between 2 and 3 days for a 2 month period.

Who We Serve

The Respite Management Agency (YAP) is here to offer support for family members caring for individuals who require intensive care. The program has created a network of providers ready to provide respite services to children, youth and adults in need. Once the program receives a referral, we will work with you to find the best match available.

Who is Eligible

Services through the Respite Management Agency are available for CBHNP members living in Cumberland, Dauphin, Lancaster, Lebanon, and Perry counties. Children, adolescents and adults served by CBHNP will be accepted for services regardless of age, race, color, religious creed, disability, ancestry, national origin, gender, or sexual preference.

Eligible individuals do not need a current mental health diagnosis; however, an emotional/behavioral history requiring specials supports or supervision is necessary.

Eligible individuals must:

• be medically stable;
• not require detoxification from alcohol or other chemical sub-stances at the time of respite;
• not require an evaluation for behavior that presents a danger to themselves or others;
• not be in foster care.
• not be receiving family-based services.

BHRS services such as TSS, BSC or MT are acceptable.

Contracted Providers

• Bair Foundation
• Bethany Christian Services
• Chester County Intermediate Unit
• Chester County Respite Network
• Community Services Group (Chariots)
• Laurel Life
• MedStaffers
• PCBH
• Pressley Ridge
• Staffing Plus
• Youth Advocate Programs, Inc.

If you are interested in respite service for a member of your family or someone you currently provide services to, contact Elizabeth Manning, Program Coordinator for more information at 717-232-3786 or emanning@yapinc.org
**The Benefits**

Sometimes we all need a break; time to relax and reconnect with others. Respite service gives you this break while making sure your loved one’s needs are met in a safe and caring environment. It is important to remember that respite is not a substitute for shelter or housing needs and must be planned in advance. Furthermore, priority for respite services is based on the availability of appropriate respite service options and funding.

**How Do I Schedule a Respite?**

The Respite Management Agency works with a network of agencies to provide both in-home and out-of-home respite services. Your referral will be sent to your provider agency of choice to identify a respite worker that would be a good match for your family member. Once a match is made, you will then be contacted by either a YAP staff member or one of our provider agencies to schedule your first respite (Please note that respite need to be scheduled at least 5 days in advance to ensure authorization and payment to your respite provider).

**What to Pack for Overnight Respite**

- **Personal needs** such as toothbrush, hairbrush and feminine hygiene products.
- **Medications** with all appropriate prescription and dosage information clearly displayed and in the original containers (Pharmacies will provide additional containers upon request for purposes such as these).
- **Medical sheet** outlining any medical needs and allergies. Be sure to specify any food allergies.
- **Clothes.** Be sure to supply clothes for the entire length of stay and include spares, such as underwear and socks.
- **Contact Information.** Your family member should have a sheet that includes all of your contact information including cell phone numbers and/or the names and numbers of friends and family members in the case that the respite provider needs to contact you or if an emergency arises.
- **Any toy, stuffed animal** or blanket that may comfort your family member if they are feeling a bit scared about the respite.

**After the Respite**

First and foremost, the Management Agency Staff (YAP) asks that all of our families complete a Respite Evaluation describing your thoughts about the respite and mail it back to our office. The form is a simple one, but very important. Please take some time to complete it. We appreciate your time and feedback as it will provide us with assistance to tailor our services to better assist the needs for our families and the communities.

**Can I Schedule Another Respite?**

Yes. Please note that it takes the staff time to set up most respites and the more notice we have, the more options we will have to offer you in terms of respite providers. Finally, call the Management Agency Staff so we are able to gauge how your last respite service went so we can do our best to meet your family’s needs and provide the respite service in a timely manner. **Note:** We ask that families do not schedule future respites with the respite provider themselves. By doing so, you run the risk of the authorization for services not going through in time, which means your respite provider may not get paid for his/her time.

**Family/Friend Providers**

If you have a family member or friend who would be interested in providing the respite for your family, we also contract with individuals to provide respite service. Please contact the office for more information and requirements. Authorization time is 15 hours for a 3 month period.