



Child and Family Focus, Inc.

Broomall Office
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PROGRAM OVERVIEW

WHAT IS RESPITE?

Child & Family Focus (CFF) provides short-term, temporary care to families in Delaware County, PA who do not currently have resources or natural supports to assist in caring for a child with a mental health diagnosis. Unlike typical childcare, Respite Care is utilized to increase the wellness of the family and prevent unwanted crises by enabling caregivers to take a break. Families who meet eligibility requirements may receive Respite for a period of 3 months. Caregiver participation in an online survey is a requirement in order to receive additional Respite. Respite Services typically do not exceed 6 months in duration.

WHO CAN MAKE A REFERRAL?

Children must be referred by a mental health service provider or other professional. The service provider plays an integral part in assessing a family's need for Respite. Ultimately, we aim to reduce families' reliance on formal Respite supports by helping families overcome barriers to accessing natural childcare resources. This goal is achieved through a collaborative relationship with the family and the service provider and through the provision of formal planning and networking opportunities for families identified as having a longer-term Respite need.

WHO IS ELIGIBLE?

Families who are raising a child or young adult (ages 3-21) with a mental health diagnosis who are struggling to access natural childcare supports for their child with special needs may be referred for Respite Care. The Respite coordination process includes a needs assessment, and authorization for Respite Services is determined based upon level of need. Respite is a non-clinical service and children must be psychiatrically stable to qualify for Respite. Respite is not a substitute for daily childcare to allow the parent(s)/guardian(s) to work.

WHO IS NOT ELIGIBLE?

Children who do not have a mental health diagnosis including those identified as Intellectually Disabled are not eligible. Additionally, families who have access to other natural or formal childcare supports (e.g. babysitter, nanny, PCA) do not qualify for Respite Services through our program. Similarly, families who have the financial resources to fund their own Respite needs are not eligible to receive Respite through CFF.



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WHEN AND WHERE DOES RESPITE TAKE PLACE?

In-home, hourly Respite takes place in the home of the child. Families authorized for this type of Respite are awarded up to 36 hours of Respite to be used across a 3-month period. Out-of-home Respite takes place in the home of an approved Respite Provider. Families authorized for this type of Respite are awarded one weekend of Respite per month for a 3-month period. At the end of the authorization period, unused hours and overnight stays expire. Where warranted, services may be tailored to meet a family's unique, short-term, emergency need for Respite. Additionally, children waiting to receive ongoing Respite are invited to Community Respite Days where children receive several hours of care in a community setting.

WHO PROVIDES RESPITE?

Respite Services are delivered by approved CFF Respite Providers. Many approved providers are employed full-time in the mental health, education, or allied healthcare field or are in the process of completing a related degree program. All have undergone child abuse, criminal record, and FBI screenings. Approved providers also maintain CPR and First Aid certifications, and have had a recent physical to screen for communicable diseases. Those providers who provide care in their own homes have undergone an extensive home-study including a fire-safety inspection completed by their local fire marshal.

HOW IS A REFERRAL MADE?

A referral for Respite Services may be made by submitting a completed Respite referral packet along with a recent psychological evaluation (or other clinical documentation) to the Broomall office of CFF. Once complete, the referral packet may be submitted via email, fax, or post. Because no eligible family is turned away, a waitlist is maintained. The wait time to be matched with a provider varies, and priority is given to families with the greatest documented need, including first-time users and families receiving Family Based Mental Health Services. CFF will communicate regularly with families waiting to receive Respite.

COMMUNITY RESPITE EVENTS

Our Community Respite Events allow families who are part of our Respite community the opportunity to experience a brief period of Respite. Families who register in advance may drop their child off to receive several hours of care in a safe, supervised setting. Care is delivered by a team of our approved Respite Providers and a 2:1 child to provider ratio is maintained. Structured activities and snacks are provided. In addition to being a great opportunity for parents to get a break, Community Respite Events also provide an opportunity for our providers to meet children who may be waiting to receive ongoing Respite Care and for children to engage in recreation with their peers.