



About ACRP

The goal of ACRP is to prevent out-of-home placement of children and adolescents and enable the family unit to remain intact.

Through the introduction of available community resources and through guidance, mentoring, and assistance with skill building, youth and families at-risk of being separated and/or experiencing problems within the home, school, or community will be able to help themselves.

To achieve this goal, ACRP provides a variety of programs and services for children, adolescents, families, and adults in the community at large.

ACRP offers:

- ◆ *Accountability Enhancement Program*
- ◆ *ADHD & ASD Summer Treatment Program*
- ◆ *After School ADHD & ASD Treatment Programs*
- ◆ *Alternative Education Programs*
- ◆ *Behavioral Health Rehabilitative Services (Wraparound)*
- ◆ *Children & Adolescent Partial Hospitalization Program*
- ◆ *Blended Case Management*
- ◆ *Family Based Mental Health Services*
- ◆ *Family Preservation Services*
- ◆ *Family Center*
- ◆ *Firesetter Intervention Program*
- ◆ *Individual & Family Therapy*
- ◆ *Peer Specialists (Adult)*
- ◆ *Psychiatric Outpatient Clinic/Medication Mng.*
- ◆ *Psychological & Psychiatric Services*
- ◆ *Recreational & Community Activities*

ACRP Corporate Office

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www.acrpkids.org

ACRP

Respite Program Cambria County



1989 - 2011

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What is Respite Care?

Respite care is short term care that helps a family take a break from the daily routine and stress associated with caring for a child with a serious emotional or behavioral disorder. Respite will be provided in a community setting.

The purpose of respite is to give family members respite time and to temporarily relieve the stress they may experience while providing care for a family member with a disability. This can also help prevent abuse and neglect, while supporting family unity. Respite care enables families to take a few hours of “time off”. Respite is often referred to as a gift of time.

In addition to providing direct relief, respite care has the added benefits for families, including;

- * Peace of mind and helping to **relax** and renew their humor and energy.
- * **Enjoyment** of favorite pastimes and pursuit of new activities.
- * Improving their ability to cope with daily responsibilities and maintain **stability** during crisis.
- * **Preserving** the family unit and lessening the pressures that might lead to divorce, neglect and child abuse.
- * Allows families to become **involved** in community activities and to feel less isolated.
- * Gives families that needed **time off**, spending time together and time alone.
- * Makes it possible for family members to establish individual identities and **enrich** their own growth and development.

Who Needs Respite Care?

Caregivers may be reluctant to use a respite service. They may even question the “need” for this type of service. To determine if your family may need respite services ask yourself the following questions:

- Is it difficult to find temporary care for my family member?
- Does caring for my family member interfere with scheduling appointments or with personal projects?
- Is it important that my spouse and I enjoy an evening alone together once in awhile, without the children?
- Do you think that you would be a better parent if you had a break now and then?
- If I had appropriate care for my family member, would I use the time for a special activity with my other family members.
- Am I concerned that in the event of a family emergency there is no one I could trust to care for my loved one?
- Would I feel comfortable having a trained, caring respite provider with my child?

If you answered yes to one or several of these questions, you and your family may benefit from respite care.



How ACRP can help?

ACRP will provide a Respite Program, for children and adolescents age 3-18, one to two days per week from 4:00 to 8:00 at our West End, 317 Power Street site. All children and adolescents must obtain prior approval and have an intake by ACRP prior to attending the Respite Program.

The Respite Program will be staffed with a 3:1 child to staff ratio to supervise youth.



ACRP hopes to expand services to include one-on-one services within the home and community. Also, to operate (1) one week day camps during the summer or holiday weeks for eligible youth. Transportation will be the responsibility of the parent/caregiver.

For more information please contact:

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or visit us online at
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