



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 Treatment Program*
- ◆ *Alternative Education & Treatment Program*
- ◆ *Behavioral Health Rehabilitative Services (Wraparound)*
- ◆ *Children & Adolescent Partial Hospitalization Program*
- ◆ *Community Service Projects*
- ◆ *Family Based Mental Health Services*
- ◆ *Family Preservation Services*
- ◆ *Fatherhood Initiative Workshops*
- ◆ *Firesetter Intervention Program*
- ◆ *Parent & Specialized Group Sessions*
- ◆ *Peer Specialists (Adult)*
- ◆ *Psychiatric Outpatient Clinic*
- ◆ *Psychological & Psychiatric Services*
- ◆ *Recreational & Community Activities*

ACRP Corporate Office

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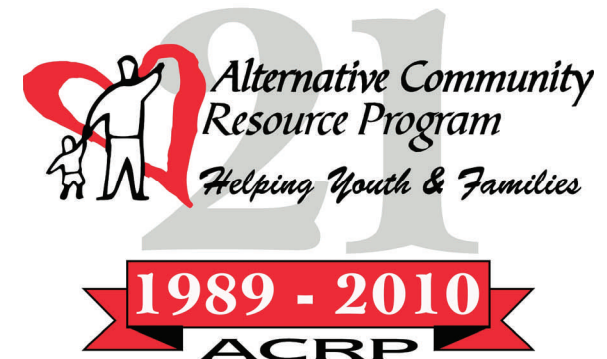


www.acrpkids.org

ACRP

Respite Program

Somerset/Bedford Counties



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 can be provided in the consumer's home or in a variety of out of home settings.

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** for vacation, 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, 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 in my home?

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 provides a Respite Program in our Somerset and Bedford offices for children and adolescents age 3 to 18.

All children and adolescents from Bedford and Somerset Counties referred for Respite Care Services through Alternative Community Resource Program (ACRP) must obtain prior approval from the Bedford-Somerset MH/MR CASSP Coordinators.

Emergency respite care shall not exceed seven (7) days in length. Exceptions to the seven day stay must have prior approval ~ please contact your MH/MR County Manager for more information.

For more information please contact:

Jen Yoder, Case Manager

(814) 445-1717

or

Holly Shaffer, Bedford Co. Director

(814) 623-1212