



Youth Respite in Oregon

**An overview of youth respite and
policy recommendations**

What is youth respite?

Respite services provide a break for primary caregivers of children and youth with complex needs, as well as a break for youth themselves. Effective respite services are culturally and linguistically responsive, developmentally appropriate, flexible, and provide a range of options, from drop-in childcare to preplanned or crisis overnight respite services.

Youth and Family Experience

Engagement Efforts

- Surveys to youth and family members were distributed by OFSN, Youth Era, and Local Systems of Care in December
 - 29 responses from youth and 173 from family members
- Listening sessions were hosted by OFSN with family members and caregivers in December
- Youth respite policy workshops were held in January with youth, family members, state agency partners, and respite providers or payers
 - Goal of workshops was to identify barriers to respite and recommendations for overcoming barriers
- Feedback loop session was held in February to prioritize recommendations

Youth and Family Experience

- 57% of youth and 44% of family members had used respite in the past 3 years
 - 78% of families used respite as a planned break and 35% used respite in crisis
 - Youth were more likely to want or need respite because of a crisis
- The most common places respite occurred were at a family or friend's home or in the youth's home
- The lack of qualified, nearby respite providers was the main reason youth and families were unable to get respite care
- Youth and family members stressed the need for more flexible options when it comes to respite types, duration, and providers

Current Youth Respite Services & Supports

Informal vs Formal Respite

Informal	Formal
Universally offered and flexible	Based on specific program eligibility (such as I/DD or child welfare) or a diagnosis
<ul style="list-style-type: none">• Afterschool and out-of-school based supports• Childcare settings• Community and faith-based programming• Friends and family	<ul style="list-style-type: none">• Behavioral health respite• Child Welfare respite• Intellectual and Developmental Disabilities relief care• Juvenile Justice respite• Relief Nurseries

Youth Respite Policy Recommendations

Top Barriers to Respite



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- Funding models
 - Workforce
 - Stigma and messaging
 - Lack of knowledge and information
 - Lack of youth-initiated options

Funding Models

- Braid & blend funds across child serving systems to develop a continuum of respite infrastructure within local communities
- Develop guidance for Coordinated Care Organizations (CCOs) on how they can fund respite for their members
- Build on existing programs, organizations, and provider capacity



Workforce

- Increase the number of respite providers



Stigma, messaging, & knowledge

- Boost awareness of legislators and policymakers on what families and youth want when it comes to respite and supports
- Tie youth respite to existing programs and efforts such as afterschool and out of school programs to increase funding, accessibility, and awareness



Youth-initiated respite

- Provide flexibility in respite, including type, location, and duration



Questions & Feedback

Questions for SOCAC



- Are there any inaccuracies in the report?
- What policy recommendations would you prioritize?
- What next steps would you like to see SOCAC take towards resolving respite barriers?
- What is your agency or organization willing and ready to do?