

## RESPITE CARE

### Three State Examples

#### TENNESSEE

**Approach:**

The ASAP/GSAP program combines therapeutic recreation for children and teens with family-focused support and coaching. Services include trauma-informed day camps, parents' night out respite events, therapeutic weekend family camps, and guidance to help families build their own sustainable support network.

**Duration:**

Duration depends on the respite, most are short-term or multi-day experiences.

**Delivery:**

Master's-level clinicians lead all camps and respite events, provide trauma-informed activities, and offer coaching and consultation to strengthen each family's support network.

#### DELAWARE

**Approach:**

A Better Chance for Our Children offers consistent recreational respite, giving adoptive and guardianship parents a break while children engage in fun, social, and trauma-informed activities. Staff include social workers, child-care workers, and individuals with lived experience, all trained in trauma-focused care.

**Duration:**

The program runs September through June, with families asked to commit to the full nine-month cycle.

**Delivery:**

Delivery is through twice-monthly, full-day Saturday sessions at two different sites in the state.

#### MISSOURI

**Approach:**

FosterAdopt Connect and the Central Missouri Foster Care & Adoption Association help find, license and train individual respite providers. These resource centers also help families build or formalize respite options within their own existing support networks.

**Duration:**

Respite availability is ongoing once providers are trained and approved.

**Delivery:**

Resource centers recruit and train providers, share information on available respite options, and connect families with suitable providers. Families then arrange care directly, with support available for subsidy-covered respite when applicable.



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