

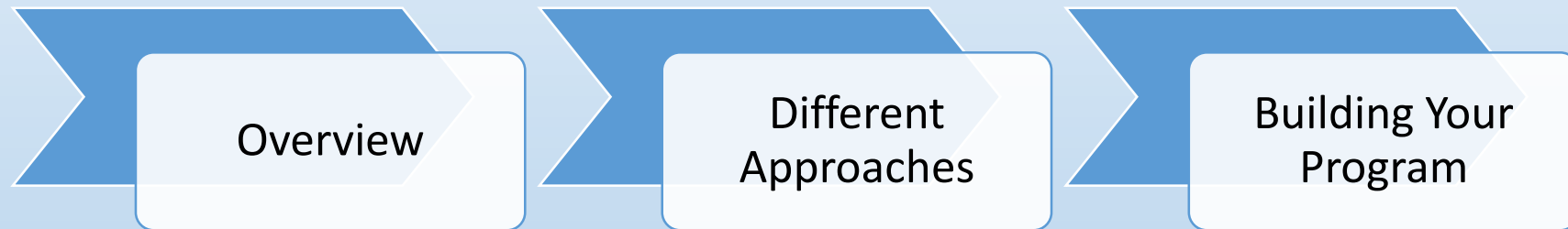
Residential Respite

How to Create a Safe Alternative to Inpatient Care

CHBC 2016

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Road Map to Respite





Overview

Common Respite Myths

Provides Shelter or Alternative Housing

Substance Abuse Treatment or Detox

Place to just “Hang Out”

A Housing Option for Parole and Probation

Respite Is

Short term voluntary placement

Does not meet 27-65 Criteria for Hospitalization

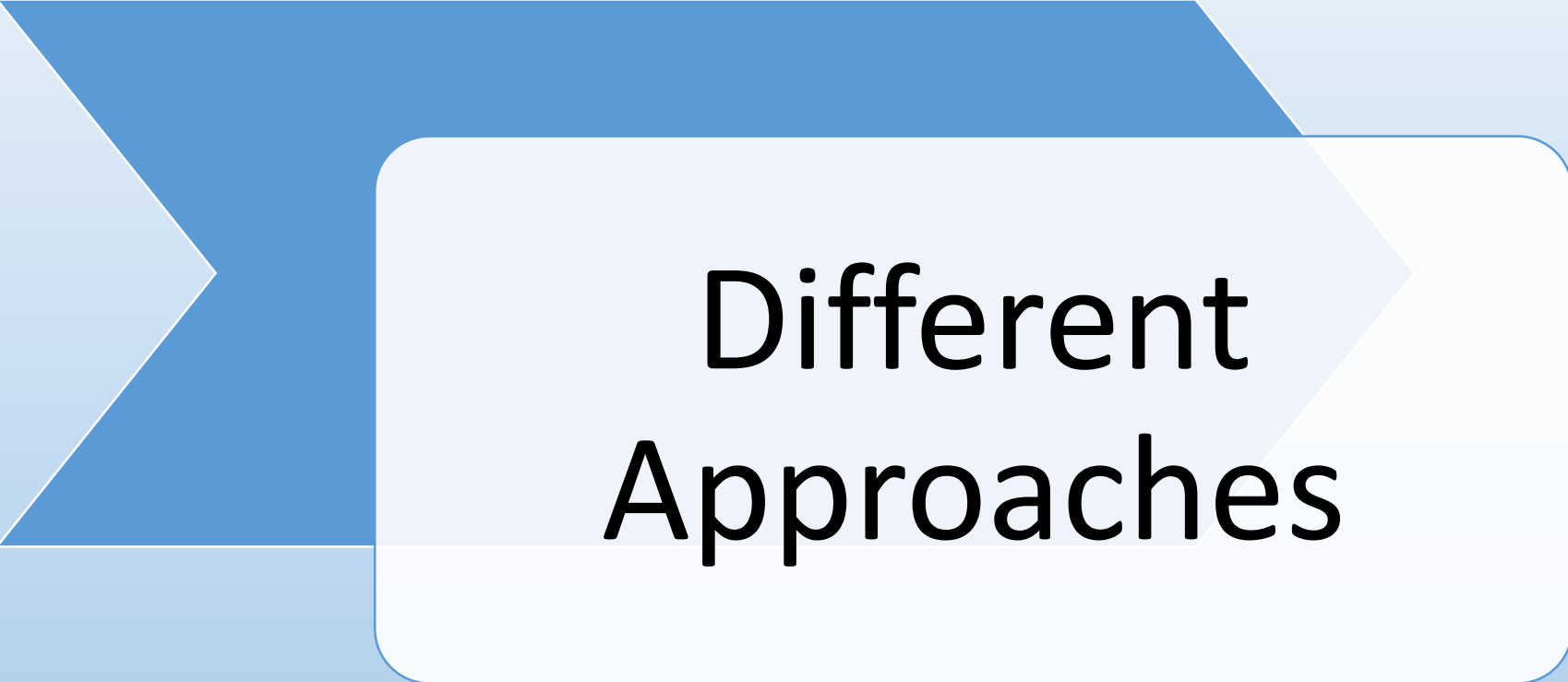
In need of a stable, safe environment

Support in a less restrictive environment

Get connected and transition to long term resources

Regional Service

Recovery focused



Different Approaches

Centennial Mental Health



Journey Point Respite Center

Journey Point Respite Center



Located in Sterling Colorado

Staffed by Case Managers and Therapists

Total Capacity of 6 Clients

Community living environment

RN oversight and QMAP Medications

Individualized and group programming with dedicated clinician



Journey Point Respite Center

Scheduled Daily Programming

- 8:00 am Breakfast, shower and medications
- 9:00 am Group, APPAR and skill building
- 10:00am ERT med or therapy appointments
- 10:30am Daily assessments for level of care
- 12:00pm Lunch and medications
- 1:00pm Daily assessments for level of care
- 2:00pm ERT med or therapy appointments
- 3:00pm Acudetox
- 4:00pm Begin preparing for dinner
- 5:00pm Dinner
- 6:00pm Daily clean up
- 7:00pm Group, APPAR and skill building and visitation time
- 8:00pm Medications
- 9:00pm Free time and activities
- 10:00pm Bedtime



Journey Point Respite Center

APPAR



Acudetox

Intensive Individual and Group Skill Building with dedicated clinical staff

Follow up with Outpatient Services with 3-5 days of discharge.



Journey Point Respite Center

Clients Served

129



Average Daily
Census **4**



Average Length
of Stay **8**



Where hope begins.





Where hope begins.



Located in Greeley Colorado

Total capacity of 10 clients

Staffed and run by Peer Specialists

Community living environment

Clients self-administer medications

Level of care assessment daily with Crisis Response Team Therapists

Where hope begins.

Less Structured approach...

8:00am Morning medications

8:30am Morning start up meeting

9:00am Morning Life Goals group

11:30am Lunch available

12:00pm Optional Life Goals group, medications

5:00pm Dinner available, medications

6:30pm Therapy group, Life Goals group or
planned activity depending on the day

9:00pm medications

10:00pm curfew and bedtime

Daily assessments either in the morning or afternoon





Where hope begins.



Clients come and go freely throughout the day

Strengths based and **recovery** focused

Clients meet with a range of therapists, no dedicated clinicians

Self Determination

Life Goals

Where hope begins.

Clients served
329

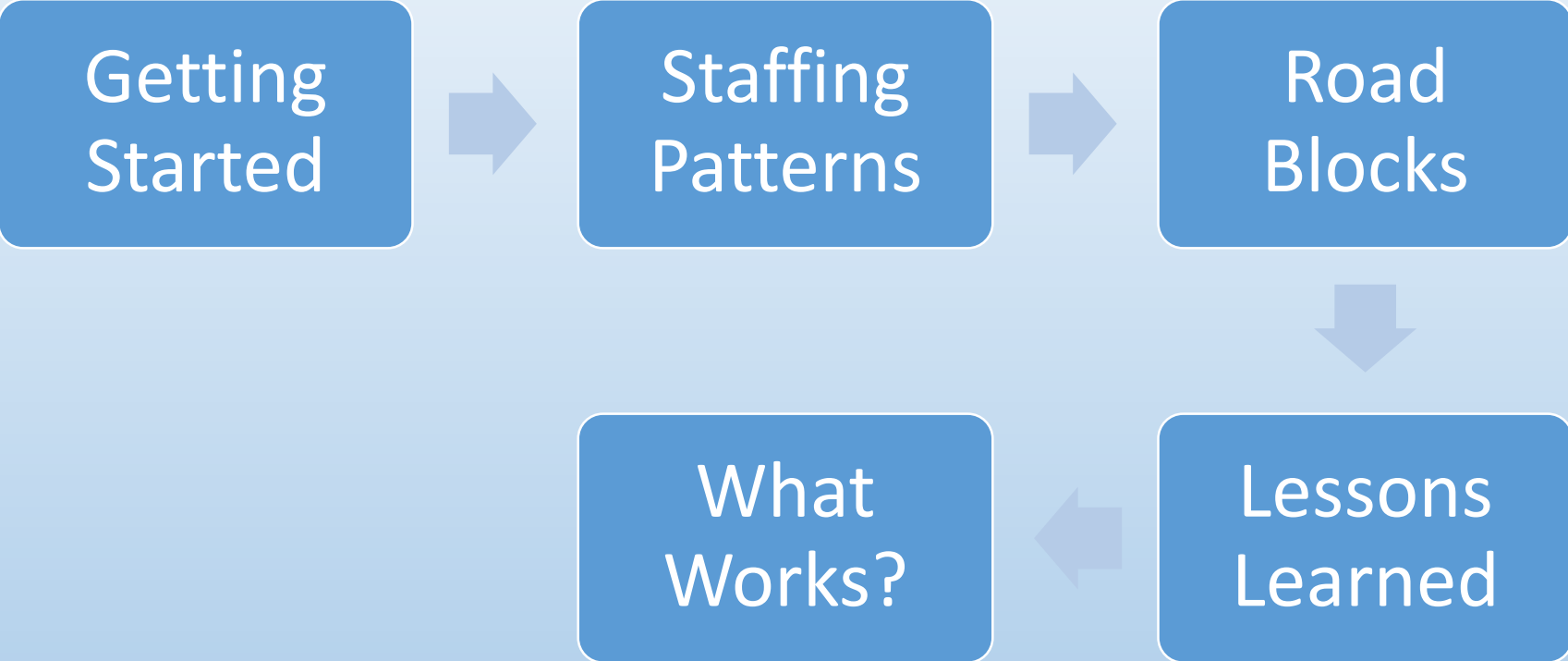
Average daily
census **7**

Average Length
of stay **7.5**





Building Your Program



Getting Started

How many beds are needed to meet the needs of your community?

Medications

What is your Criteria?

How do you want people to be referred to your program?

What type of model meets your needs?

Approval/ screening process?

Documentation

Staff

Staffing Patterns

What type of staff?

How many people do you need per shift?

Length of shifts?

Are there peak days or times?

What “other” duties are required?



Confusion from internal and external partners

Getting to a “One Team” mindset

Discharge planning for the homeless population

Developing a smooth referral process for coordination of ongoing care

Having adequate availability for consistent training



Road Blocks

Lessons Learned



Don't advertise 14 days

Be very clear and constant with processes

Clarify what may be appropriate goals

Have a system in place to screen for Substances on board

Develop a way to know what contents are with them

Educate internal and external partners

Have a process for monitoring recidivism

What's Worked

Have a clear referral and admission process

Adding a dedicated Therapist

Utilizing Peer Support

Adding an EBP for Skill Building

Tele-Health for long distance appointments

Allowing clients to come and go freely



MOST IMPORTANTLY BE FLEXIBLE

