

## Respite Partnership Collaborative Respite Services Grantee Overviews

**The Respite Partnership Collaborative (RPC)** is a public-private partnership of Sacramento County Division of Behavioral Health Services and Sierra Health Foundation: Center for Health Program Management. The goal of the RPC is to increase local respite service options to offer alternatives to hospitalization for community members experiencing mental health crisis in Sacramento County. The RPC is funded through the Sacramento County Mental Health Services Act (MHSA) Innovation component. MHSA (Prop 63) is a California initiative passed by voters in 2004 to provide funding to help counties transform mental health services across all age groups and addresses a broad continuum of prevention, early intervention, treatment and recovery needs.

The RPC began in May 2012 to address mental health crisis by establishing respite options to help reduce the need for hospitalizations that could occur as a result of mental health crisis. Using the Sacramento County MHSA Innovation Plan as the blueprint, the RPC has designed a process that encourages the community to define a variety of respite options and apply for respite program funding. The collaborative members are volunteers who have a commitment to implement the Sacramento County MHSA Innovation Plan. RPC members represent a diverse cross-section of interests related to respite care for the mentally ill and their family members in Sacramento County.

The RPC will announce a total of three funding rounds through 2015, which will support mental health respite programs in Sacramento County that meet criteria, including wellness and recovery principles, the inclusion of peer/youth/family/caregiver support services, and locations in neighborhood or home-like settings. Since November 2012 the RPC has released the first two rounds of grant funding to seven Sacramento County organizations that met the criteria for mental health respite services.

(<http://www.shfcenter.org/respite-partnership-collaborative>)

### Round 1 Respite Services Grantees Announced November 2012

**Capital Adoptive Families Alliance** is working to improve family stability by providing family respite camp for adoptive parents and their children with complex mental health needs, expanding parent peer support and developing children's social skills. Capital Adoptive Families Alliance is a volunteer-run nonprofit resource for adopted families and professionals who serve them.

(<http://capadoptfam.org/>)

**Del Oro Caregiver Resource Center** is working to decrease hospitalizations due to mental health crisis of family caregivers of dementia patients by providing respite care and respite counseling, and helping caregivers develop skills and developing a care plan to help stabilize their situation. Del Oro Caregiver Resource Center, part of a statewide system of resource centers serving family caregivers, is an

independent, private, nonprofit program funded through a contract with the California State Department of Mental Health, grants and private donations. (<http://www.deloro.org/>)

**Turning Point Community Programs** is working to decrease hospitalizations due to mental health crisis by providing residential and peer-directed respite services in a home-like environment for adults age 18 and older. Turning Point Community Programs began in 1976 with a unique vision about offering caring, hope, respect and support on the path to recovery and mental health. From small beginnings as an agency with only two full-time employees, Turning Point now employs more than 395 and is privileged to serve more than 4,000 mental health consumers each year. (<http://www.tpcp.org/>)

**lu-Mien Community Services** is working to reduce mental health crisis in the lu-Mien community by raising awareness of mental health issues through intergenerational respite support that is culturally and linguistically appropriate. The respite services will support youth through older adults, and offers a crisis hotline as part of the services. The mission of United lu-Mien is to help preserve and teach the lu-Mien culture, assist lu-Mien to adjust to living in America and to promote a healthy community through education, advocacy, mentoring, outreach and other support services and referrals that are culturally appropriate and in the spirit of collaboration to bridge cultural and language barriers in mainstream society. (<http://unitediumien.org/>)

### **Round 2 Respite Services Grantees Announced October 2013**

**St. John's Shelter Program for Women and Children** is working to de-escalate a mental health crisis for adult women by providing short-term respite and on-site support services and linkages to community services. Since 1985, St. John's Shelter Program for Women and Children has supported homeless women with children as they advance from a point of crisis to a position of self-sufficiency and serves over 800 women and children annually. (<http://stjohnsshelter.org/>)

**Children's Receiving Home of Sacramento** is working to deliver trauma-informed respite services to youth experiencing a mental health crisis in a safe and supportive environment as needed, while they stabilize. Children's Receiving Home has provided emergency residential and shelter services for over 60 years to children and youth in Sacramento County and currently serves 1,200 to 1,500 children and families per year. Children's Receiving Home is committed to changing the lives of at-risk children and their families by providing a safe haven of comfort, hope and healing; and ensuring the success achieved will last as they transition back into the community. (<http://www.crhkids.org/>)

**Transitional Living and Community Support (TLCS)** is working to promote stabilization for adults experiencing a mental health crisis by providing 24 hour/7 day a week mental health crisis respite services that can be accessed on a drop-in basis in a warm and supportive community-based setting. TLCS has been in operation since 1981, and employs over 80 full-time staff who serve 1,100 clients in a variety of case management programs. TLCS has utilized wellness and recovery principals since their inception and assists clients to develop the skills and supports necessary to attain personal goals. TLCS believes that a psychiatric diagnosis is not a destiny; and has enabled hundreds of individuals to become fully participating members of the larger community. (<http://www.tlcscac.org/>)