



# RESPITE PROGRAMS

Presentation to the  
**Behavioral Health Commission**

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# OVERVIEW – RESPITE PROGRAMS

- Respite services are short-term, time-limited breaks in a safe environment for people who are risk of experiencing a mental health stress or who are in crisis.
- Respites promote community connections and other supportive resources so participants leave experiencing less stress than when they arrived.

## BACKGROUND

- Respite programs originated as the mental health respite programs funded through the time limited Mental Health Services Act (MHSA) Innovation Project #1: Respite Partnership Collaborative.
- A Workgroup was created through the Collaborative to conduct a comprehensive community program planning process for the Innovation Project and identified the target populations to be served.
- With support from the MHSA Steering Committee, these programs transitioned to Prevention & Early Intervention (PEI) funding during FY 2015-16.



# RESPITE PROGRAM GOALS



- Prevent acute mental health crisis from occurring
- Provide alternative to emergency department visits or psychiatric hospitalizations

# RESPITE PROGRAM MEASURES

- Respite programs collected outcome data through satisfaction surveys.
  - Demographic information collected through intake and assessment forms.
  - Reports were submitted on a monthly and quarterly basis to the County.
  - Majority of data provided insights into utilization (number of people served, demographics, etc.)

# RESPITE SUPPORTS

Supports include:

- Screening
- Supportive services
- Individual and group support
- Linkage to other community resources and services
- Peer supports



# RESPITES IN SACRAMENTO

There are **6** Respite programs contracted with Sacramento County Behavioral Health Services that are proposed to **sunset**:

Respite Program Name	Population Served
Del Oro	<ul style="list-style-type: none"><li>▪ Family caregivers of persons living with a cognitive disorder</li></ul>
LGBT Lambda Lounge	<ul style="list-style-type: none"><li>▪ Adults age 18+ LGBTQ in or at risk of mental health crisis</li></ul>
St. John's Respite	<ul style="list-style-type: none"><li>▪ Adult women ages 18+ in mental health crisis, including women with children</li></ul>
A Church for All	<ul style="list-style-type: none"><li>▪ Unserved and underserved adults age 18+ and older with emphasis on people of color (POC) who may identify as LGBTQ</li></ul>
Hope Cooperative	<ul style="list-style-type: none"><li>▪ Adults age 18+ in or at risk of mental health crisis</li></ul>
Turning Point Community Programs TPCP Abiding Hope*	<ul style="list-style-type: none"><li>▪ Adults age 18+ in or at risk of mental health crisis</li></ul>

\*TPCP Abiding Hope initiating closure in February prior to the County's plan to sunset.

# RESPITES IN SACRAMENTO

For FY 24-25:

Respite Program Name	Specialized Services
<b>Del Oro</b>  Served <b>153</b> individuals Budget: <b>\$264,799</b> Funding source: MHSA	<ul style="list-style-type: none"><li>▪ Assesses and addresses the needs of family caregivers of persons living with a cognitive disorder</li><li>▪ Family consultation, assessment, home visits to develop a plan of care focused on services and wellness</li><li>▪ Immediate respite services available in the form of in-home care, adult day care or care at an assisted living facility</li><li>▪ Counseling available to adult caregivers to assist with maintaining their health and wellbeing</li></ul>
<b>St. John's Respite</b>  Served <b>58</b> individuals Budget: <b>\$256,776</b> Funding source: MHSA	<ul style="list-style-type: none"><li>▪ 24-hour mental health crisis respite services</li><li>▪ Screening, assessment, resource linkage, treatment planning, crisis intervention, family support and case management for up to 7 days</li></ul>

# RESPITES IN SACRAMENTO

For FY 24-25:

Respite Program Name	Specialized Services
<b>A Church for All</b>  Served <b>1,032</b> individuals Budget: <b>\$200,064</b> Funding source: MHSA	<ul style="list-style-type: none"> <li>▪ Drop-in respite</li> <li>▪ Screening, supportive services, individual and group support, linkage to other services, peer supports, community outreach activities</li> <li>▪ Promotes community connection</li> <li>▪ Participants may return to utilize respite services as needed</li> <li>▪ Services available of minimum 29 hours per week</li> </ul>
<b>LGBT Lambda Lounge</b>  Served <b>1,109</b> individuals Budget: <b>\$264,799</b> Funding source: MHSA	<ul style="list-style-type: none"> <li>▪ Mental health drop-in respite services for individuals identifying as LGBTQ</li> <li>▪ Screening, supportive services, individual and group support, linkage to other services, peer supports, community outreach activities</li> <li>▪ Promotes community connection</li> <li>▪ Participants may return to utilize respite services as needed</li> <li>▪ Services available of minimum 12 hours per week</li> </ul>

# RESPITES IN SACRAMENTO

For FY 24-25:

Respite Program Name	Specialized Services
<b>TLCS/Hope Cooperative</b>  Served <b>2,042</b> individuals Budget: <b>\$1,320,584</b> Funding source: MHSA	<ul style="list-style-type: none"> <li>▪ 24-hour mental health crisis respite services</li> <li>▪ Screening, assessment, resource linkage, treatment planning, crisis intervention, family support and case management</li> <li>▪ Available for adult residents for up to 23 hours</li> </ul>
<b>TPCP Abiding Hope</b>  Served <b>119</b> individuals Budget: <b>\$673,351</b> Funding source: MHSA	<ul style="list-style-type: none"> <li>▪ 24-hour mental health crisis respite services</li> <li>▪ Screening, assessment, resource linkage, treatment planning, crisis intervention, family support and case management</li> <li>▪ Available for adult residents for up to 14 days</li> </ul>
<b>Total Budget: \$2,946, 317</b>	<b>Total Served: 4,513</b>

# FY 24-25 DEMOGRAPHIC SUMMARY

Program	Primary Age	Race	Language	Gender
A Church for All	26-59	30% Caucasian 40% African American 42% Not Reported/Other	62% English 37% Not Reported	34% Male 27% Female 39% Unknown
Lambda Lounge	26-59	17% Caucasian 10% African American 68% Not Reported/Other	62% English 37% Not Reported	22% Male 9% Female 66% Unknown/Other
Del Oro	Older 60+	66% Caucasian 9% Asian 15% Other	66% English 37% Not Reported	16% Male 83% Female 10% Not Reported/Other
Abiding Hope	25-59	34% Caucasian 33% African American 10% Not Reported/Other	62% English 37% Not Reported	62% Male 35% Female
Hope Cooperative	25-59	28% Caucasian 25% African American 11% Not Reported/Other	62% English 37% Not Reported	56% Male 33% Female
St. John's	25-59	28% Caucasian 39% African American 6% Not Reported	62% English 37% Not Reported	34% Male 27% Female 9% Not Reported/Other

Please refer to most recent MHSA 3-Year Plan online for more information

# DISCUSSION

# QUESTION & ANSWER



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