

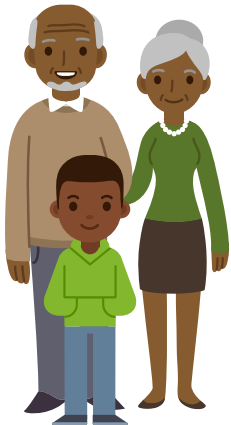


A Closer Look: Respite (a "break" for caregivers)

Every caregiver needs to take breaks. Setting up regular, scheduled respite breaks can be helpful- especially when one or more children may have a mental, physical, or developmental health challenge that requires extra care and attention. Unfortunately, Ramsey County does not have crisis respite or "drop in" respite services. If there is an immediate need for respite or temporary out of home care... please call **651-266-4500** to discuss options.

Formal Respite- Ramsey County

- To be eligible for formal respite services, youth must have serious mental health needs.
- Youth must have a Ramsey County case manager.
- Formal respite services are provided in foster homes that are licensed by Ramsey County. (It takes time to make these arrangements.)
- Formal respite typically lasts 2 days (for example- a weekend) and may be scheduled for up to 4 days per month. There is a signed agreement.
- For more information, contact Case Management: **651-266-4486**



Informal Respite, & Kinship Care/Family Support

- Informal respite and kinship care are arranged by the caregiver. There are no signed agreements with Ramsey County. Any schedule/frequency can be agreed upon by the caregiver and the respite/kinship care provider.
- Some local agencies and community volunteers provide informal respite and family support. This may be hourly or overnight.
- Friends and family members may provide care for youth (this is called kinship care.) Reimbursement through the county may be available.
- Child Welfare can discuss options and make referrals: **651-266-4500**



**Safe Families
for Children**

Safe Families is a local agency that has a contract with Ramsey County Children's Mental Health Collaborative and the Suburban Ramsey Family Collaborative. Services are provided for free by trained volunteers in faith communities.

"Circles of Support" include online Healing Circles, a resource friend, a family friend, a family coach, a service friend, daytime and overnight respite options, as well as a temporary host home if that is ever needed. If a parent/caregiver gets sick with the Coronavirus, Safe Families can help the family think through options and make plans. Families can self-refer. Call **1-888-290-7590** ext 0 (or dial ext 2 for the Safe Families FRIEND LINE)