



**Are you caring for a troubled child?
Your well-being matters, too.**

We can help.

Caring for a child with behavioral health challenges can be stressful, exhausting and isolating. Our respite programs give you a chance to plan a break and take care of yourself, too.

This temporary respite lets you rest without interrupting the child's care. In fact, we offer the child opportunities to learn critical coping skills in a proactive, planned approach. Plus, our respite specialists work closely with service providers to ensure everyone is working on the same goals.

In-Home Respite

Through planning with the child and the medical assistance provider, our respite specialist takes the child on a planned, structured outing for about four hours. The outing may include:

- crafts
- games
- movies
- recreation
- child-friendly locations

Out-of-Home Respite

Through planning with the child and your family, the child spends an overnight or a weekend with a trained, certified foster family.

Are you eligible?

You are eligible if you live in Baltimore City, or in Baltimore, Cecil or Harford Counties, and you are raising a child who is:

- between the ages of 5-17
- diagnosed by a doctor with a behavioral health issue
- receiving mental health therapy
- currently receiving medical assistance, or eligible to receive medical assistance, but must be approved prior to service

**Take care of yourself and your child.
Contact us.**

Home-Based Respite Program

667-600-2405

cc-md.org/home-based-respite