



### Requirements of San Mar Treatment Respite Care Providers:

Must be at least 21 years of age;

Washington County, Md. resident/s;

Four written references;

Criminal background and Child Protective Services clearances on all persons in home over the age of 17;

Physical exam [and TB] on all persons at application and every two years thereafter;

Fire Marshal inspection of home - initially and any time you move, or as other circumstances may warrant;

Environmental Health approval of water and septic systems annually;

Proof of marriage or divorce status;

Proof of home and auto insurance;

Proof of current vaccines for all pets;

Reliable vehicle and telephone;

Separate bedroom for respite child;

CPR and First Aid certification;

24 hours of pre-service training [each caregiver] - 20 hours of training annually;

Non-certified copy of driving record.

## Providers Needed

San Mar is seeking persons who are willing to provide respite care to children and youth within Washington County, Maryland. Respite care is a service to strengthen families. It enables families, who are struggling with behaviors in their children and/or youth, to receive short-term foster care assistance so as to enable them to rebuild their relationship with their children and prevent a subsequent intervention with the Department of Social Services or the Department of Juvenile Services, which may result in a long-term removal of the child from the home.

### Training of Respite Providers

San Mar will train persons who meet the qualifications for respite care as stated in this brochure. Initial and ongoing training will include all areas mandated by the state. In addition, on call services and crisis intervention are available at all times.

### The Referral Process

If you would like to refer a youth or family for this program you can contact either Ellen or Joel as noted below.

[WWW.SANMARHOME.ORG](http://WWW.SANMARHOME.ORG)

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# SAN MAR

Established 1885

## TREATMENT FOSTER CARE'S

### Program of Respite Care for girls and boys



SOMETIMES A LITTLE HELP  
MAKES A BIG DIFFERENCE



**Who are the children served?** They are girls and boys, ages birth to 21, who reside in Washington County, Maryland and are in need of respite care services that will help to maintain placement with their biological family and will help them to avoid out of home placement.

**How are financial needs met?** Respite Care Providers are given a tax-exempt stipend to meet the needs of the child placed in respite based upon an hourly rate.

**How long do the children stay?** The majority of children are placed in the respite care home for two days or less. Some placements are shorter or longer in duration.

**How many children are placed in a home at one time?** Normally only one or two children are placed in the home at a time. An exception may be made for sibling groups.

**How are respite care providers selected?** San Mar program staff carefully select families to work with special kids. We try to match children with a family who can be a special resource for the child. Providers of care must comply with all requirements for respite parents as stated in the Code of Maryland Regulations [COMAR].

**How are youth matched with families?** Program staff interview the child, current caregivers, and family to determine the specific needs. We determine the child's likes, dislikes, and mannerisms. When a family is identified for a particular youth, staff provide extensive information about the child and invite the respite provider to visit with the youth and his/her biological family. Thus, the provider gains an understanding of the child and his/her family and both feel a sense of control over where the child will be placed in respite care.

**How personal is the certification process?** Children's needs are best met with careful planning and good communication amongst all the parties involved in the child's life. The strengths, desires, and capabilities of respite care providers must be understood when matching a youth to a family. Therefore, we try to get to know each other very well during the training/certification process and while working together as a team.

**How are respite care providers prepared to care for these children?** Respite Care Providers are provided with 24 hours of pre-service training to help prepare them for caring for a respite child and 20 hours of annual training to sharpen their skills. Support is given through the use of a *team* approach including the respite providers, the San Mar case manager, the program director, the referring agency caseworker, professionals and the child's biological family or placement resource. Team meetings occur every at regular intervals of no more than 90 days.



**Why is respite care so specialized?** The program implies that the method of providing services focuses on the needs of the individual and has a clear awareness of the strengths and capabilities of the respite family and the child. It includes selecting an environment and family most suited to the specific youth.

**Who can care for these children?** These youth need the security of knowing a parental figure is both safe and available. Therefore, one of the respite care providers must be available at any given time. Children placed in respite care cannot be left alone or attended by children or other adults who are not certified as respite care providers. Single adults may be providers if adequate coverage can be arranged when they are away.

**What types of respite care are there?** Most respite placements are expected to be of a planned nature in which the provider, the child and the biological family have opportunity to meet prior to the initial placement in respite care. Emergency respite services will also be provided where prior meetings may not be feasible.

**What is the ongoing process?** When possible, a team meeting will occur prior to placement to assess the child's needs and gather information to develop a comprehensive respite plan. Within 30 days of placement a team meeting will be held to develop an *Individualized Respite Care Service Plan*. The plan addresses long-term goals, including projected length of need for services and criteria for discharge. Respite children are included in these team meetings. The treatment team meets every three months to review and update the child's respite plan. In an emergency situation, a team meeting prior to placement may not be possible.

**Who else is involved in the Respite Process?** It is anticipated that the majority of families of children placed in Respite Care will be involved with a community resource provider such as the Department of Social Services, Department of Juvenile Services or similar agency within Washington County.

**How is the biological family involved?** The biological family or placement resource for the child is extensively involved in all aspects of the child's respite placement. Children placed in respite care ordinarily remain in the legal care and custody of their biological families. The biological families remain in full charge of all decisions involving their children. For example, if any type of medical care was necessary, family members would have to be contacted.