

## What is Behavioral Respite?

This service is short-term support that gives you a break if you are having difficulty because of behavioral, social, or emotional challenges.

Behavioral respite includes:

- Positive behavioral supports
  - Trauma informed care
  - Person centered planning
  - Support to people and their team to identify and address barriers that are preventing people from participating fully in their community
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## What can Behavioral Respite help with?

- Making sure that you are safe and healthy
  - Identifying barriers to health and safety
  - Helping to understand any challenges you may have and develop a plan to improve your independence and inclusion in the community
  - Planning for your return home including needed supports
  - Behavior Plan creation or revision
  - Community resource referrals
  - Transition from hospital setting, as applicable
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## Who can receive behavioral respite?

- Any **DD eligible child or adult** living in their own home, with their family, or receiving a residential service through DDA
  - Any **DD eligible child or adult** currently in a hospital or mental health treatment facility and ready to get out
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## What is the difference between respite and Behavioral Respite?

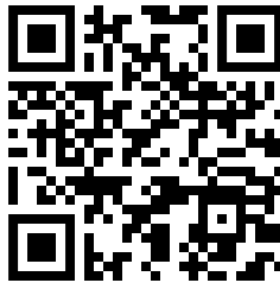
- Respite is a DDA service that is short-term support that gives you and your family, or other primary caregiver, a break from daily routines. It is available to eligible children and adults. It can be used hourly, daily, or to attend a camp. It is meant as a “break” for primary caregivers.
- Behavioral respite is short-term support that gives you a break if you are having difficulty because of behavioral, social, or emotional challenges.

\*Note: Just because a person has a behavior plan does not mean that they need behavioral respite.

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## How do I get Behavioral Respite?

- Behavioral respite **must be authorized by DDA.**
  - Your assigned Coordinator of Community Services (CCS) should complete the Google form. Use the QR code below.
  - Once the form is submitted, your CCS will get a receipt and DDA clinical staff will be notified of the request.
  - The DDA clinical staff will review the form and will call your CCS if they have questions and to keep them updated.
  - Additional documentation should be submitted to [DDA.Behavior-Respite-Request@maryland.gov](mailto:DDA.Behavior-Respite-Request@maryland.gov)
  - Please also review our [Behavioral Respite Flow chart](#)



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## Who provides Behavioral Respite?

- Maryland DDA licensed provider agencies
- Highly skilled and trained teams that have behavioral and clinical expertise

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## What happens when I request Behavioral Respite?

- Completion of an intake form
- Assessment of need
- Transition to behavioral respite site, as applicable
- Planning for your return home
- A home-like setting with staff to help keep you healthy/ safe
- Behavioral Respite may also include the following:
  - Behavioral supports
  - Nursing supports
  - Going to Dr. appointments
  - Use of technology to help you communicate or do things more independently
  - Community integration
  - Transportation

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## How long does Behavioral Respite last?

- Usually it lasts about **30 days**. This may depend on your needs and the clinical assessment.

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## What does Behavioral Respite discharge planning look like?

- Discharge planning begins right away, to ensure a safe return home
- You and your CCS, respite provider, family, community provider (if applicable), and DDA clinical team will meet to talk about when you are ready to go back home
- Your Person Centered Plan (PCP) will be updated as needed with any support changes
- DDA's clinical team will work with you and your team to ensure a smooth transition back home

► Issue Date: **5.18.2023**