

What is Respite?

Respite, by definition, means *to take a break*, but the word means a great deal more. To a caregiver, respite equals relief and replenishment. It allows time for rejuvenation and helps caregivers to feel refreshed and ready to continue undertaking parental responsibilities.

The Respite Program through the Mental Health Association provides free childcare to families with a child (or children) with a current mental health diagnosis and their siblings. Respite can reduce the family's overall stress level and increase the caregiver's ability to provide childcare that best suits the needs of their children.



Respite equals replenishment

The Respite program provides short-term childcare for families in Niagara County who have a child or children under the age of 18 with a current mental health diagnosis that requires ongoing treatment. Screened and trained respite staff provide childcare.



Mission Statement

The Mental Health Association in Niagara County, Inc. will offer programs and services aimed at promoting mental health while advocating for individuals with mental illnesses and working toward dispelling commonly held misunderstandings regarding mental illnesses.



716.433.3780 www.MHANC.com

36 Pine St. Lockport, NY 14094



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Respite Program



Do you need respite from parenting?



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Our program provides:

In-Home Respite

- ⇒ FREE Childcare provided in your own home for children with a mental health diagnosis and their siblings

Group Respite

- ⇒ FREE Group Respites held at the MHA, 36 Pine St, Lockport
- ⇒ Please call for dates and times
- ⇒ Transportation is NOT provided. Please be prompt when picking your child(ren) up.
- ⇒ Activities are geared toward 5 to 12 yr. old interests
- ⇒ RSVP by noon on the day prior to reserve your child's spot



How does the Respite Program help families?

The Respite Program gives the primary caregiver a reliable and planned break from parenting. Whether the caregiver needs time to relax or just clean up around the house, the In-Home Respite Program is here to help.

The caregiver may use the respite time to:

- Run errands
- Attend professional or personal appointments
- Spend time with family and friends
- Take a class
- Renew old hobbies
- Enjoy quiet time
- To spend valuable one-on-one time with their other children.

*Not to be used for work or school courses.

Any form of caregiving without a break can cause strain on the caregiver's health, both physically and mentally. A well-rested and replenished caregiver has the ability to cope more effectively with the stress of parenting.

Eligibility Requirements

To determine if your child is eligible for respite services, call 716.433.3780.

General guidelines are below:

- Be a resident of Niagara County
- Have at least one child who has a current mental health diagnosis that requires ongoing treatment (for example, ADHD, ODD, CD, Bipolar, Depression, Anxiety, Schizophrenia)
- Undergo an intake assessment by the Program Coordinator

Replenishment could be just a phone call away!

**For more information, call:
716.433.3780 or visit
www.MHANC.com**

