

Respite Care

About Technical Assistance Briefs. The MCH Evidence Center provides ongoing technical assistance (TA) to Title V agencies related to the emerging evidence base, strategies, and measures related to many topics interconnected with National Performance Measures and other critical topics in MCH. *Technical Assistance Briefs* are an outcome of these TA sessions that are designed to act as *conversation starters* in thinking about programs that can be developed to address issues that affect women, infants, children, adolescents, youth, families, and communities. These briefs are not meant to be comprehensive; full analyses of the NPM topic areas are provided in [Evidence Analysis Reports](#).

The Center makes these customized briefs available during TA and on the program website to identify evidence-based/informed strategies, promising practices, examples of ESMs from the field and peer-reviewed resources. Please [contact us](#) if you would like us to develop a similar report for topics that you are working on.

Initial Query for this Brief. Identify measures and best practices around Respite Care.

Evidence-Based Strategy Measures

ESM: Program Integration. These ESMs have been chosen by other states. You can review the ESMs to see if any resonate with your goals. Evidence Center staff are available to talk through how you could modify select ESMs to serve your needs.

State	ESMs
GA	ESM 11.3: Number of callers connected to resources through Help Me Grow
ID	ESM 12.1: Number of families who received support or services from the Family to Family Resource Center
MN	ESM 15.1: Percent of families receiving family-to-family support who report increased confidence in navigating care for their child
TN	ESM 11.8: Percent of families who report an increase in access and utilization of resources

Evidence-Based Strategies – What Works for Health

The following programs have been identified as effective models related to respite care.

Title	Link	Category
Chicago Child-Parent Centers	https://www.countyhealthrankings.org/take-action-to-improve-health/what-works-for-health/strategies/chicago-child-parent-centers	Scientifically Supported
Community Health Workers	https://www.countyhealthrankings.org/take-action-to-improve-health/what-works-for-health/strategies/community-health-workers	Some Evidence

Evidence-Based Strategies – Innovation Hub

The following programs have been identified as effective models related to respite

Title	Link	Category
The Empower Program	https://amchp.org/wp-content/uploads/2021/10/SPAN-Empowering-Women-Practice-Handout-Emerging-1.pdf	Best
Family Navigator Network	https://amchp.org/wp-content/uploads/2021/05/Family-Navigator-Network_Practice-Handout-Emerging.pdf	Emerging
LEND Trainees as Family Navigators	https://amchp.org/wp-content/uploads/2022/03/Emerging-LEND-Toolkit-Implementation-Guide.pdf	Emerging
Community Engagement Assessment Tool: Supporting Family, Youth and Community Engagement in all MCH/CYSHCN Programs	https://amchp.org/wp-content/uploads/2021/05/Community-Engagement-Tool_Practice-Handout-Emerging-2.pdf	Emerging

Resources for Respite Care

MCH Bank of Evidence-based Strategies and Tools:

<https://www.mchevidence.org/tools/strategies/search/>

Respite Care Programs. *Annotation:* Respite care provides parents and other caregivers with short-term child care services that offer temporary relief, improve family stability, and reduce the risk of abuse or neglect. Respite can be planned or offered during emergencies or times of crisis. Respite may be available to foster, kinship, and adoptive families, as well as birth families in need of support.

<https://www.childwelfare.gov/topics/preventing/prevention-programs/respite/>

What evidence-based interventions for parents and families help mitigate adverse childhood experiences among children?

Annotation: This document synthesizes peer-reviewed systematic reviews on the effectiveness of interventions that help to mitigate parental and familial factors that may contribute to adverse childhood experiences among children. Contents include the policy context, supporting evidence, and limitations. Topics include parent education programs (conducted outside the home), home visit programs, dual treatment programs for substance abuse, and trauma-informed care. The appendices contain definitions of terms; search terms and databases used in the review; and a table that describes the systematic reviews included in the review.

<https://www.academyhealth.org/publications/2016-12/rapid-evidence-review-what-evidence-based-interventions-parents-and-families>

Family engagement inventory. *Annotation:* This resource provides information about family engagement practices across child welfare, juvenile justice, behavioral health, education, and early education. Contents include links to organizations, agencies, and information that support family engagement within three domains. Contents include methods, plans of action, processes, and/or policies designed to be used by frontline staff of each discipline to enhance or achieve family engagement; links to and information on selected practices and programs that are validated and supported by a documented, evaluative process as they relate to family engagement; and links to

information and websites that provide additional literature about family engagement processes, methods, and programs. are included.

https://globalfrp.org/content/download/72/431/file/Public%20Libraries-A%20Vital%20Space%20for%20Family%20Engagement_HFRP%20PLA_%20August-2-2016.pdf

Parent Engagement. *Annotation:* These resources are designed to assist parents and school staff in working together to support and improve the learning, development, and health of children and adolescents. Contents include fact sheets for school districts and school administrators, teachers and other school staff, and parents and families. A strategy guide for state and local education agencies on selecting and implementing parent engagement strategies specific to HIV/STD prevention and a facilitator's guide for staff development are also included.

http://www.cdc.gov/healthyyouth/protective/parent_engagement.htm

Arizona parent kit. *Annotation:* This kit is designed to help parents meet the challenges of parenting and support the healthy development of their infant or young child. Contents include resources about child development, health and safety, quality child care, and school readiness. Information about the importance of oral health in young children, preventing and treating tooth decay, oral hygiene during pregnancy and infancy, and finding a dentist is included.

<https://www.firstthingsfirst.org/parent-kit>

Parenting matters: Supporting parents of children ages 0-8. *Annotation:* This report reviews research on parenting practices and identifies effective practices. The report also recommends ways agencies and others can support interventions that help more parents learn about effective parenting practices. A brief and webinar are also available.

<http://dx.doi.org/10.17226/21868>

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Access other resources at <https://www.mchevidence.org>

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