

## **Cascadia Health - Respite Services**

**Overview:** Respite is a voluntary, open-door, community-based alternative to psychiatric hospitalization or a step-down from higher levels of care. This trauma-informed, short-term residential program is designed to support clients with an OHP covered mental health diagnosis to continue being successful in the community, reintegrate into the community, and/or mitigate the need for hospitalization. Clients come to Respite during a change in symptom presentation due to a recent medication adjustment, distress related to their current living environment, or as a part of the transition to obtaining adequate services for their needs.

### **Service Description:**

**Respite goals:** Respite is intended for clients with a current community care team. Respite's primary treatment goal is to provide a stable, supportive environment that helps the client and their community care team connect with each other to work towards individual treatment goals. To further this goal, Respite requires teams to have scheduled appointments with residents during the first week of their stay and residents must maintain appointments with their care team providers throughout their stay.

**Respite offers:** 24-hour staffing by certified mental health aids, on-site Peer Support services, skill-building, three prepared meals per day, medication management, care coordination (between resident and community care teams), and a safe, supportive environment. Residents have private rooms, shared living spaces, and shared bathrooms. Residents have unrestricted access to the community other than an agreement to remain on-site during the overnight hours (specific times fluctuate with seasonal daylight hours). See Out-Of-Scope for services Respite is unable to provide.

**Length of Stay:** Stays are granted on a week-by-week basis with a maximum stay of 30 days.

**Eligibility:** Individuals must have OHP or other approved insurance and have a mental health diagnosis that is covered by OHP. Individuals must also be medically stable and able to attend to daily living needs. Individuals must agree to abide by a sober living environment and not be at risk of acute withdrawal. Individuals must also agree to engage in services with their external providers.

**Out of Scope:** Respite does NOT provide: case management, housing specialists or supports, ongoing 1:1 client support, therapy, groups, psychiatric care, or medical care. Individuals with primary and/or secondary medical concerns would not be an appropriate referral for the program.

While Respite staff may engage in some care coordination, it is primarily between the care team and client. The bulk of case management duties must remain the responsibility of care teams.

To be an appropriate referral, individuals must be medically stable, able to maintain in an unrestricted facility, meet the eligibility criteria, and agree/consent to Respite's policies.

## **Referral Process:**

Clients are unable to self-refer and referrals must come from a current provider (MHP, PCP, LMP, MSW), hospital, or other facility.

Referrals should include: Current mental health assessment from outside provider; completed crisis Respite referral screening form; current signed medication orders for all medications, including medications for physical conditions and over-the-counter; Fourteen days' worth of medications that match the medication orders; Respite health screening form; current progress notes; current risk assessment.

There are two Respite programs. Tigard Respite (Tigard, OR) serves Washington and Clackamas County residents. Rockwood Respite (Gresham, OR) serves Multnomah and Clackamas County residents. The Respite sites can be contacted directly to request referral packets.

For clients with OHP plans based in:

- Washington and Clackamas Counties, referents may request referral packets from and submit completed referrals directly to the Tigard Respite site.
  - Tigard Respite:
    - Phone: 503-747-4338
    - Email: [tigard.referrals@cascadiahealth.org](mailto:tigard.referrals@cascadiahealth.org)
    - Fax: 503-747-4387
  
- Multnomah and Clackamas Counties, request referral packets from Rockwood Respite and submit completed referrals directly to the Rockwood Respite site:
  - For Rockwood Respite:
    - Phone: 503-243-2236
    - Email: [rockwood.referrals@cascadiahealth.org](mailto:rockwood.referrals@cascadiahealth.org)
    - Fax 503-243-2429