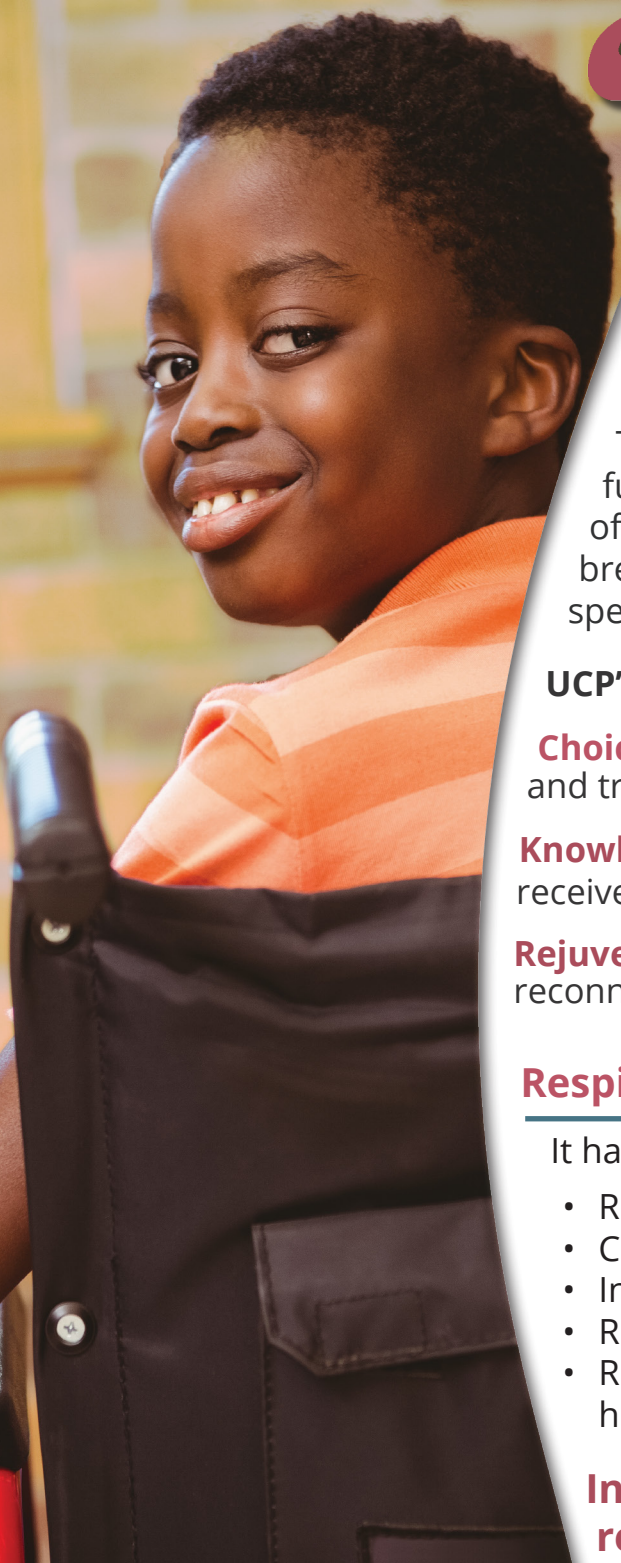


Alabama Department of Child Abuse and Neglect Prevention (ADCANP)



“ I didn't know how much I needed respite until I used it. Respite helps me care for my children with fresh eyes and a renewed heart!

- UCP Respite Care program participant ”

The Alabama Department of Child Abuse and Neglect Prevention (ADCANP) makes meaningful differences in the lives of children with disabilities.

Through Community-Based Child Abuse Prevention (CBCAP) funding awarded by ADCANP, United Cerebral Palsy (UCP) of Alabama's affiliates enabled **1,673** families to take short breaks from the 24/7 demands of caring for children with special needs and medical conditions.

UCP's Respite Model offers:

Choice: Families choose and train respite providers they know and trust.

Knowledge: Parents of children with extraordinary care needs can receive parent education, including First Aid and CPR.

Rejuvenation: The respite allows parents to rest, recharge, and reconnect with family and friends.

Respite is a powerful child abuse prevention service

It has been shown to:

- Reduce the stress of fulltime caregiving.
- Contribute to improved marital quality and stability.
- Increase employment opportunities for parents.
- Reduce social isolation for both parent and child.
- Reduce likelihood of out-of-home placements or hospitalization.¹

Investments in prevention programs, such as respite, save taxpayers' money:

POTENTIAL COSTS VS. INVESTMENT IN PREVENTION

\$175,344

Average taxpayer cost in Alabama per child who is abused or neglected.*

\$47

Average cost of prevention programming per adult participant.**

Prevention activities have the potential to reduce not only the social, emotional, and achievement costs to our children and families, but can reduce real financial costs associated with intervention.

* Report from the University of Alabama released in 2015 ²

** Based on grant awards and number of adult participants

“Our stress levels are naturally high, considering the medical condition of our child. However, the ability to leave for a short while, forget our worries briefly, and to laugh, helps immensely.”

– UCP Respite Care program participant

Since 2015, HEARTS Respite, a service of UCP of Alabama, has led to significant positive impacts on family protective factors—factors that are known to reduce and mitigate child abuse and neglect.³

An external evaluation conducted by Auburn University⁴ found that of the 1,673 parents who received HEARTS Respite services:



74% reported reduced stress, indicating increased resilience—the flexibility and strength to spring back from adversity.



73% reported an increase in Knowledge of Parenting and Child Development — accurate information about raising children and appropriate expectations for their behaviors.



75% reported an increase in their social connections. Research has shown that parents who are isolated and have few social connections are at higher risk for child maltreatment.



85% reported an increase in Concrete Supports in Times of Need, connecting families with needed services and ensuring basic needs, such as food, clothing, and shelter, are met.

“Perhaps the most encouraging outcomes associated with respite was the reduction in the percentage of families using out-of-home placements [foster care and hospitalizations]. These findings, combined with caregivers’ greater optimism about caring for the child at home in the future, represent a consistent indication of respite’s potential as a preventative family support service.”

– Bruns, E.J. & Bujrcharad, J.D. (2000)

For more information on this and other Alabama Prevention services, visit: www.ctf.alabama.gov

This brief was created in partnership with FRIENDS National Center for Community-Based Child Abuse Prevention (CBCAP) and the Alabama Department of Child Abuse and Neglect Prevention (ADCANP)



1 Abelson, (1999), Boothroyd et al (1996), Bruns, E.J. & Bujrcharad, J.D. (2000), Harper et al. (2013), Mullins et al (2004)

2 Link to University of Alabama's 2015 report: https://ctf.alabama.gov/wp-content/uploads/2018/05/Cost-of-Child-Maltreatment_Alabama-2013.pdf

3 <https://www.childwelfare.gov/topics/preventing/preventionmonth/resources/resource-guide/>

4 Link to Full Auburn Report: <https://ctf.alabama.gov/wp-content/uploads/2020/10/2019-2020-Evaluation-Report.pdf>

Full citations and information on the respite research cited can be found at: https://archrespite.org/images/docs/Bibliographies/Annotated_Bibliography_Web_2020_FINAL.pdf; and https://archrespite.org/images/docs/Bibliographies/Annotated_Bibliography_Web_2020_FINAL.pdf; and https://archrespite.org/images/docs/ARCH_Annotated_Bibliography.pdf