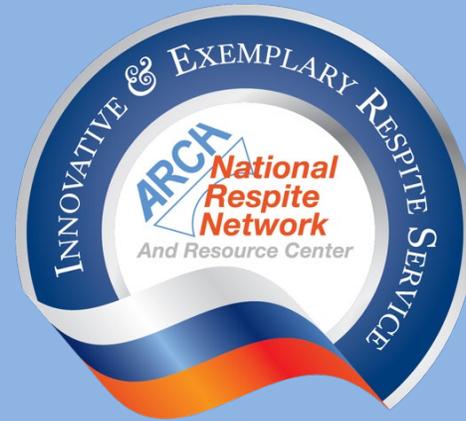


ARCH Innovative and Exemplary Initiative

Informational Webinar, February 28, 2022



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Background on
ARCH and the
Innovative and
Exemplary
Practice Initiative

The ARCH National Respite Network

- ❖ [National Respite Locator](#) online help for caregivers and professionals to locate respite/short break services in their communities.
- ❖ [National Respite Coalition](#), a group of diverse members who advocate for preserving and promoting respite policy and programs at national, state, and local levels.
- ❖ [Lifespan Respite Technical Assistance and Resource Center](#), funded by the U.S. Administration for Community Living, Department of Health and Human Services.

The mission of the ARCH National Respite Network and Resource Center is to assist and promote the development of quality respite and crisis care programs in the United States; to help families locate respite and crisis care services in their communities; and to serve as a strong voice for respite in all forums.



ARCH's Innovative
and Exemplary
Practice Initiative
was established in
order . . .

- 1 To identify and document promising respite practices across settings and service populations.
- 2 To learn more about respite services that are evidence-based or evidence-informed or are developing new service models and collecting practice-based evidence documenting their benefits to caregivers, care receivers and families.
- 3 To learn ways of addressing challenging aspects of providing respite to special populations.
- 4 To honor the work of Innovative and Exemplary Programs.



Creating a Knowledge Framework for Respite

- Research-based evidence about what constitutes best practice in respite is limited. Therefore, the criteria we use for selecting programs is extrapolated from other supportive services programs.
- An important part of the selection process is learning *about* and *from* respite programs, based on program documentation, and performance and evaluation data, what is working to support families, and what questions they have about the merit of their work.

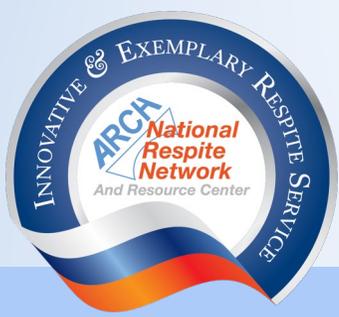




Today,
we will ...

- Describe the 7 qualities and characteristics of programs and services that make them Exemplary or Innovative.
- Provide real-life examples and strategies lifespan respite programs of all sizes, locations, and funding levels use to create Innovative and Exemplary services.





2019 Innovative & Exemplary Practice Programs

<https://archrespite.org/innovative-and-exemplary-respite/2019-innovative-and-exemplary-respite-services>

- Agape Respite Care, Inc., *Berne, IN*
- Caregiver Volunteers of Central Jersey/
Alzheimer's Respite Care Program, *Toms River, NJ*
- George Mark Children's House, *San Leandro, CA*
- A Rosie Place for Children, *South Bend, IN*
- Anne Arundel County Department of Aging
and Disabilities Respite Care Referral Program,
Glen Burnie, MD
- Assistance with Residential Care in the Home
Respite Care, St. Louis Arc, *St. Louis, MO*
- Child Care Aware® of America
Exceptional Family Member Program
(EFMP) Respite Care, *Arlington, VA*
- Claude Moore Precious Time,
Harrisonburg, VA
- Gio's Garden, *Middleton, WI*
- Masterpiece R&R Respite Care Program,
Lincoln, NE
- Providence House, *Cleveland, Ohio*
- Respite Care, Inc., *Fort Collins, CO*
- Vanessa Behan Crisis Nursery, *Spokane, WA*



2020 Innovative & Exemplary Practice Programs

<https://archrespite.org/innovative-and-exemplary-respite/2020-innovative-and-exemplary-respite-services>

Innovative & Exemplary Respite Services

- Caregiving Youth Project of the American Association of Caregiving Youth, *Boca Raton, FL*
- ChildServe Respite, *Johnston, IA*
- Lifespan of Greater Rochester, Caregiver Respite Program, *Rochester, NY*
- Rhode Island Care Breaks, *Cranston, Rhode Island*
- RISE Wisconsin, Inc., The Respite Center, *Madison, WI*
- Ryan House, *Phoenix, AZ*
- TRE-ADD Respite Choices, Community Living Toronto, *Toronto, Canada*

Innovative Respite Services

- Central Minnesota Elder Network, Respite Care Program, *Alexandria, MN*
- Nurturing Newborns, *Centennial, CO*
- Soar 35 Respite, *Richmond, VA*
- The ALS Association, MN, ND and SD Chapter, Jack Norton Family Respite Program, *Saint Paul, MN*

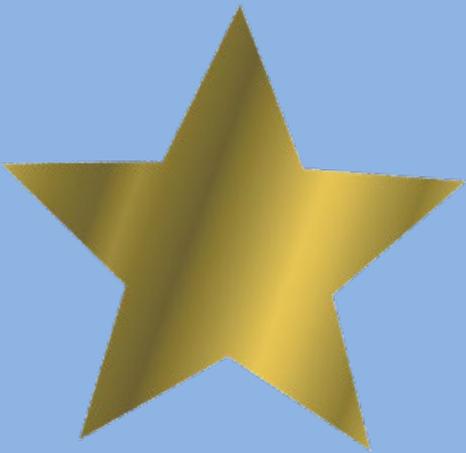


2021 Innovative & Exemplary Practice Programs

<https://archrespite.org/innovative-and-exemplary-respite/2021-innovative-and-exemplary-respite-services>

- The ALS Association, St. Louis Regional Chapter,
St. Louis, MO
- Crisis Nursery,
Urbana, Illinois
- The Home Away from Home Respite Center at SUNY Geneseo,
Geneseo, NY
- Lutheran Services in Iowa Respite Care,
Offices throughout Iowa

Rising Stars, 2019-2021



- Alzheimer's Disease Caregiver Support Initiative
Plattsburgh, New York
- Bethel Life, Loving Hands
Greenville, Pennsylvania
- Dutter House
Beloit, Wisconsin
- Family to Family Adult Care Service
Memphis, Tennessee
- Music Therapy Respite Program at the Cleveland Clinic Lou Ruvo
Center for Brain Health
Las Vegas, NV
- The Tennessee Respite Coalition Respite Voucher Program,
Nashville, TN



About ARCH's Innovative & Exemplary Practice Initiative



Do you know a respite service that is
Innovative & Exemplary?



The application & review process.

Pre-Application Checklist

For Innovative and Exemplary Respite Services

Before you proceed with the application, make sure you meet the following minimum criteria. You must be able to respond YES to each of the three questions below before completing the application. Programs that cannot answer yes to all three Pre-Application Screening questions cannot be considered for a full review

1. Have you been in operation for at least 3 years?
2. Do you have written guidelines for your respite service or an operations manual that you would be willing to share with ARCH and with others who might wish to replicate your services if selected as exemplary or innovative?
3. Do you have a written plan for how you will measure performance or a logic model for measuring performance? The written plan may be as simple as identification of a single outcome or multiple outcomes you plan to measure and a short description of how you plan to measure them. It is not necessary to have completed a logic model or formal evaluation at the time you complete this application.



7 Criteria for Selection

1. An Evidence-Based or -Informed Approach
2. Written Plan with Goals and Objectives
3. Program or Service Manual or Guide
4. Person- and Family-Centered Services
5. Professional Development Plan
6. Evaluation and Data Collection Plan
7. Sustainability

Criteria Checklist

| ARCH INNOVATIVE AND EXEMPLARY PROGRAM/SERVICES CRITERIA | Innovative Practice | Exemplary Practice |
|--|--------------------------|--------------------------|
| An Evidence-Based or - Informed Approach | | |
| ➤ The approach, or key elements of the approach, are based on evidence of efficacy. The program or service can identify the research and practice-based evidence used to inform their program design. | | <input type="checkbox"/> |
| ➤ The approach is novel, in that it includes service components that are unique and/or unique to a specific community or population for whom it is provided. Despite its uniqueness, there is a strong rationale and clear goals for the practice. | <input type="checkbox"/> | |
| Written Plan with Goals and Objectives | | |
| ➤ The program has clearly specified goals and objectives that are observable and measurable. The goals and objectives should be identified within a logic model, conceptual framework, or business plan. | <input type="checkbox"/> | <input type="checkbox"/> |
| ➤ Goals and objectives include performance targets. The targets are set after studying baseline data to ensure they were realistic yet ambitious. Performance targets are tracked and adjusted as needed. | | <input type="checkbox"/> |
| Program or Service Manual or Guide | | |
| ➤ The program has a manual, guide or written protocols that include policies and procedures for day-to-day activities that allow program/services to be monitored for fidelity. | <input type="checkbox"/> | <input type="checkbox"/> |
| ➤ The program uses a fidelity checklist or a similar system for monitoring program implementation. Adjustments are made, such as additional staff training, to minimize implementation drift. | <input type="checkbox"/> | <input type="checkbox"/> |
| ➤ The program's manual or guide is sufficiently detailed to support program replication. | | <input type="checkbox"/> |
| Person- and Family-Centered Services | | |
| ➤ The program has documented procedures to ensure individuals and family caregivers guide their own choices regarding respite services. The services are appropriate and sensitive to the cultures of those receiving services. | <input type="checkbox"/> | <input type="checkbox"/> |
| ➤ Family caregivers and/or care recipients have meaningful roles on the program's advisory board or in some other advisory capacity. | | <input type="checkbox"/> |
| Professional Development Plan | | |
| ➤ The program ensures volunteers and paid personnel are trained to competently and confidently follow program policies, protocols, and procedures required for the respite services they offer. All personnel have been carefully screened to ensure the highest safety standards for families. Volunteer and paid staff receive ongoing training, coaching, and supportive supervision. | <input type="checkbox"/> | <input type="checkbox"/> |
| Evaluation Plan and Data Collection | | |
| ➤ The program has an evaluation plan for measuring consumer satisfaction with services, service implementation/model fidelity, and participant-focused outcomes corresponding to goals and objectives identified in the program logic model or conceptual framework. | <input type="checkbox"/> | <input type="checkbox"/> |
| ➤ The program has followed the evaluation plan and collected data on consumer satisfaction, service implementation/model fidelity, and participant-focused outcomes. Evaluation results have been studied by program administrators and shared with staff, consumers, and other stakeholders. As a result of evaluation findings, program improvements have been made and documented. | <input type="checkbox"/> | <input type="checkbox"/> |
| ➤ A full evaluation report has been written and published (may be in an electronic format). The evaluation may have been conducted internally. The evaluation concludes that caregivers and care recipients experienced positive outcomes as a result of the program's services. | | <input type="checkbox"/> |
| ➤ An external evaluation, or an internal evaluation in partnership with a college, university or research institute, has been completed and has documented positive effects for caregivers and/or care recipients who have received program services. | | <input type="checkbox"/> |
| Sustainability | | |
| ➤ Must have been in operation for at least 3 years, have a stable and shared leadership team, a written sustainability plan (may be a component of an overall business plan), and diverse resources. | | <input type="checkbox"/> |



*An Evidence-
Based or
Evidence-
Informed
Approach...*



*guided by
research, data,
and the
knowledge and
wisdom gained
through practice*



A Written Plan with Goals and Objectives...

*that clearly
articulates your
program's targeted
outcomes and
performance targets.
Goals and objectives
inform data collection
efforts.*

Noteworthy Results

Our program goals, objectives, and intended outcomes align with our mission to protect at-risk children and support families through crisis, strengthening communities to end child abuse and neglect. Last year, **99% of children were reunited with their parent or guardian** and **68% of our highest-risk families stated their family stability increased** as a result of their child's stay at Providence House.

[Learn more.](#)



Research

The Crisis Nursery model is an effective and proven early intervention resource, which can strengthen and preserve families and help children achieve their optimum potential throughout their lives.

From Providence House, 2019 Innovative and Exemplary program's Website

<https://www.provhouse.org/outcomes/overview>



A Program or Service Manual or Guide ...

That connects outcomes with the activities that led to them. A detailed manual or guide is necessary for program fidelity and replication.



Person-and Family-Centered Services...

*a collaborative
approach to
planning, delivering
and evaluating
services.*



Professional Development Planning...

ensures volunteers and staff are trained and supported in competently and confidently providing safe and effective services according to program plans, policies and protocols.



Program Evaluation and Data Collection...

*measures program
implementation and
fidelity, consumer
satisfaction, and
person- and family-
centered outcomes
related to individual
and program goals.*

Participant Satisfaction Survey: Group Respite – Girls Weekend

Date of Survey: _____ Name of Surveyor: _____

Participant Initials: _____

How feedback was given (i.e. verbal, gestures, communication device, facial expressions): _____

1. Do you feel safe at ChildServe?

2. Did you have fun today? Is there anything you would change?



Yes



I don't know



No

Sustainability...

includes stable and shared leadership, diversified resources, and a written plan.



QUESTIONS?



ARCA
**National
Respite
Network**
And Resource Center



For More
Information . . .

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Lifespan Respite Technical Assistance Center

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