

You Don't Need to Do It Alone.



Raising children with social, emotional and/or behavioral challenges is hard and demanding work. Families parenting children with complex needs are often at an increased risk for caregiving in isolation. The Connected Families Respite (CFR) Program is designed to serve these families, offering both a “respite”—or a much-needed break—as well as the opportunity to strengthen their natural support networks. CFR is a proactive, preventative program that mitigates stress and improves the well-being of the youth and caregiver, reducing the risk for abuse, neglect or family rupture. Together with ongoing respite services, caregiver support services work to grow the family’s natural support network, increasing caregivers’ success at raising their children at home and in their communities...where they belong.

THE NEED



To relieve caregiver stress and disrupt the crises cycles that can lead to family rupture and unnecessary hospital stays. To step in to support families that feel alone in caregiving, who do not have a trusted support network they can lean on or rely on.

OUR IMPACT



CFR creates improved relationships through stronger, family-driven work, fortifying existing connections and developing a “village” of support for caregivers that lasts beyond the program. Respite work is crisis prevention, ultimately decreasing the need for out-of-home treatment.

About Connected Families Respite:

CFR is a free, voluntary program offered to residents in the MetroBoston area raising youth with challenging social, emotional and/or behavioral presentations. Youth and families served do not need to have insurance or system involvement. The CFR Program is located at The Home’s Roslindale site. 780 American Legion Highway, Roslindale, MA 02131.

THE HOME  ME

BETTER, BRIGHTER FUTURES FOR KIDS

888-HOME-321 • THEHOME.ORG

Connecting Families. Building Community.

How We Help

The Connected Families Respite Program uses a two-pronged approach to strengthen families:

- ♥ Our **Caregiver Network Support** offers families the opportunity to work closely with a Caregiver Network Facilitator who helps individuals and families assess their current natural support network and identify opportunities to increase the quantity and/or quality of their support in their communities and families. Through individual and family conversations, and caregiver groups, families are supported in strengthening existing connections and developing and maintaining relationships with other caregivers.
- ♥ Through our **Respite Services**, our trained Youth Outreach Workers give caregivers a break and time for self-care by spending time with their child or children in the home, within the community or during weekend programming and workshops. Outreach is child-driven; youth will explore interests outside the home, expand their own village and build confidence that will strengthen their attachments.



WHAT WE DO

Strengthen Families ♥ Improve Relationships ♥ Relieve Stress
Build Community ♥ Develop Youth Interests ♥ Transportation Help
Weekend Therapeutic and Recreational Programs and Workshops



CALL US AT 617-585-6111 TO LEARN MORE ABOUT THE PROGRAM. FOR REFERRALS, CONTACT PROGRAM DIRECTOR ASH ARBUCKLE, LMHC, AT AARBUCKLE@THEHOME.ORG.

About The Home *for* Little Wanderers

For over 200 years, The Home for Little Wanderers has helped build stable lives and hopeful tomorrows for children and their families. Our 30+ community-based and residential programs serve thousands of youth, from birth to age 26, who are in at-risk circumstances. Many of these children have experienced abuse, neglect, trauma or a disrupted family life. As the oldest child welfare agency in America, we provide them with safe surroundings, permanent loving relationships and a secure path toward a better, brighter future.