



Volunteer State Health Plan

## Respite Care (Adults)

<p><b>I. Definition of Service:</b></p> <p>Respite care provides breaks for care-givers and gives an option to de-escalate a situation while avoiding hospitalization. It is designed to relieve stress and provide a safe environment for the member while assessing the member's treatment needs. It can be provided in a residential or crisis stabilization step-down bed designated for such purposes, or in the member's home. This service can be provided by Mental Health staff of peers..</p>	
<p><b>II. Admission Criteria</b></p>	<p><i>ALL of the following criteria are necessary:</i></p> <ul style="list-style-type: none"> <li>A. Individual demonstrates symptoms consistent with a covered DSM-IV or ICD-9 diagnosis,</li> <li>B. Individual is in active outpatient treatment and the individual or family has an identified, time-limited need for respite from the current living situation, and</li> <li>C. The individual is likely to require hospitalization without de-escalation of the mental health symptoms and living environment stressors.</li> </ul>
<p><b>III. Exclusion Criteria</b></p>	<p><i>ANY of the following criteria are sufficient for exclusion from this level of care:</i></p> <ul style="list-style-type: none"> <li>A. The member meets criteria for a higher level of care.</li> <li>B. The member or family refuses the service.</li> </ul>
<p><b>IV. Continuing Stay Criteria</b></p>	<p><i>ALL of the following criteria are necessary for continuing treatment at this level of care:</i></p> <ul style="list-style-type: none"> <li>A. The individual does not meet criteria for a higher level of care.</li> <li>B. The individual's symptoms prevent return to the living situation or additional services are required before the individual can return.</li> </ul>
<p><b>V. Discharge Criteria</b></p>	<p><i>ANY of the following criteria are sufficient for discharge from this level of care.</i></p> <ul style="list-style-type: none"> <li>A. Goal of the respite care has been achieved.</li> <li>B. Individual requires a higher level of care.</li> </ul>