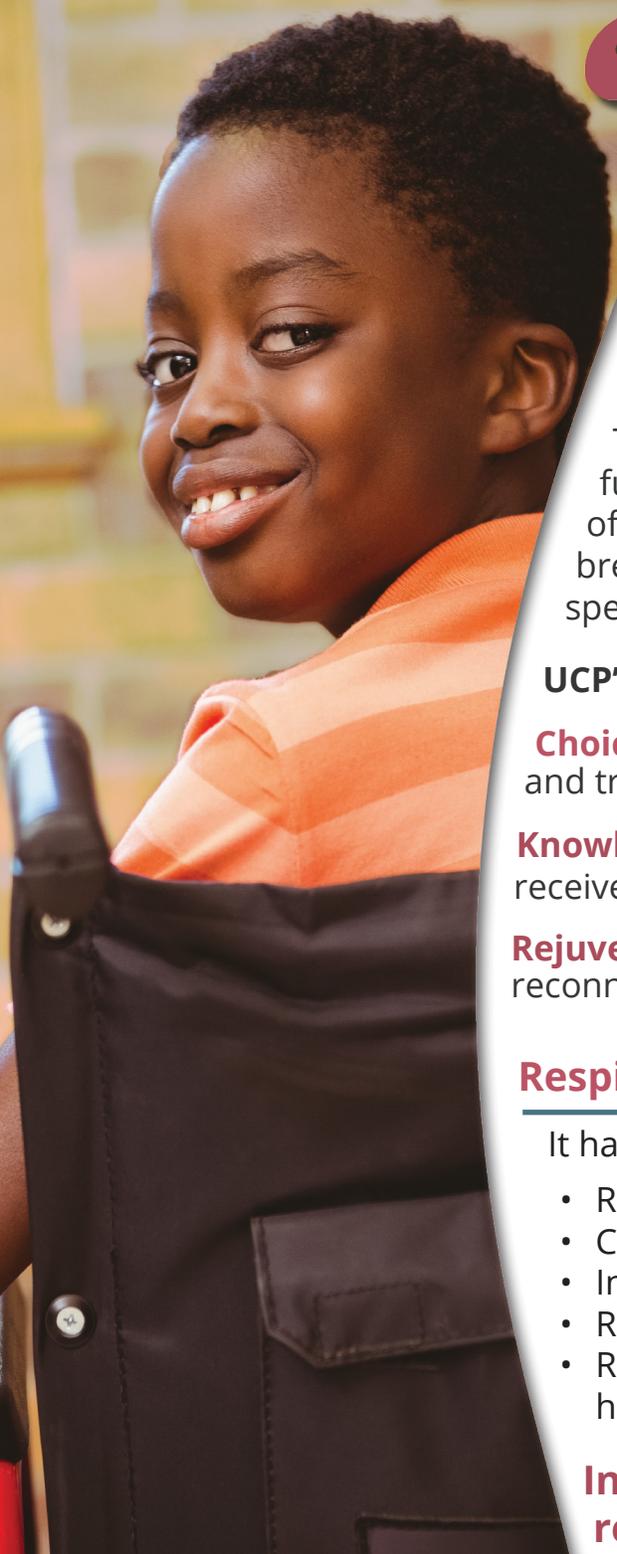


# Alabama Department of Child Abuse and Neglect Prevention (ADCANP)



“ 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.<sup>1</sup>

## 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 <sup>2</sup>

\*\* 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.<sup>3</sup>

An external evaluation conducted by Auburn University<sup>4</sup> 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](http://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](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](https://archrespite.org/images/docs/Bibliographies/Annotated_Bibliography_Web_2020_FINAL.pdf); and [https://archrespite.org/images/docs/ARCH\\_Annotated\\_Bibliography.pdf](https://archrespite.org/images/docs/ARCH_Annotated_Bibliography.pdf)