

## RESPITE PROGRAM GUIDELINES

Respite services are for pending or approved caregivers of at least one San Diego County dependent Options qualified child. Options families may receive up to 48 hours of paid respite per month.

For more information call,

### Foster & Adoptive Resource Family Services

1-877-792- KIDS (5437)

## OPTIONS FOR RECOVERY

PERINATAL SUBSTANCE  
ABUSE/HIV INFANT  
PROGRAM



THE SUCCESS OF THE  
OPTIONS PROGRAM  
DEPENDS ON PEOPLE LIKE  
YOU PROVIDING WARM,  
NURTURING CARE FOR  
THESE CHILDREN UNTIL  
THEY REUNIFY WITH  
FAMILY OR ADOPTED.

COUNTY OF SAN DIEGO  
**HHSA**  
HEALTH AND HUMAN SERVICES AGENCY

  
**LIVE WELL  
SAN DIEGO**  
LIVEWELLSD.ORG



## PROGRAM DESCRIPTION

Options for Recovery (OFR) is a program within the County of San Diego Foster & Adoptive Resource Family Services. The Options program provides specialized training, and support for resource families, relative caretakers and non-related extended family members (NREFM) who care for dependent children ages 0 to 60 months who are drug and/or alcohol exposed and/or HIV positive.

## GOALS

- To intervene early to minimize the devastating effects of maternal substance abuse on infants and toddlers
- To maximize the health and attachment of infants and children of substance abusing women
- To limit the number of children in high cost institutionalized placements, such as hospitals & group homes
- Whenever possible, to support the reunification of the substance exposed and/or HIV positive children with a biological parent

## REQUIREMENTS

- Must be pending or approved Resource Family
- Complete intake: pre-approval by Options coordinator, application, and home visit
- A non-smoking home
- Not a licensed daycare
- Able to meet the needs of extra appointments
- Attend and complete the Options training Through Rady Children's Hospital (33 hours)
- No more than 2 Options qualified children at a time (exceptions made case by case)



## BENEFITS

- Specialized training through the Chadwick Center/Rady Children's Hospital
- Monthly Options support group held on the first Wednesday of the Month (Except July, August, and September)
- Upon completion of training and with a qualifying child, Options families may receive up to 48 hours of paid respite per month
- Annual Options recognition event

  
**CHILDREN  
IN CARING  
HANDS.**