

RESPITE PROGRAM GUIDELINES

Respite services are available for approved resource families with at least one San Diego County dependent Options qualified child. Each Options family can receive up to 48 hours of paid respite per month.

For more information contact:

County of San Diego

Child and Family Well-Being

1-877-792-KIDS(5437)

www.sdcares4kids.com



**LIVE WELL
SAN DIEGO**

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.

Scan for more information about
Child and Family Well-Being:





PROGRAM DESCRIPTION

Options for Recovery is a program within the County of San Diego, Child and Family Well-Being Department. 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 an approved Resource Family with the County of San Diego.
- Complete intake application, and pre-approval home visit by the program coordinator.
- Non-smoking home.
- Not a licensed daycare.
- Able to meet the needs of extra appointments.
- Complete the 35-hour Options training through Rady Children's Hospital.



BENEFITS

- Specialized training through the Chadwick Center/Rady Children's Hospital.
- Monthly Options support group held on the first Wednesday of the Month.
- Options families may receive up to 48 hours of paid respite per month.


**CHILDREN
IN CARING
HANDS.**