





# Is Respite Right for Your Family?

You may benefit from respite care if:

-  Your family's natural supports are overwhelmed or unavailable.
-  You need time for health appointments, daily tasks or self-care.
-  Your loved one requires supervision that makes breaks difficult.
-  Your family is experiencing caregiving fatigue.
-  Additional support would help keep your loved one safely at home.



Information and Access to Services:

**810-488-8888**

**24-Hour Crisis Line:**

**810-966-2575**

[www.scccmh.org](http://www.scccmh.org) |    

**St. Clair County  
Community Mental Health**  
3111 Electric Avenue  
Port Huron, MI 48060  
(810) 985-8900

**St. Clair County  
Community Mental Health  
Child & Family Services**  
2415 24th Street  
Port Huron, MI 48060  
(810) 488-8840

**St. Clair County  
Community Mental Health - South  
Adult Services**  
6221 King Road  
Marine City, MI 48039  
(810) 765-5010

**St. Clair County  
Community Mental Health - South  
Child & Family Services**  
135 Broadway  
Marine City, MI 48039  
(810) 400-4200

**St. Clair County  
Community Mental Health - West**  
14675 Downey Road  
Capac, MI 48014  
(810) 395-4343



# Respite Care



# What is Respite Care?

Respite care provides short-term, temporary relief for parents and unpaid family caregivers who support a loved one with significant physical or behavioral health needs.

This service gives caregivers time to rest, recharge, or tend to other responsibilities, while knowing their loved one is supported by trained, qualified staff.

## Who is Eligible?

Through St. Clair County Community Mental Health (SCCCMH), Respite care may be available for individuals who have:

- Serious mental illness (SMI)
- Serious emotional disturbance (SED)
- Intellectual or developmental disabilities (I/DD)

Eligibility is based on clinical need and Medicaid benefit coverage. A full assessment is completed during the person-centered planning process.



## Types of Respite Care

Eligibility and availability may vary based on individual needs, Medicaid plan, and contracted provider options.

### Trained Sitter Respite

Support is provided in the family's home by trained staff who assist the individual while offering caregivers time away from their caregiving responsibilities.

### Camp-Based Respite

Day or overnight camp experiences that provide recreation, social opportunities, and supervision for individuals with special health care needs.

## How do I Recieve Respite Care?

### If you already receive services through SCCCMMH:

Contact your assigned case manager to discuss respite needs. They can help determine eligibility and coordinate options.

### If you are new to SCCCMMH:

Call our Access Line at 810-488-8888. Our team will help determine service eligibility and connect you or your family member to an intake appointment.

