Cutchins' Respite Program



What are respite services?

Every family needs a little extra support sometimes, especially when a child is struggling with their mental health. The Cutchins Respite Program offers short-term stays in a caring, therapeutic environment designed to help youth take a break, recharge, and build new skills. During respite stays, youth will participate in recreational and pro-social activities designed to promote healing, growth, and connection.

Respite gives families the opportunity to rest and regroup, while ensuring their child continues to receive safe, supportive care from experienced staff. Cutchins' respite services are specifically designed to meet the needs of youth and families with DMH services, to provide short-term caregiving support.

Youth will enjoy a broad range of activities, receive 24/7 staff supervision, daily medication administration, and school transport support on school days, if not provided by school districts.

Respite Programming

Cutchins Programs offers a variety of respite options for youth ages 6-18:

- Weekday, weekend, and 7 days per week options
- Flexible scheduling for those with varying needs

Where is the program located?

Cutchins' respite program is located on Pomeroy Terrace in Northampton, MA.

How to apply for respite services?

To apply for respite services contact your DMH case manager or Senior Director of Residential Services, NCCF Lara Ismail at (413) 530-9557. They can help you to navigate the process for accessing respite services.

Therapeutic Activity Examples:

· Clinical and psycho-education groups

· Occupational Therapy & sensory interventions/OT gym

· Crisis intervention and clinical support as needed

· Proactive practicing of emotion regulation and coping skills

· Coordination with existing local sports or community commitments as needed

· Support with community/skill development in the community

· Coping and social skills support

· Resolve and repair work: support with resolving difficult situations when they arise.

General Activity Examples:



·YMCA trips: swim, workout, basketball, etc.

· Ice Cream outings

· Movies

· Bowling

· Trampoline park

· Local parks and hikes and local sights

· Library

· Arts and Crafts

· Board Games

· Mall/store trips

· Local events – fairs, sports games

· Spa Days at the house

· Biking

· Roller skating/Ice skating

· Sensory gym



For more information about Cutchins Programs, go to our website: cutchins.org

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