

Youth Therapeutic Respite Program

The **Youth Therapeutic Respite Program** provides a safe and welcoming environment for youth and families experiencing a crisis that may be remedied through professional guidance and support. Offering short term 24-hour respite, the program serves children and adolescents between the ages of 5-17 and their families. Participants receive wraparound care including innovative therapies, care coordination, family partner services, case management, psychiatric evaluation, medication management and more.

This trauma-informed, community-based program serves as an alternative to psychiatric hospitalization with the goal of strengthening skills, supporting wellness and reunifying families.



This program investing in the lives of families is made possible through generous contributions by Williamson County.

Appointments or Questions about Services: **844-309-6385** | 24/7 Crisis Hotline: **800-841-1255** | www.bbtrails.org

Youth Therapeutic Respite Program

This 16-bed, 24-hour program serves youths for as short as a few hours or as long as 30 days, dependent upon the needs of the youth and family.

Therapeutic and structured services are designed to meet educational and wellness goals through:

- A safe, supportive and accepting environment.
- A focus on the development of meaningful relationships and skill building for all families.
- Connection to community-based supports and resources to support a successful transition back home and maintaining education while a guest.

Each youth will work with a Recovery Team which may include a Psychiatrist, Medical Practitioners, Mental Health Professionals, Family Partner, Education Coordinator, Care Coordinators, Licensed Therapists and more.

