



CHILDRENS CRISIS AVOIDANCE PROGRAM YOUTH RESPITE CARE:

RMYA's Children's Crisis Avoidance Program (Youth Respite Care)

Ages 5–17

Is your family going through a tough time?

RMYA's Children's Crisis Avoidance Program, also known as Youth Respite Care, offers short-term relief for families experiencing stress, conflict, or mental health concerns. Youth ages 5–17 can take a break in a safe, supportive, and comfortable environment—at no cost for the stay.

This program is **NOT** a placement. It is designed to be a short reprieve for adolescents and their caregivers. Both parents and children have to agree to the program.

What Is Youth Respite Care?

- A short-term, voluntary break from life stressors
- Available 24/7, 365 days a year
- Safe, trauma-informed setting
- Free stay
- School and support included
- Based on clinical eligibility

How Respite Helps

- Reduces symptoms of anxiety, depression, and emotional distress
- Helps youth build coping and life skills
- Provides families and youth with a needed pause and reset

What's Offered

- Around the clock care provided by professional caregivers
- 3 home-cooked meals daily, family-style
- Structured therapeutic activities
- Peer support and counseling
- Recreation
- Stay time varies but can be as little as a day to a week

Location: RMYA Bridge Emergency Shelter
3103 West Ave, San Antonio, TX 78213

Families **MUST** first email mcotandcmot@chcsbc.org, participate in their screening protocols, and then request placement at/with RMYA if you wish to use RMYA's services/program.

CHILDRENS CRISIS AVOIDANCE PROGRAM REFERRAL PROCESS:



Step 1: Email

The Center for Health Care
Services (CHCS or The Center) at
mcotandcmot@chcsbc.org



Step 2: CHCS Contacts Family

Determines eligibility
(refer to list below)

Not Appropriate



Contact Info

San Antonio Community Resource Directory
1150 N Loop 1604 W, Suite 108-295,
San Antonio, TX 78248
info@sacrd.org
www.sacrd.org

Appropriate



Contact Info

RMYA Family Counseling & Resource Center
3103 West Ave, San Antonio, TX 78213
crc@rmya.org
(210) 340-7971, ext 1100
www.rmya.org

Youth Are Eligible If They...

- Are between the ages of 5–17
- Are residents of Bexar County
- Have a known or suspected mental health condition
- Are experiencing emotional or behavioral distress or a family crisis
- Are willing to stay voluntarily
- Have an uncontrolled eating disorder
- Have current medical and mental stability and needs that can be met by RMYA
- Are medically cleared for care at RMYA
- Can perform daily living activities independently
- Arrive with at least a 7-day supply of medications (if applicable)
- Have parents/guardians available who agree to participate in family therapy while the youth is in respite

Youth Are Not Eligible If They...

- Are pregnant
- Have an IQ below 70 or an IDD diagnosis — some exceptions may apply
- Have an autism diagnosis with high needs (eligibility depends on level of functioning)
- Are experiencing active suicidal or homicidal ideation (SI/HI)
- Require medical detox or have used drugs, alcohol, or toxic substances within the past 48 hours
- Have a dual diagnosis with uncontrolled symptoms (e.g., active substance use and mental health condition)
- Have acute medical needs or recent trauma that cannot be managed at RMYA (case-by-case review)
- Lack a parent or legal guardian available to consent to treatment or accept responsibility