



OUR MISSION

Pause is an initiative for special needs families committed to providing consistent support that is unique to the family's needs while also partnering with them to grow their natural support system.

OUR VISION

- **Each child** will be valued, loved and appreciated for their individual gifts and abilities and will be given the opportunity for fun and connection.
- **Each family** will be given the space to share their family's joys, hardships, areas of growth and a chance to partner with Pause for better outcomes in caregiver stress and family functioning.
- **Each volunteer and community partner** will see the capacity to make a difference and to be part of the solution of support for Pause families.

OUR STRATEGIES

- Provide opportunities for **REST** through our respite events.
- **SUPPORT** families by providing a self-discovery tool to assess needs for their family and then connecting them to resources available.
- Provide **COMMUNITY** and **FUN** to families through events aimed at building a family's connection to each other and other Pause families.
- **TRAIN** and **EQUIP** volunteers and community partners to understand the families we serve and maximize their resources, talents and gifts to find the role that best fits them.



www.ButlerFCFC.org

Phone: 513.887.5506 | 400 N. Erie Blvd | Hamilton, OH 45011



Pause for Parents, Play for Kids

Why Respite?

In 2013, Butler County Family and Children First Council conducted a survey of almost 500 families across Butler County, as well as a focus group, to assess needs and inform strategies to meet those needs. Over 50% of respondents indicated they had a child with special needs. Of those families, 44% communicated the need for respite: a time for them to get a break and for their children to get a break from them.

Because caretakers of children with disabilities can spend an additional 35-40 hours a week in care alone of a child with complex needs, a break to exhale can be critical. According to the National Respite Coalition Task Force:

- **Nearly half** (46%) of parents/caregivers report that they have **more care-giving responsibilities than they can handle**.
- Vast majority of caregivers report that they are suffering from **physical fatigue (88%), emotional stress (81%)** and **emotional upset or guilt (81%)** some or most of the time.

Respite Is:

- Often the **most frequently requested and needed family support service**
- A **preventive strategy** that
 - strengthens families
 - protects family health and well being
 - allows individuals to remain in their own home
 - reduces the risk of abuse or neglect
 - helps keep all family members safe and stable
- A way to **prevent or delay** more costly **out-of-home placements**
- Allows the family to engage in daily activities **thus decreasing feelings of isolation**
- Provides the family with **rest and relaxation**
- Improves the family's **ability to cope with daily responsibilities**
- Maintains the family's **stability during crisis situations**
- Helps preserve the family unity by **decreasing pressures that might lead to divorce, institutionalization, abuse/neglect**

How Pause Steps into the Gap:

- Free program supported by volunteers and community partners
- Broad eligibility criteria
- No waiting lists
- Sustainable program resulting from low budget costs and community support



Who We Serve:

Pause serves children, families and volunteers. **Children and young adults (ages 0-24)** residing in Butler County, **with physical, mental, developmental, medical, behavioral and/or learning challenge are eligible**. Siblings of eligible children are invited to participate in the program and we invite Pause teens, young adults and community members with special needs to serve as volunteers. They are able to leverage their skills, talents and insights to help others in like situations. Pause currently has 5 young adult and teen volunteers diagnosed with Autism Spectrum Disorder that serve in this capacity.

What We Do:

The only program of its kind in the state of Ohio, Pause has **grown its program options available to families by 700%** since the program started in October 2014. Staffed by only a full-time Director and two part-time employees, the program operates with the support of student interns from the University of Cincinnati and Miami University.

Oct 2014

The Pause program launched with its first **Parent's Night Out (PNO)** respite event held at the Charleston Club in West Chester, OH. For every PNO event, **eligible children and their siblings are dropped off for 3 hours of fun, dinner and community while caretakers receive a break to exhale and refuel.**

Jan 2015

Pause launched its second **Parent's Night Out** site at Center Pointe Christian Church in Liberty Twp, OH.

June 2015

Pause launched its third **Parent's Night Out** site at Hamilton Church of God in Hamilton, OH.

Sept 2015

Pause Family Connections was launched as a way to assist families to access needed resources. As the Pause team got to know families on a deeper level, it was clear families needed additional supports outside of respite. **Family Connections resources families and meets other tangible needs with supports financed and donated by community partners.**

April 2016

Pause launched **Free Family Fun** in response to an overwhelming need communicated by families to have activities they could do together – special needs children and typical children alike. These events are made possible by partnerships with local businesses and organizations. **Each Family Fun event allows families to have low-cost or free fun together while also bringing them out of isolation where they can be in the community of other families with similar struggles.**

July 2016

Pause launched **Helping Hands**, an initiative to connect local communities and partners to families who have children with disabilities. **Helping Hands takes families' to-do lists and creates an opportunity for the community to get involved in helping them tackle it.** Helping Hands has assisted in projects like clearing and prepping a sensory room, building a trampoline for OT therapy and completing yardwork for families.

Sept 2016

Pause completed the pilot of the **Family Journey Map** (electronic needs-based assessment tool) and subsequently launched it as part of the enrollment process for families. **The Family Journey Map addresses the needs of the caretaker and the family as a whole, allowing caretakers to identify their own needs first, to better care for their special needs children and the co-existing demands.** Families are given the option of a follow-up home interview where the Pause team can learn more about their stated needs and then connect them with resources to help meet those needs.

June 2017

Community Connections – Opportunities for caregivers to network and build a natural support system for their family. Our first Community Connections event, Pause ThriveNight, will be piloted in September as a large group event in partnership with ThrivePointe and Center Pointe Christian Church. This support will also include small and mid-sized group events/opportunities.

FY2018 GOALS:

FY18

Parent's Night Out Expansion – Current PNO sites are hitting capacity in some locations. There are also gaps in accessibility for those living in neighborhoods on the outskirts of the county. In FY18, we would like to expand to 2 other sites/nights for Parent's Night Out – increasing our monthly respite nights to 5.

Pause Community Links – Community network database used to push needs out to those who want to get involved. Will work cohesively with the Family Connections support already in place.

Children Enrolled in Pause:

As of Aug 2017, 224 children 0-24 years old are enrolled in the Pause program. This represents **131 eligible special needs and/or foster/kinship children and 95 siblings**. **A holistic approach to providing support to the entire family unit allows for the caregiver to be our number one focus**, specifically for Parent’s Night Out respite events.

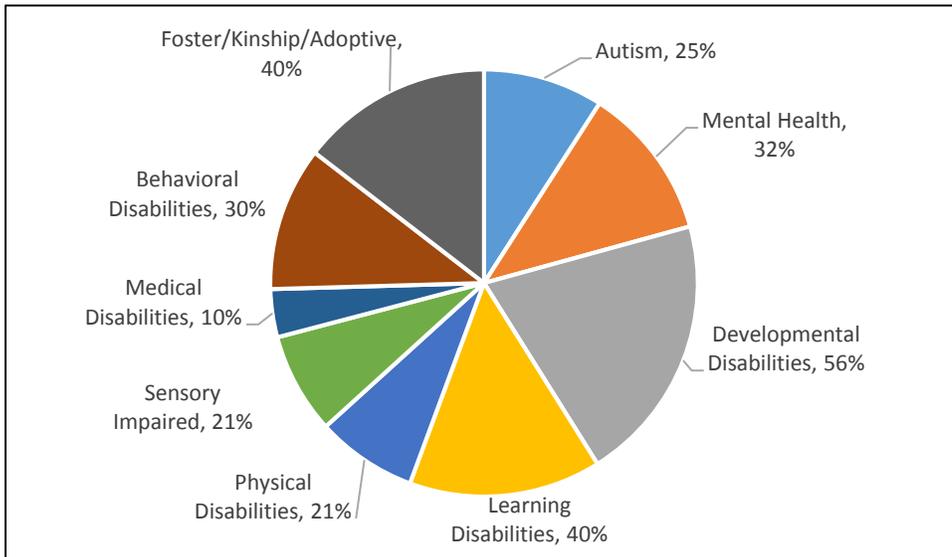
Male: 59% **Female: 41%**

Ages:

- 0-3yrs: 16%**
- 4-7yrs: 28%**
- 8-11yrs: 34%**
- 12-14yrs: 17%**
- 15-17yrs: 5%**
- 18-24yrs: 1%**

Residential Zip Code:

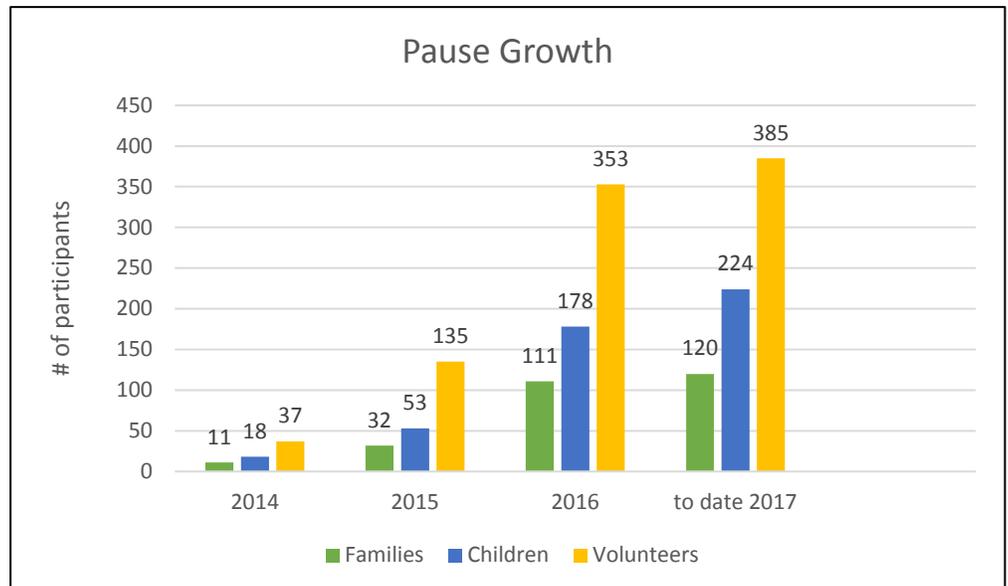
- 45011: 35%**
- 45013: 11%**
- 45014: 10%**
- 45050: 4%**
- 45069: 14%**
- 45044: 11%**
- 45042: 7%**
- 45067: 3%**
- Other (less than 5 households in each): 6%**



A vast array of disabilities and challenges are represented by the 131 eligible children enrolled in Pause. Of these children, **68 have been diagnosed with 2 or more disabilities** with each diagnosis being represented in the chart to the left.

Pause Growth:

The Pause program has had incredible growth since its inception with a **1025% growth average** in participation across all areas – Families (990%), Children (1144%) and Volunteers (941%). This growth speaks to the need and accessibility and the satisfaction of the program. A large scale volunteer recruitment push in FY18 will allow for further growth in all areas and is made possible by the addition of a 4th intern dedicated to this project.



Program Outcomes:

Families and volunteers continued to communicate impact in FY17. The annual Pause Program Satisfaction Survey netted the following results:

Families Responses (28 responses)

- Participating in the Pause program helped our family meet some important needs: **Agree 78.95%**
- Participating in the Pause program provided positive connections (new friendships or relationships) to other people in the community: **Agree 57.89%**
- Participating in the Pause program provided events that our family could look forward to and participate in together: **Agree 84.21%**
- Participating in the Pause program provided important knowledge and needed resources for problem solving and family quality of life improvements: **Agree 57.89%**
- Participating in the Pause program helped my child function better: **Agree 57.89%**
- As a caregiver, I feel empowered when our family participates in Pause: **Agree 84.21%**
- Participating in the Pause program helped meet my personal caregiver health and wellness needs: **Agree 84.21%**
- Our child looked forward to attending Pause activities and events: **Agree 94.74%**
- Participating in Pause helped reduce the effects of stress in my life: **Agree 68.42%**

When asked to provide 3 areas of possible improvement, **40% communicated the desire for increased frequency/duration of program supports currently being offered**, while 32% asked for streamlined enrollment, registration and communication, all of which are being upgraded for FY18. Other areas of improvement included location, additional inclusion opportunities and the opportunity for families to donate. 12% of caregivers communicated no changes were need. **89% of families reported that they would recommend Pause to a friend or colleague.**

Volunteer Responses (22 responses)

Similarly on the volunteer side, participants found the experience to be fruitful, with 100% of respondents listing **3 ways the program as benefited them personally**. Responses included:

- Gave them an opportunity to serve.
- Built relationships and gave connection to families, children and the community.
- Gave the opportunity to work directly with special needs children.
- Provided a meaningful or rewarding way to give back.
- Opened their eyes to the needs of families.
- Provided a new found interest in special needs.
- Provided them with more insight about special needs and needs of families.

However, we found the most profound to be **personal growth statements** like:

- "I've become more confident."
- "I became more understanding of others."
- "I'm a better person."
- "I've become more fearless."
- "I became more patient with others."
- "Became more aware."
- "Feel like I can make a difference."
- "Became more caring and loving."
- "Inspired me to help more."
- "Became more confident in myself."
- "Makes me a better teacher in my classroom as I have gained empathy for these families."

When asked **how well the Pause program met their volunteer needs**, participants responded as follows:

- Participating in the Pause program helped me meet some important personal needs: **Agree 86.67%**
- Participating in the Pause program provided positive connections (new friendships or relationships) to other people in the community: **Agree 53.33%**
- I learned new things about myself that helped me grow as a person while volunteering: **Agree 73.33%**
- As a Pause volunteer I know I am making a valuable contribution to the community: **Agree 100%**
- The new skills I gained in the Pause program will help me be a better family life coach or helper for others for all of life's situations: **Agree 73.33%**
- I felt good about my contribution as a Pause volunteer: **Agree 86.67%**

Areas of improvement for volunteers were similar to families. **17% would like more opportunities**, 17% communicated no improvements needed and 14% requested improvements on communication. Other suggested areas were around logistics of event (dinner time, setup/tear down) and volunteers being matched with same child more often.

What Our Families and Volunteers are Saying:

Caregiver and Volunteer Tweets:

"Pause is a unique support that conforms to your child's needs."

"Pause is an awesome program for our kiddos! They are a great caring team of people who truly care about our kids!"

"Pause is a great program for the child AND family."

"Pause is the best!"

"Pause is a rewarding experience to impact your life."

"Your heart will be forever changed with this program."

"Small commitment that offers big fulfillment right in the heart."

"Loved, be loved, and serve with the most special children!"



Teen Volunteer with Autism: *I like to volunteer at Pause because it lets me affect someone who is like me, but different. That makes it a special chance to change their lives for the better and fill them with positive energy. It creates a friendship and an unbreakable bond to a child that may not have many friends. The rewards to me and many others are that we can improve their lives and help them have fun. We can help them forget about how others see them and show them that others do care.*

Pause Family: *What Pause has done for our family is hard to even put into words. The respite events have given my husband and I a rare night out to ourselves once a month, a time we can talk about us...and reconnect.*

The Family Fun events are also a blessing for my 3 year old non-verbal son. I've never seen him enjoy his time anywhere like he does at Pause events and I completely believe it's because they create an environment where not a single child there feels like they have special needs. They are free to be who they are and my son thrives in that.

Pause has taken the time to get to know our family and has helped guide us to resources all while helping us continue to connect to each other. Having a special needs child puts so much on a family and we are so blessed to have Pause by our side helping us through.

Pause Family *I want to share that my son Tyler and I enjoy all events that you have for these children. I think Pause is the best thing that has come along for our children. It gives us opportunities to be with other families that have some of the same issues, helps us meet other parents and children that are like our family and it is just an all-around great program to be connected to.*



Pause Volunteer Family: *Pause was such an amazing experience, and we cannot wait to come back next month to volunteer. My teen son is giving a presentation today about Pause and could not wait to give people more information. He learned so much when he was there and I just want to thank you for giving him the opportunity to take part in this. All of the kids seemed like they really had a great time and it was good to see everyone smiling and enjoying their evening. You have definitely received permanent volunteers in us!*



Program Budget:

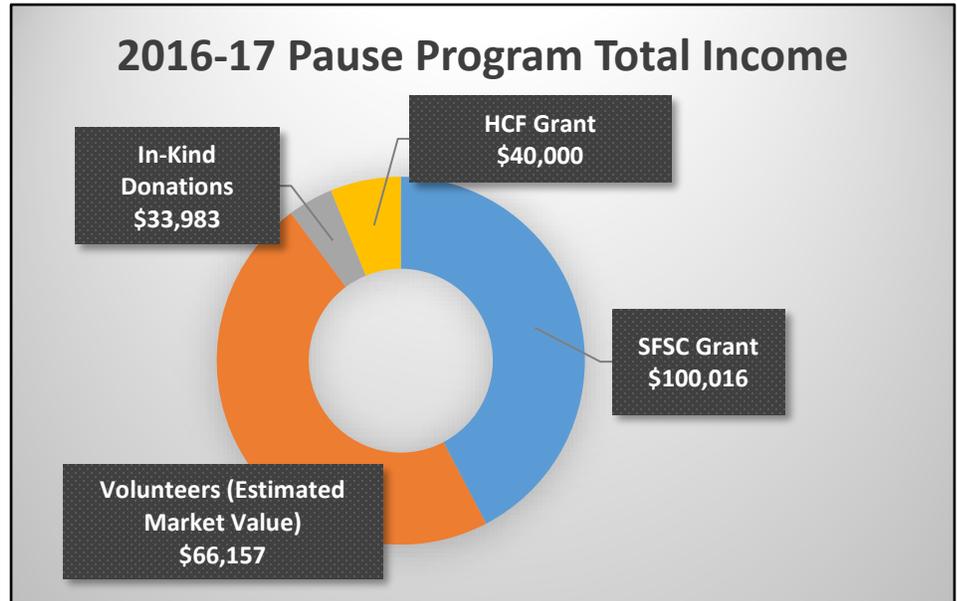


Since July, 2014, the Butler County Family and Children First Council has been fortunate to receive funding from the **Ohio Department of Mental Health and Addiction Services** through the Strong Families Safe Communities (SFSC) grant. This grant provides funding to support personnel, supplies, food and other costs.

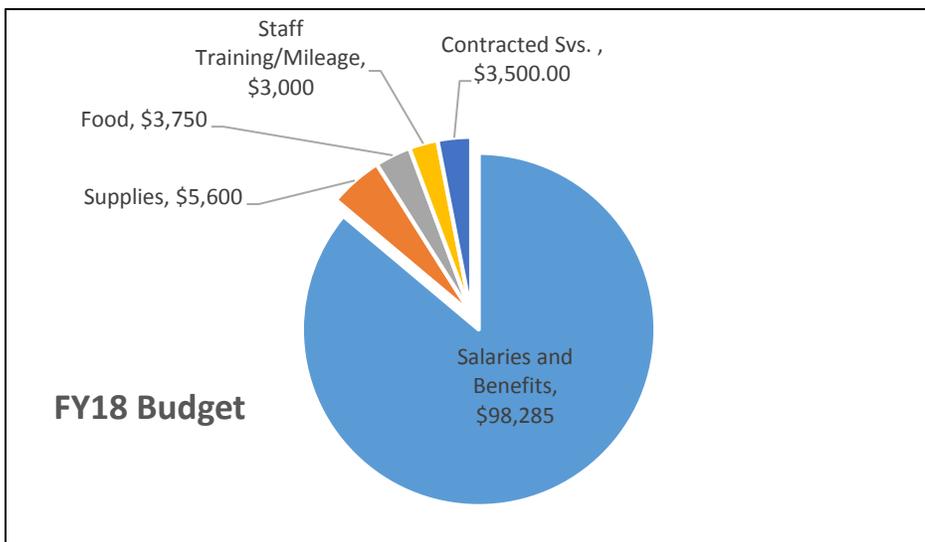


The Butler County Board of Developmental Disabilities provides in-kind supports through the provision of office space and behavior support staff during Parent's Night Out events.

The remainder of the program is supported by monetary and in-kind donations from the Butler County community. Each year, Pause partners with additional community members to increase resources and supports available to families, as well as grow the program reach. Pause again more than doubled the impact of the SFSC grant it received for FY17, with \$140,140 in cash and in-kind donations. This project was funded in part by a grant from the unrestricted funds of the Hamilton Community Foundation (HCF), made possible by generous donors since 1951. The HCF provided \$40,000 in grant funding to aid in sustaining programming.



The current total cost of Pause is approximately \$114,135 per year which includes the salaries and benefits for 1 full time and 2 part-time staff. All other staff positions are filled by interns from UC and Miami. The current SFSC



grant (which will fund a portion of the program in FY18 and FY19 – with funding at \$34,459 each year) allows for the addition of a Family Connections Coordinator who will oversee the Family Journey Map assessment, family home consultations and both the Family Connections and Community Connections supports. All additional program costs will be covered by administrative and donor dollars secured in FY17.

A newly created Respite Sustainability Fund, seeded with funding from the

Hamilton Community Foundation, will be an integral part of the program's future success and long term sustainability. Along with small scale fundraising, this fund will be supported by a yearly gala and additional grant and donor opportunities. Over the past year, Pause has become more widely known and has affirmed credibility among the community which will aid in these endeavors. In October 2017, Pause will gain national recognition as a presenter at the 2017 National Lifespan Respite Conference hosted by ARCH.