



Thrive

Planned Respite Program

at KidsTLC

KidsTLC knows every family's journey is unique and addressing a child's mental and behavioral health concerns can be challenging. We are excited to introduce *Thrive*, our planned respite program designed with the entire family's wellbeing in mind.

Thrive is more than a program; it is a preventative support system designed to strengthen family resilience. It strives to reduce acute hospitalizations, placement disruptions and caregiver burnout while increasing family feelings of success and hope. Thrive offers goal-oriented breaks for all family members, allowing time to recharge and address challenges more effectively.

Program Details:



Purpose: The respite program aims to provide families with temporary relief from the demands of caregiving, allowing them to focus on self-care and address mental and behavioral health concerns more effectively.



Structure: The program offers short-term stays for children in an environment staffed by trained professionals. Kids will enjoy healthy meals, homework support, arts, crafts, team-building games, opportunities for indoor and outdoor active time, and community outings.



Supportive Environment: Thrive respite facility provides a nurturing and therapeutic environment where children feel safe and supported. This environment helps children explore their emotions and learn coping skills while giving families peace of mind.



Individualized Care: Each child's needs are unique, so the program offers personalized care plans tailored to their specific mental and behavioral health concerns. This might include therapy sessions, recreational activities, and skill-building exercises.



Family Involvement: While the child is in respite care, families can take the opportunity to focus on their own well-being. The program offers therapeutic services, family homework and peer support to help caregivers navigate challenges more effectively.

Who is Thrive for?

Planned respite is structured and designed for children, ages 6-15, who reside in a family setting and would benefit from therapeutic overnight breaks—a goal-oriented reset for all family members and caregivers.

What services are often included?

- Short-term care in a trauma-focused, staff-intensive, 24-hour campus-based environment
- Safe facility with access control
- Single or double occupancy bedroom for your child and healthy meals
- Organized recreation
- Homework support
- Community outings
- Medication distribution, when applicable

How do I get started?

If you are interested in securing planned respite care services at KidsTLC, please contact your local mental health center. We take referrals from organizations such as Johnson County Mental Health and the Guidance Center.

Please note: KidsTLC cannot schedule respite services directly through caregivers.

What should we bring?

Please bring enough clothes for your child's stay, along with a swimsuit, their own toothbrush, toothpaste and deodorant. We provide bedding, plus shampoo, conditioner and soap. Bring any medications in the original bottle and with times to be taken. Feel free to bring a book, card game or stuffed animal. Please do not bring any form of electronics.

Where should I go?

When you arrive at KidsTLC, please go to the east side of building 7 (may be accessed from Clairborne Road). See map below. Look for the Thrive signs in the parking lot and by the program entrance, and ring the bell. A staff member will meet you at your scheduled time and assist with a smooth transition.

