

Youth Crisis Respite

The Youth Crisis Respite Program provides a safe and supportive environment for youth ages 13-17 in Travis County who are experiencing a crisis or need a break from life's stressors. This short term, 24/7 supervised stay allows youth to decompress and is a less restrictive alternative to psychiatric hospitalization. Stays range from short time, for a few hours, to 30 days depending on individual and family needs. Youth appropriate for crisis respite services are those at a low risk of harm to themselves or others.

Youth in crisis respite will work with a treatment team to:



Participate in trauma-informed, evidence-based therapy



Get medication and psychiatric care as needed



Develop skills for meaningful relationships and personal growth



Continue education while prepping for transition back to their home school



Work with family and mental health providers to plan for reunification and continuity of care

Referrals can be made by the youth and their family, from school personnel, law enforcement and juvenile probation, hospitals, and local mental health professionals or facilities.

If you have concerns about our services or staff, please contact us at feedback@integralcare.org or at 512-440-4086.

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