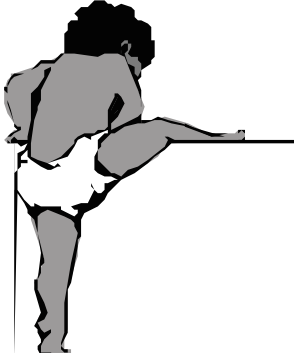


OCTOBER 2009

SNOHOMISH COUNTY CHILD HEALTH NOTES

Promoting early identification and partnerships between families, primary health care providers & the community.

Distributed by: The Infant Toddler Early Intervention Program (ITEIP) and the Children with Special Health Care Needs (CSHCN) Program
Contributors: Washington State Department of Health and UW – Center on Human Development & Disability



"Looking back on it, it was hard; but at least our doctor didn't say 'let's just wait and see.' He didn't put us off. After the evaluation, we knew what our son needed. We didn't waste a lot of time just worrying about what to do."

Parent of a child in early intervention services

DEVELOPMENTAL SURVEILLANCE IN PRIMARY CARE

Primary care providers for children generally view developmental assessment as an integral part of well child care. Well child exams in the first two years of life are ideal for the detection of problems with a child's development and are covered by most insurance plans, including Medicaid/DSHS. Despite this, only half of the children with developmental disabilities are identified prior to school entry. About 16% of all children have disabilities such as mental retardation, motor disorders, and speech and language disorders. Research has shown that:

- Serial well exams by themselves do not constitute developmental surveillance.
- Identification of developmental delay is improved when explicit developmental screening procedures are used.

How can developmental screening be done under the pressures of managed care? The short answer is:

KEEP IT SIMPLE AND MAKE IT CONTINUOUS:

- Screening of all children by parent questionnaire at each well child exam.
- Basic screening of motor, speech, and social milestones at each well child exam.
- Refer for additional evaluation of children with known risk factors, when parental concerns are expressed, or for "red flag" findings on screening or physical exam.

Information on developmental monitoring tools including parent questionnaires that can be used in your practice is available on the Medical Home and Leadership Network Website: <http://www.medicalhome.org>

WHY IDENTIFY EARLY?

- **Young children with disabilities can be accurately identified** Quick and accurate screening tools have been developed for use in primary care. Information including source, accuracy, and time requirements, is available on the AAP Development and Behavior web site (<http://www.dbpeds.org/articles/dbtesting>)
- **Early intervention services are effective in improving child and family function** Children who participate in early intervention programs prior to kindergarten are more likely to achieve goals of independence, functional productivity, community integration, and improved school performance. Families are more likely to cope effectively.
- **Services are available and affordable to families** Snohomish County services for children from birth to three include the Infant Toddler Early Intervention Program and the Children with Special Health Care Needs Program. Services for children over age three include Headstart and school district special education programs.

In Snohomish County, children with known or suspected developmental delays may be referred to the Infant Toddler Early Intervention Program at 425-388-7402 for assistance with access to early intervention services.

SNOHOMISH COUNTY RESOURCES FOR DEVELOPMENTAL SCREENING AND ASSESSMENT

- **For children under age three:** Contact: Infant toddler Early Intervention Program 425-388-7402
Children with Special Health Care Needs 425-339-8652
- **For children age three and older:** Contact: Local school district

| District: | Phone | District | Phone: | District | Phone |
|--------------|--------------|---------------|--------------|------------|--------------|
| Arlington | 360-618-6215 | Darrington | 360-436-1323 | Edmonds | 425-431-7208 |
| Everett | 425-385-5254 | Granite Falls | 360-691-7718 | Index | 360-793-1330 |
| Lake Stevens | 425-335-1500 | Lakewood | 360-652-4501 | Marysville | 360-653-0825 |
| Monroe | 360-804-3267 | Mukilteo | 425-356-1250 | Northshore | 425-405-5594 |
| Snohomish | 360-563-7292 | Stanwood | 360-629-1250 | Sultan | 360-793-9801 |

SPECIAL NEEDS INFORMATION AND RESOURCES:

- **Local:** Infant Toddler Early Intervention Program 425-388-7402
Children with Special Health Care Needs Program 425-339-8652
- **Regional:** Children's Hospital and Regional Medical Center
Health Professional Hotline (800) 293-2462
Parent Resource Line (866) 987-2500
- WithinReach (formerly Healthy Mothers, Healthy Babies) 1-800-322-2588, 1-800-833-6388 TTD
(for a listing of your county's Lead FRC's) www.withinreachwa.org
- Infant Toddler Early Intervention Program www1.dshs.wa.gov/iteip
- Parent to Parent Support Programs of Washington (800) 821-5927
- Washington State Fathers Network (425) 747-4004 ext. 4286
www.fathersnetwork.org
- Washington State Medical Home Website www.medicalhome.org
- **National/Internet:** American Academy of Pediatrics www.aap.org
AAP Developmental and Behavioral Pediatrics www.dbpeds.org
American Academy of Family Physicians www.aafp.org
Family Village (Extensive family resources for CSHCN) www.familyvillage.wisc.edu
Family Voices (Links to national and state family support networks) www.familyvoices.org

Children with Special Health Care Needs
 3020 Rucker Avenue, Suite 203
 Everett, WA 98201

