



CHILD HEALTH NOTE 2019- 2ND Q

Washington State Medical Home Partnerships Project

Promoting partnerships between primary health care providers, families, and the community to support early identification of children with special needs and comprehensive care within a primary care Medical home.

Distributed by: CLARK COUNTY PUBLIC HEALTH-Children with Special Health Care Needs

Contributors: the University of Washington, Center on Human Development & Disability (CHDD) & the Washington State Department of Health (DOH). Issue editor: Sophie Lu, MN, ARNP, Developmental Pediatric Nurse Practitioner, UW CHDD. Reviewers: Lori Holbrook, MA, Program Consultant for Early Support for Infants and Toddlers, Department of Children, Youth, and Families

EARLY INTERVENTION SERVICES



WHAT IS EARLY INTERVENTION?

- Early intervention (EI) provides services for infants and toddlers, **birth to age three**, who have developmental delays or disabilities. Eligible infants and toddlers in Washington State are entitled to individualized and quality early intervention services in accordance with the federal Individuals with Disabilities Education Act (IDEA), Part C.
- In Washington State, the early intervention program is called the **Early Support for Infants and Toddlers (ESIT) program**. The ESIT system in each county is coordinated by local lead agencies under the authority of a Department of Children, Youth, and Families (DCYF) contract. The local early intervention system involves partnerships between agencies who serve children and families such as school districts, health and human services agencies, and other community providers and organizations.
- If a child qualifies for services, a Family Resources Coordinator (FRC) will work with the family and early intervention professionals to write an **Individualized Family Services Plan (IFSP)**. This is similar to an Individualized Education Plan (IEP), but is for children below the age of three years. It outlines the child's unique strengths and needs, areas to be addressed, and services needed to meet the desired outcomes. The plan is reviewed at least every 6 months.
- Services may include physical therapy, occupational therapy, speech therapy, special instruction and a FRC who works with the family to access needed services.

WHY REFER CHILDREN FOR EARLY INTERVENTION?

A **diagnosis is not required** for referral to EI. Provider or parent concern should initiate a referral.

Even if unsure, refer.



Early intervention enhances a child's development. Over 50 years of research has demonstrated that children receiving EI services need fewer special education and other services later in life, and, in some cases, are indistinguishable from classmates without disabilities. The National Early Intervention Longitudinal Study (NEILS) found that overall outcomes for infants and toddlers participating in EI included increased motor, social, and cognitive functioning; the acquisition of age-appropriate skills; and reduced negative impacts of their disabilities. Additionally, these children were acquiring skills in the social, cognitive, and adaptive domains at a faster rate when they left the program than

when they began, and between 54% - 62% of the children receiving EI services exited the program functioning within age expectations in these domains.¹

Families benefit too! Early intervention helps parents understand their child's developmental skill level and reduces the stress experienced by families of infants and toddlers with disabilities. Supported families need less out-of-home placement. Data demonstrate less abuse and neglect occurs for children receiving early intervention services.

It is cost effective. Data shows long-term cost savings from early intervention programs. The cost is less when intervention is earlier, preventing developmental problems that would have required special services later in life.

WHO IS ELIGIBLE FOR ESIT IN WASHINGTON STATE?

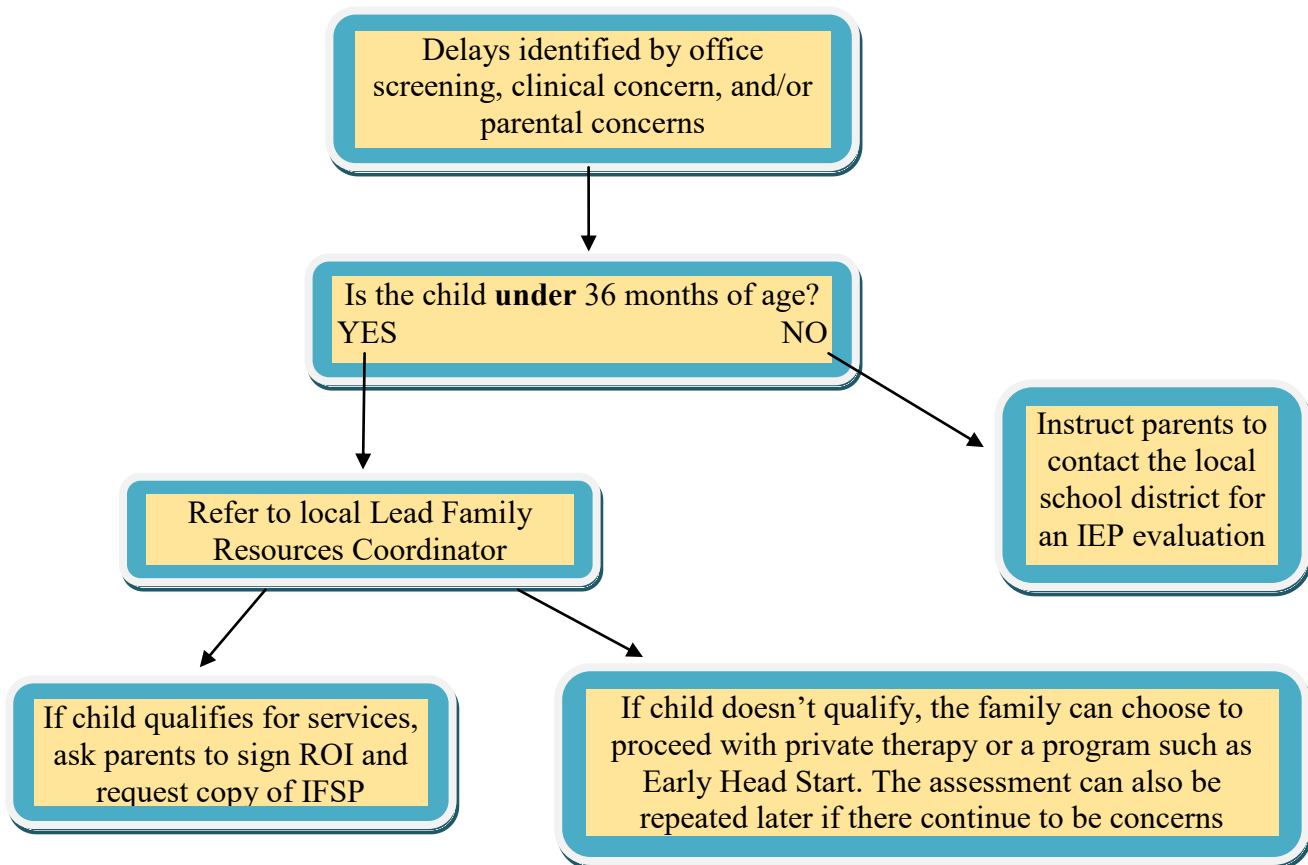
- To be eligible, a child must have a **25% delay or show a 1.5 standard deviation** below his or her age in one or more of the developmental areas (motor, cognitive, communication, social and adaptive).
- A child may also be eligible if he or she has a **physical or mental condition**, such as Down syndrome, that is known to cause a delay in development.

WHAT HAPPENS IF A CHILD DOES NOT QUALIFY FOR THE ESIT PROGRAM?

If a child's delays are not significant enough to qualify for services through ESIT, but you believe they would benefit from intervention, a FRC can assist parents to explore the option of private therapy services. Insurance contracts vary a great deal, so each family would have to determine coverage with their carrier. Additionally, a FRC can help a family find other child and family supports such as Early Head Start or local play groups.

HOW DO I REFER A CHILD FOR AN ESIT EVALUATION?

You (with family permission) or the family can call your county's lead Family Resources Coordinator (FRC), who will help the family access early intervention services. Find contact information for your local lead FRC in the [ESIT Contacts Directory](#) or call the statewide "Family Health Hotline" number at **1-800-322-2588**. Consider asking the family sign a release of information (ROI) so that you may receive a copy of the evaluation.



HOW DO I TALK TO PARENTS ABOUT DEVELOPMENTAL CONCERNS & ESIT?

- Make development a regular discussion. The AAP recommends that primary care practices perform developmental surveillance at every preventive visit throughout childhood and that a standardized developmental screening tool be administered if a developmental concern arises and/or at the 9-, 18-, and 30-month visit.
- Start by asking the parent to share their own observations, questions, or concerns. The parent may already sense a problem, but might not yet know how to articulate it.ⁱⁱ
- Focus on the need to err on the side of caution. By referring for further evaluation, it opens up the opportunity to "rule out" or "rule in" any concerns.
- Emphasize the importance of early identification and intervention for improving outcomes for their child.
- Highlight the child's strengths. Keep the conversation balanced with a positive side.ⁱⁱⁱ

REFERENCES

- ⁱ The National Early Childhood Technical Assistance Center (2011). The Outcomes of Early Intervention for Infants and Toddlers with Disabilities and their Families The Outcomes of Early Intervention for Infants and Toddlers with Disabilities and their Families. <http://www.nectac.org/~pdfs/pubs/outcomesofearlyintervention.pdf>
- ⁱⁱ First Signs. Sharing Concerns Physician to Parent. http://www.firstsigns.org/concerns/doc_parent.htm
- ⁱⁱⁱ CDC. Tips for Talking with Parents about Developmental Concerns. https://www.cdc.gov/ncbddd/actearly/pdf/parents_pdfs/tipstalkingparents.pdf

SPECIAL NEEDS INFORMATION AND RESOURCES

Local:	<ul style="list-style-type: none"> • ARC of Southwest Washington 360-254-1562 • CDRC (Child Development&RehabCtr OHSU) 877-346-0640 • Children w/Special Health Care Needs Connie Callahan, RN Clark County Public Health: clark.wa.gov/public-health/children-special-needs 546.397.8440 • Developmental Disabilities Association (DDA) 360-418-6108 • Early Choice Pediatric Therapy 360-750-5850 • Early Head start- ECEAP preschool (ESD112) 360-952-3466 • Early Support for Infants and Toddlers (ESIT) 360-750-7507 • Elk's Therapy Program 800-825-3557 • Innovative Services NW 360-823-5150 • Legacy Pediatric Dev. Clinic- Salmon Creek 360-487-1777 • Legacy Pediatric Dev. Clinic- Randall Childrens 503-413-4505 • Parent to Parent Clark County 360-823-2247 • PAVE (Parent training and advocacy) 360-827-0962 • Providence Neurodevelopmental Ctr for children- West Clark 503-216-2339 • Providence Neurodevelopmental Ctr for children- Skamania/East Clark 503-215-2233 • Sensory Disabilities Services (for deaf, hard of hearing and blind) 800-572-7000 360-696-6321 • WA State School for the Blind
Regional:	<p>Early Support for Infants and Toddlers (ESIT) Program 1-360-725-3500 https://www.dcyf.wa.gov/services/child-development-supports/esit</p> <ul style="list-style-type: none"> • ESIT Contacts Directory https://www.dcyf.wa.gov/sites/default/files/pdf/ESITContactsDirectory.pdf • Dear WA Primary Care Provider Letter https://www.dcyf.wa.gov/sites/default/files/pdf/esit/DearWAPrimaryCaregiver.pdf • Forms and Materials for Families -(multiple languages) https://www.dcyf.wa.gov/services/child-dev-support-providers/esit/forms-publications • Practice Guides Materials from ESIT https://www.dcyf.wa.gov/services/child-dev-support-providers/esit/practice-guides <hr/> <p>WithinReach Family Health Hotline and Website (bilingual English/Spanish staff and interpreter line) 1-800-322-2588, 1-800-833-6388 TTD http://www.parenthelp123.org/ Spanish: http://www.parenthelp123.org/es/</p> <hr/> <p>Parent to Parent Support Programs of Washington 1-800-821-5927 https://arcwa.org/index.php/getsupport/parent_to_parent_p2p_programs</p>

National/ Internet:	American Academy of Pediatrics (AAP) Clinical Report: Identifying Infants and Young Children with Developmental Disorders in the Medical Home: An Algorithm for Developmental Surveillance and Screening. <i>Pediatrics</i> . 2006;118(1):405–420. (Reaffirmed 2014)	https://pediatrics.aappublications.org/content/118/1/405
	AAP Clinical Report: Early Intervention, IDEA Part C Services, and the Medical Home: Collaboration for Best Practice and Best Outcomes. <i>Pediatrics</i> . 2013;132(4):e1073-e1088. (Reaffirmed 2017)	https://pediatrics.aappublications.org/content/132/4/e1073
	Center on Children and Families at BROOKINGS. Brief: How Much Could We Improve Children’s Life Chances by Intervening Early and Often?	https://www.brookings.edu/wp-content/uploads/2016/06/improve_child_life_chances_interventions_sawhill.pdf
	AAP Developmental and Behavioral Pediatrics	www.dbpeds.org
	CDC Learn the Signs, Act Early	www.cdc.gov/ncbddd/actearly/index.html
	CDC Developmental Monitoring and Screening for Health Professionals	https://www.cdc.gov/ncbddd/childdevelopment/screening-hcp.html
	Family Voices (National and state family support networks)	www.familyvoices.org

Local Highlights

EARLY SUPPORT FOR INFANTS AND TODDLERS (ESIT)

Early Support for Infants and Toddlers (ESIT) is the Washington State Department of Early Learning program designed to be the first point of contact for any parents concerned about the development of their children Birth-3 years old. ESIT offers free developmental screenings for infants and toddlers along with an informational meeting for parents with a Family Resources Coordinator. Once a child is screened, a Family Resources Coordinator helps each family access the Early Intervention services through a referral system and provides each family with additional community resources for support. ESD 112 is the local lead agency for Clark, Klickitat, Pacific and Skamania Counties.

Referring families to our program is one of the greatest ways for doctors and practitioners to provide additional support to children in their care. Washington’s Department of Early Learning has written a Letter to Primary Care Providers which highlights how Early Intervention services benefit infants and toddlers and explains how the Early Support for Infants and Toddlers (ESIT) program coordinates these services.

[Download](#) an ESIT Referral Form and fax all referrals to 360-906-1010.

PRESCHOOL AGE (3-5 YEARS) DEVELOPMENTAL SCREENING

Several school districts in Clark and Cowlitz Counties manage their own developmental screenings for children ages 3-5 years living within their boundaries. Please refer to the links below to help you locate the special services programs within each district. For more information, call ESD 112, 360-952-3536

Clark County:

Battle Ground

Special Services (360) 885-5318

Camas

Special Services (360) 833-5570

Evergreen

Special Services (360) 604-6700

Hockinson

Special Services (360) 448-6415

Vancouver

Special Services (360) 313-4853

Washougal

Special Services (360) 954-3000

Up Coming Training and Events

- Information will be provided regarding care for patients with autism spectrum disorder including accessing diagnostic evaluation, treatments and providing ongoing care. Providers will receive Category II CME Credit for attending. RSVP at physician.relations@seattlechildrens.org

Seattle Children's Hospital Presents:

Providing Support and Care for your Patients with Autism Spectrum Disorder



Join us for a discussion and claim Category II CME credit

Seattle Children's Autism Center
Gary Stobbe, MD & Jim Mancini, MS, CCC-SLP

Thursday, April 25th, 2019
6:00 – 8:00 pm

Hilton Hotel - Cedar Room
301 West 6th Street
Vancouver, WA 98660

Dinner will be provided

Information will be provided regarding care for patients with autism spectrum disorder including accessing diagnostic evaluation, treatments and providing ongoing care.

Topics included:

- How to communicate to parents who have concerns
- Appropriate screening measures
- Referral information & how to make a diagnosis
- Advocating for educational placement
- Available therapies such as applied behavior analysis (ABA)
- Tips for Community Providers
- Current Research
- Time for Questions & How to seek more training

April 25th, 2019
Hilton Hotel - Cedar Room
301 West 6th Street
Vancouver, WA 98660

RSVP by April 18th

Patti Kilburn
By Phone:
(206) 987-5765
By email:
physician.relations@seattlechildrens.org



- Autism Center and Workshops on 4/26 and 4/27 at WSU Vancouver (Dengerink Admin Building, 14204 NE Salmon Creek Ave). Workshops and seminars will allow for CENTER OF EXCELLENCE (COE) certification* Register: 206-987-5765

Seattle Children's Hospital Presents:

Autism Center – Workshops and Seminars
Friday, April 26th and Saturday, April 27th

Workshops and seminars will allow for CENTER OF EXCELLENCE (COE) certification*

*NOTE: You must attend ALL day Friday and Saturday MORNING to obtain certification

Presenters:

Gary Stobbe, MD: Attending Neurologist, Seattle Children's Autism Center; Director, UW Medicine Adult Autism Clinic
Jim Mancini, MS, CCC-SLP: Speech-Language Pathologist, Seattle Children's Autism Center
Patricia Matestic, PhD: Licensed Clinical Psychologist, Director, UW Autism Center-Tacoma

Friday – 9:00 am to 5:30 pm:

(snacks and lunch provided)
Friday will focus on current research and thinking regarding the evaluation, treatment and continuing care for individuals with ASD throughout the life span including:

- Early signs and screening
- Differential diagnosis and comorbid diagnoses
- Presentation across the autism spectrum and challenges with diagnosis
- The diagnostic evaluation of ASD
- Treatment options including accessing ABA
- Medication Management
- Autism into Adulthood
- Discussion of current state of services in WA and obstacles to care

Saturday – 9:00 am to 12:00 pm:

(snacks provided)
➤ Saturday parent group with focus on behavior and anxiety management strategies
➤ Completion of Center of Excellence training for providers

Location:

WSU Vancouver
Dengerink Admin Building
14204 NE Salmon Creek Ave.
Vancouver, WA 98686

Space is limited

Please let us know what day, or days, you are attending by April 18th:

Day 1 (4/26)
Day 2 (4/27)
Both days (4/26 AND 4/27)

Patti Kilburn
By email:
physician.relations@seattlechildrens.org

By phone:
206-987-5765





Understanding Autism: An Introduction to Addressing Challenging Behaviors and Emotional Difficulties

Challenging behaviors can interfere with everyday activities for children with Autism. Similarly, a majority of children with Autism struggle to manage their emotions and almost half meet criteria for an additional Anxiety Disorder. Understanding how factors in our environment can increase or decrease challenging behavior and emotional difficulties is important. This introductory training will provide an overview of how the symptoms of Autism contribute to behavior and emotional challenges and offer behavioral approaches to begin to address them.

Course Objectives: In this training, participants will learn more about:

- Common behavioral and emotional difficulties for children with Autism
- How behavior is a form of communication
- Various functions of behavior
- Processes for changing behavior
- The difference between everyday worry and an anxiety disorder
- Treatment approaches to address anxiety
- Beginning Emotion Regulation Strategies

Who should attend: Parents, providers, and educators who would like more information about Autism,

Content level: Beginner

Instructor: Patti Matestic, PhD

To register:

Advanced registration is required.



WHEN:

Saturday, April 27, 2019
9:00 AM – 12:00 PM

WHERE:WSU

Vancouver
14204 NE Salmon
Creek Ave.
Vancouver, WA 98686
Library Rm 201

COST:
FREE!!!!



Email us at
uwautism@uw.edu

Visit us at
www.uwautism.org

Call us at
1-877-408-UWAC

• Pediatric Population Health Forum

The Conference Center at Seattle-Tacoma International Airport
Saturday, June 8, 2019

Register: <https://www.eventbrite.com/e/pediatric-population-health-forum-2019-tickets-55935454450>

Families face increasing challenges supporting their children's growth and development. The science is clear: parents' own health, financial security, and stress levels directly impact their children's physical health now and for a lifetime. How can we use a population health lens to improve care and make the greatest positive impact on children and families in times of widening income gaps and amidst complex social challenges? In this day-long forum we are bringing national and state experts together to share strategies and tools for providers caring for pediatric populations:

- Practice implementation and systems building: screening for and addressing social determinants of health and perinatal depression
- Creating an integrated care management and behavioral health program in a pediatric primary care setting
- Motivational interviewing as a tool to foster patient and family behavior change
- Engaging families in meaningful partnerships
- Sustaining your practice using mindfulness as an everyday tool
- Plenary speakers include Paul Dworkin, MD, FAAP, founding director of the Help Me Grow National Center; Marian Earls, MD, MTS, FAAP, director of pediatric programs and deputy chief medical officer of Community Care of North Carolina; and Paul A. Fishman, PhD, professor of health economics at the University of Washington.

Local Events

Drug Take Back Event Saturday April 27, 2019 10 a.m. - 2 p.m.

Bring any prescription & over-the-counter medications for safe, FREE disposal

- YES Sharps** PeaceHealth Southwest Urgent Care
33rd & Main (South Back Lot), Vancouver
- YES Sharps** Kaiser Permanente Cascade Park
12607 SE Mill Plain Blvd., Vancouver
- NO Sharps** Battle Ground Police Department
507 SW 1st St., Battle Ground
- NO Sharps** Washougal Silver Star Search & Rescue
1220 A St., Washougal
- NO Sharps** Cowlitz Public Safety Department
31501 NW 31st Ave., Ridgefield
(La Center Exit I-5, south of Ilani Casino)

COMMUNITY PARTNERS

AmeriCorps • Battle Ground Police Department
Clark College ACES Club • Clark County Public Health • Cowlitz Public Safety Department
Kaiser Permanente • La Center Police Department
PeaceHealth • Ridgefield Police Department
Southwest Washington Accountable Community of Health • U.S. Department of Justice, Drug Enforcement Administration • Vancouver Police Department • Walgreens • Washington State Health Care Authority • Washougal Police Department • Washougal Silver Star Search & Rescue

In Partnership with the following Substance Abuse Prevention Coalitions:



LOCKS SAVE LIVES

The #1 reason youth misuse and abuse prescription drugs is ease of access. YOU can save a life by locking up your prescription medications. It's easy...and important!

FREE lock boxes to the first 200 qualified people at our PeaceHealth SW Urgent Care and Battle Ground Police Department locations on April 27.

Take the Locks Save Lives Survey to see if you qualify for a FREE lock box at bit.ly/LocksSaveLives.

Did you know the most common drugs misused by teens and adults come from family and friends' home medicine cabinets? 12% of teens in Washington misuse prescription drugs—a rate that's among the highest in the nation. (Source: TakeBackYourMeds.org)

Did you know medications not disposed of properly end up in our waterways? Let's work together to keep these substances away from youth and out of our waterways.

What medications will be accepted?
Any prescription and over-the-counter medications including pills, liquids & inhalers will be accepted.

What about Sharps & syringes?
Kaiser Permanente Cascade Park and PeaceHealth SW Urgent Care will accept Sharps and syringes from noncommercial sources only. These two sites are the only locations accepting noncommercial Sharps & syringes. Use an approved Sharps container when transporting; if one is not available, use a rigid plastic container with a lid (ex: plastic milk jug) & label the container: **WARNING-SHARPS DO NOT RECYCLE**

How are medications collected/disposed of?
All prescription & over-the-counter medication collected at event sites are safely incinerated by the D.E.A.

For more information about this event and year-round FREE disposal sites visit: www.preventcoalition.org/resources or call Clark County Public Health at (564) 397-7352

Medicine take-back events in Southwest WA are funded in partnership by Washington State Health Care Authority. Medicine take-back programs are the only secure and environmentally sound way to dispose of leftover and expired prescription and over-the-counter medication. Thank you for taking part in keeping our community and environment safe and healthy. This event/activity is not sponsored or endorsed by local school districts.

Parent to Parent of Clark County



Coffee and Conversation

Parents getting together for a cup of coffee while sharing about our journey parenting a child with a disability or special health care need. Join us to build community, gain support and add to your toolbox.

The last Monday of each month.

Location: Innovative Services NW

9414 NE Fourth Plain Blvd., Vancouver, WA 98662

Time: 10:00a.m. – 12:00p.m.

We meet in the third floor PEACE Conference room, walk ins welcome.

Questions? Contact Theresa Van Pelt at P2PCC@peacenw.org or call

360-823-2247 ext. 109



Parent to Parent of Clark County Dad's Group



Coffee and Conversation

Dad's getting together for a cup of coffee while sharing about our journey parenting a child with a disability or special health care need. Join us to build community, gain support and add to your toolbox.

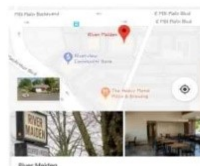
The last Saturday of the month.

Location: River Maiden Coffee Shop

5301 E. Mill Plain Blvd. | Vancouver, WA 98661

Time: 9:30 am – 10:30 am

Facilitated by Jeremy Van Pelt



For Questions or to RSVP: Email: P2PCC@peacenw.org | Call: 360-823-2247



CLUB UPSIDE 2ND SATURDAYS

2:00 to 4:00 pm 2nd Saturday of Every Month

St. Andrew Lutheran Church **Gym**

5607 NE Gher Rd. Vancouver



PLAY/SUPPORT
GROUP FOR THE
WHOLE FAMILY

—
ANY
AGE/ABILITY
WELCOME

—
KIDS CAN PLAY

—
PARENTS CAN
MAKE
CONNECTIONS

—
I BRING THE PLAY
EQUIPMENT AND A
SNACK. YOU BRING
THE ENERGY!

Contact :
Brenda at
823-2247
for more