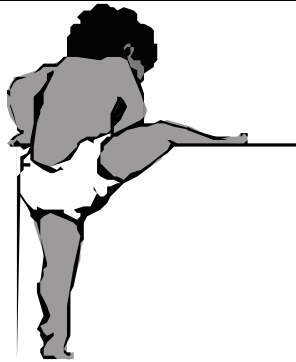


# Child Health Notes



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

King County Child Health Notes are distributed by Public Health-Seattle & King County-Children with Special Health Care Needs Program. This newsletter provides physicians, nurse practitioners, primary health care providers, public health centers and community partners with current information regarding identification and management of special health issues for children. Contributing agencies and programs include: 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?

<p>➤ <b>Young children with disabilities can be accurately identified</b></p>	<p><i>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: <a href="http://www.dbpeds.org">www.dbpeds.org</a></i></p>
<p>➤ <b>Early intervention services are effective in improving child and family function</b></p>	<p><i>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.</i></p>
<p>➤ <b>Services are available and affordable to families</b></p>	<p><i>In King County, any child under three years of age with known or suspected developmental delays may be referred to the network of 14 different Early Intervention providers in the County. Services for children over age three include Headstart and school district special education programs.</i></p>

Any child with known or suspected developmental delays may be referred to agencies listed below:

COUNTY RESOURCES FOR DEVELOPMENTAL SCREENING AND ASSESSMENT					
➤ For children under age three:		Contact: Community Health Access Program (CHAP) 206-284-0331 (Lead Family Resources Coordinator) <a href="http://www.whf.org/programs/FamilyResources.aspx">www.whf.org/programs/FamilyResources.aspx</a>			
➤ For children age three & older:		Contact: Local school district (see below) <a href="http://www.psesd.org">www.psesd.org</a>			
District:	Phone	Fax	District:	Phone	Fax
Auburn	253-931-4927	253-931-4742	Northshore	425-489-6377	425-489-6379
Bellevue	425-456-4149	425-456-4176	Renton	425-204-2229	425-204-2202
Enumclaw	360-802-7411	360-802-7132	Riverview	425-844-4516	425-844-4521
Federal Way	253-945-4581	253-945-2771	Seattle	206-252-0805	206-252-0804
Highline	206-433-7111	206-433-2117	Shoreline	206-361-4250	206-361-4259
Issaquah	425-831-7090	425-837-7177	Skykomish	360-677-2623	360-677-2418
Kent	253-373-7062	253-373-7499	Snoqualmie Valley	425-831-8085	425-831-8047
Lake Washington	425-882-8170X610	425-882-8171	Tahoma	425-413-3579	425-413-3555
Mercer Island	206-230-6307	206-230-6232	Tukwila	206-901-8025	206-901-8016
			Vashon Island	206-463-6001	206-463-6262

### SPECIAL NEEDS INFORMATION AND RESOURCES:

➤ <b>Local:</b>	Children with Special Health Care Needs Program (Public Health Nurse consultation services)  Parent to Parent Support Program (through the Arc of King County)	206-296-4610 <a href="http://www.metrokc.gov/health/cshcn">www.metrokc.gov/health/cshcn</a>  206-364-4645 ext. 7042 <a href="http://www.arcofkingcounty.org/programs/p2p/index.html">www.arcofkingcounty.org/programs/p2p/index.html</a>
➤ <b>Regional:</b>	Children's Hospital and Regional Medical Center Health Professional Hotline Parent Resource Line  WithinReach (formerly Healthy Mothers, Healthy Babies)  Infant Toddler Early Intervention Program  Parent to Parent Support Programs of Washington  Washington State Fathers Network  Washington State Medical Home Website (information about developmental monitoring tools & other practice resources)	(800) 293-2462 (866) 987-2500 <a href="http://www.seattlechildrens.org">www.seattlechildrens.org</a>  1-800-322-2588, 1-800-833-6388 TTD <a href="http://www.withinreachwa.org">www.withinreachwa.org</a>  <a href="http://www1.dshs.wa.gov/iteip">www1.dshs.wa.gov/iteip</a>  (800) 821-5927  (425) 747-4004 ext. 4286 <a href="http://www.fathersnetwork.org">www.fathersnetwork.org</a>  <a href="http://www.medicalhome.org">www.medicalhome.org</a>
➤ <b>National/ Internet:</b>	American Academy of Pediatrics AAP Developmental and Behavioral Pediatrics American Academy of Family Physicians Family Village (Extensive family resources for CSHCN) Family Voices (National & state family support networks) Center for Disease Control (information about developmental monitoring tools & other practice resources)	<a href="http://www.aap.org">www.aap.org</a> <a href="http://www.dbpeds.org">www.dbpeds.org</a> <a href="http://www.aafp.org">www.aafp.org</a> <a href="http://www.familyvillage.wisc.edu">www.familyvillage.wisc.edu</a> <a href="http://www.familyvoices.org">www.familyvoices.org</a> <a href="http://www.cdc.gov/ncbddd/child/screen_provider.htm">www.cdc.gov/ncbddd/child/screen_provider.htm</a>

Public Health-Seattle & King County  
**Children with Special Health Care Needs Program**  
 401 5<sup>th</sup> Ave., Suite 1000  
 Seattle, WA 98104