

# Child Health Notes

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

Distributed by the Lewis County Interagency Coordinating Council (ICC) and Parent to Parent.  
Contributors: UW Center on Human Development and Disability and Washington State Department of Health

## EARLY INTERVENTION SERVICES



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### WHY REFER CHILDREN FOR EARLY INTERVENTION?



**IF UNSURE,  
REFER!**

**Early intervention enhances a child's development.** Nearly 50 years of research has demonstrated that children receiving early intervention services need fewer special education and other services later in life, and, in some cases, are indistinguishable from classmates without disabilities.

**Families benefit too!** Additionally, early intervention helps parents understand their child's developmental growth and reduces the stress experienced by families of infants and toddlers with disabilities. Supported families need less out-of-home placement. Statistics 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.

### WHAT IS EARLY INTERVENTION?

- Early intervention provides services for infants and toddlers, **birth to three**, who have developmental delays or disabilities. Eligible infants and toddlers in Washington State are entitled to individualized, quality early intervention services in accordance with the Individuals with Disabilities Education Act (IDEA), Part C.
- Services may include **speech therapy, physical therapy, occupational therapy, special instruction and a Family Resources Coordinator (FRC) who works with the family to access needed services.**
- If a child qualifies for services, the FRC will work with the family and early intervention professionals to write an **Individualized Family Services Plan (IFSP)**. This is similar to an IEP, but is for children below the age of three years. It outlines the child's unique strengths and needs, outcomes to be addressed and services needed to meet the outcomes. It is reviewed every 6 months and rewritten annually.

### WHO IS ELIGIBLE FOR EARLY INTERVENTION IN WASHINGTON STATE?

- The developmental domains that are assessed include: motor, cognitive, communication, social and adaptive.
- 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.
- 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.

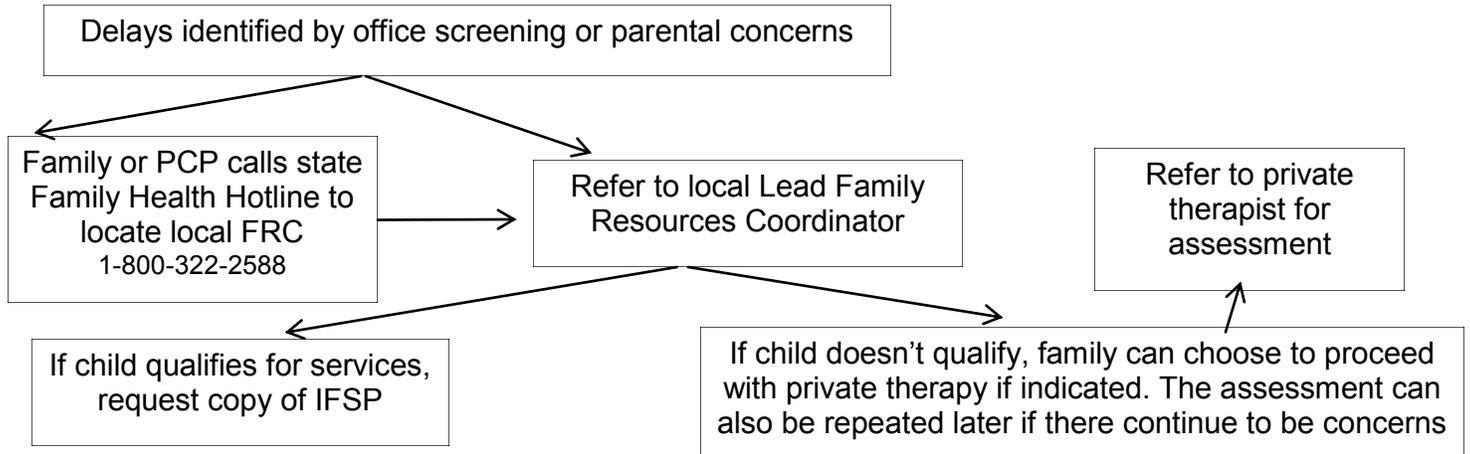
### WHAT IS THE EARLY SUPPORT FOR INFANTS AND TODDLERS (ESIT) PROGRAM?

In Washington State, the early intervention program is called the **Early Support for Infants and Toddlers (ESIT) program**. It was formerly known as the Infant Toddler Early Intervention Program (ITEIP). Program services are provided under a federal law called The Individuals with Disabilities Education Act (IDEA), Part C. The ESIT system in each county is coordinated by one Local Lead Agency under the authority of a Department of Early Learning (DEL) contract. The local early intervention system is a collaborative program of child and family serving agencies including schools, health and human services, families, and other community providers and organizations.

If a child's delays are not significant enough to qualify for services through ESIT but you believe they would benefit from intervention, the 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.

## HOW DO I REFER A CHILD FOR AN EVALUATION?

If you need assistance with this, 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 County Resources box below or call the statewide "Family Health Hotline" number at **1-800-322-2588**.



### Lewis County Resources for Early Intervention Services

For children under 36 months: Contact: In-Tot Developmental Center 748-4359

### Special Needs Information and Resources

<b>Local</b>	<b>Lewis County Department of Health</b>	(360) 740-1223
<b>Regional</b>	<b>Within Reach Family Health Hotline</b>	1-800-322-2588, 1-800-833-6388 TTD <a href="http://www.withinreachwa.org">www.withinreachwa.org</a>
	<b>Early Support For Infants and Toddlers (ESIT), formerly ITEIP</b>	<a href="http://www.del.wa.gov/publications/esit/Default.aspx">www.del.wa.gov/publications/esit/Default.aspx</a> Main number: (360) 725-3500
	<b>ESIT Services Eligibility ESIT Services, Screening &amp; Evaluation</b>	<a href="http://www.del.wa.gov/development/esit/eligibility.aspx">www.del.wa.gov/development/esit/eligibility.aspx</a> <a href="http://www.del.wa.gov/development/esit/services.aspx">www.del.wa.gov/development/esit/services.aspx</a>
	<b>Washington Department of Early Learning</b>	<a href="http://www.del.wa.gov/Default.aspx">www.del.wa.gov/Default.aspx</a>
	<b>Parent to Parent Support Programs of Washington</b>	(800)821-5927 <a href="http://www.arcwa.org/parenttoparent.htm">www.arcwa.org/parenttoparent.htm</a>
	<b>Seattle Children's Hospital</b> Health Professional Hotline (limited to health care providers)	(800)293-2462
<b>National/ Internet</b>	<b>American Academy of Pediatrics</b> <b>AAP Developmental and Behavioral Pediatrics</b> <b>American Academy of Family Physicians</b> <b>CDC Act Early</b> <b>Family Village</b> (Extensive family resources for CSHCN) <b>Family Voices</b> (Links to national and state family support networks)	<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.cdc.gov/ncbddd/actearly/index.html">www.cdc.gov/ncbddd/actearly/index.html</a> <a href="http://www.familyvillage.wisc.edu">www.familyvillage.wisc.edu</a> <a href="http://www.familyvoices.org">www.familyvoices.org</a>

**Parent to Parent** provides emotional support, information and resources to families and individuals with special needs and/ or disabilities. **Want to make a difference?** Please feel free to attend the Lewis County ICC (Interagency Coordinating Council) meetings the first Wednesday of each month at 9:00 am to 10:30. Meetings held at state DDD office, 1000 Kresky Avenue, Centralia.