

What is 1st Five?

The 1st Five Healthy Mental Development Initiative is a publicprivate partnership between the Iowa Department of Public Health and primary care providers in 88 Iowa counties.

Since 2007, the 1st Five Healthy Mental Development Initiative has supported the healthy cognitive, social and emotional development of Iowa's youngest children through cost-effective early detection and early intervention services. Experts agree that early detection of developmental delays during the first five years increases the effectiveness of interventions and improves long-term outcomes for our youngest children. When children are connected to early intervention services, we can reduce the burden on Iowa tax payers by reducing the impact of developmental and behavioral problems on our state's health, education, child welfare and juvenile justice systems.

Research also shows that parent and caregiver health has a direct influence on healthy child development. As 1st Five addresses the child needs additional caregiver needs may be identified. 1st Five helps to optimize the child's well-being by connecting the caregiver to community resources. N ine in 10 children from birth to age 5 see a primary health practitioner for at least one well-child visit annually.¹ For many of these children, the primary care provider is the only professional they encounter who has expertise to identify early developmental concerns. Usage of developmental surveillance and screening tools by health providers is a crucial way to identify early delays in physical, social-emotional and cognitive development in young children. Early identification is essential for opening the door to early intervention services, which in turn are key to building strong foundations for cognitive, social and emotional health. 1st Five's role of engaging health providers to use developmental surveillance and screening tools makes the most of the health providers' unique position in the lives of young children to improve health outcomes — and build brighter futures.

A comprehensive approach to child health acknowledges that caregiver health and the home environment are direct influences on the healthy development of a child. As the 1st Five Developmental Support Specialist works with the caregiver to address the child's needs, they often identify and provide referrals to address environmental risk factors, including maternal depression and caregiver stress. This comprehensive approach optimizes the healthy development of children during the critical first five years of life.

¹ Child and Family Policy Center, "Top 10 Things We Know About Young Children and Health Equity: 7. Health Practitioners Have Key Roles to Play," 2018.

1st Five supports Iowa children, families and communities using a four-part service model

The 1st Five model supports children from birth to age 5 and their caregivers. The four-part model creates a continuous feedback loop where new or persistent developmental concerns can be identified and the appropriate supports and resources provided to young children and their caregivers.

Art 1: Provider identifies patient with a need for referral

1st Five sites engage in outreach, education and training with providers to assist them in implementing developmental surveillance and screening tools. By utilizing consistent surveillance processes at every well-child visit along with developmental standardized screening tools at recommended intervals, providers can assist in early identification of developmental and behavioral issues. Providers continue to get support by being able to refer children they identify with developmental concerns to 1st Five.

Art 2: Referral is sent to 1st Five

In FY2019, the eighteen 1st Five sites received over 3,100 referrals from 640 providers at 398 clinics. Fifty-eight percent of the reasons children were referred to 1st Five pertained to developmental, speech or hearing concerns; or social and behavioral concerns. Referrals were also made for concerns in the child's caregiver and environment — such as caregiver depression, parental stress and resource needs — which can negatively affect a child's healthy development.

Among participating families who completed a 1st Five satisfaction survey:

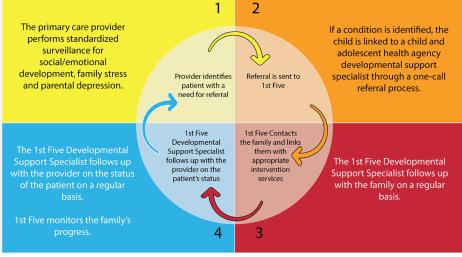




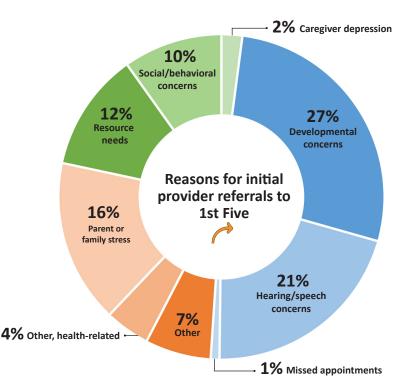
were "completely" or "mostly" satisfied were "somewhat" or "slightly" satisfied



1%



Source: 1st Five Healthy Mental Development Initiative



Reasons for referrals. Providers refer children and their families to 1st Five based on a range of development, health and family concerns. In FY 2019, 1st Five sites received over 3,100 referrals from 640 providers.

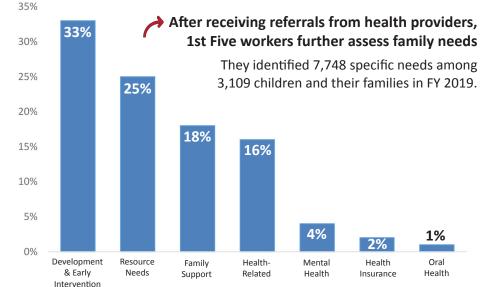
Part 3: 1st Five links family with appropriate intervention services

Research shows that a child's environment plays an integral role in their healthy development. By using a comprehensive approach in working with the caregiver, 1st Five is able to identify additional environmental needs that may hinder child development. In FY 2019, 1st Five identified 7,748 additional diverse and complex needs of the children and their caregivers beyond the initial child referrals. One-third were developmental concerns, including speech delays and delays in fine and gross motor development. Another 16 percent were health-related, including nutrition and hearing concerns. One-quarter of the additional concerns included housing, transportation, education and financial assistance. 1st Five works with caregivers to assure follow-up and access to services.

Art 4: 1st Five Developmental Support Specialists follow up

• 1st Five monitors every referral to ensure that each child and their caregivers are able to access needed intervention services. The Developmental Support

Real Impact: Here's how 1st Five helps families in Iowa



*Name has been changed to protect family privacy.

Matthew's* story

When Matthew's mom noticed his speech development was lagging, she talked with Matthew's primary care physician. The doctor, recently trained by 1st Five to use developmental screening tools, used the Ages and Stages Questionnaire (ASQ3) in her assessment. The tool indicated that Matthew was experiencing developmental delays not only in speech, but in his gross and fine motor development. She referred Matthew to 1st Five. After further assessment, the 1st Five Developmental Support Specialist connected Matthew and his mother to the local AEA. Matthew will start a universal pre-K program this fall and receive developmental support to ensure he is kindergarten-ready next year. 1st Five will be ready to support Mathew if additional developmental delays are identified.

Ava's* story

At Ava's 4-year-old check-up, her primary care physician completed the ASQ3 screening. She found Ava was experiencing delays in three developmental domains with a noted speech delay. So the physician referred Ava and her parents to 1st Five with a request for speech therapy services and additional social and resource supports for the parents. The 1st Five Developmental Support Specialist linked Ava to the local AEA where she was found eligible for speech therapy services for the remainder of the school year. Additionally, an Individualized Education Plan (IEP) was created for the next school year. 1st Five also linked Ava's parents to a resource that provided non-emergency medical transportation services to ease the burden of transporting Ava and a sibling to necessary specialty medical appointments. Upon follow up with the caregivers, Ava's parent expressed happiness with her speech and other behavioral improvements.

Specialist follows up with the primary health care provider on the outcome of the referral. By doing this, 1st Five creates a continuous feedback loop so that providers can use this information to provide better informed care to the child at future visits. A majority of providers — 90 percent — indicated that they were satisfied with the support 1st Five provided, and many noted feedback on referral outcomes as helpful. Here are a few of their comments:

- "Thank you for your help with our families! This initiative has helped connect some families in need with excellent resources and has been invaluable in keeping families connected to care."
- "You are a great community partner and resource. Thank you for what you do . for us, our patients and our community."
- "Great resources and care to our patients beyond what we can help with as • health care providers."

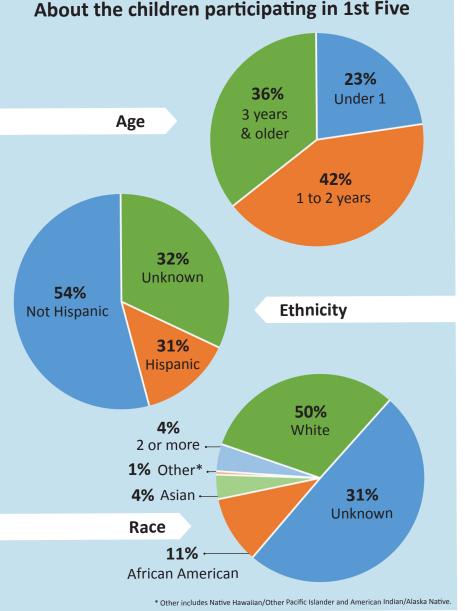
1st Five's legacy of supporting healthy development

Since its inception in 2007, Iowa lawmakers have understood the value of the 1st Five initiative and regularly expanded the appropriation. As a result, 1st Five has expanded to engage more providers and serve more families. Communities served by 1st Five view the program as a stable and valuable community resource.

Since 2007, 1st Five has:

- Supported the healthy mental development of over 21,000 children through . the early identification and intervention for social-emotional and developmental concerns prior to school entry.
- Made over 46,400 connections to community resources to help families ad-٠ dress stress, caregiver depression and environmental factors causing toxic stress.

Today, all but 11 counties in Iowa - Cherokee, Clinton, Ida, Iowa, Jackson, Johnson, Lyon, Plymouth, Scott, Sioux and Woodbury — are served by 1st Five.



This report is based on evaluation findings conducted by the Child and Family Policy Center.

- Learn more about the Center's evaluation efforts. Contact Angelica Cardenas-Chaisson (acardenas@cfpciowa.org)
- Learn more about 1st Five. Contact Michelle Holst (Michelle.Holst@idph.iowa.gov) or visit www.idph.iowa.gov





About the children participating in 1st Five