

Have you ever...

...cared for a family who continually missed or rescheduled well-child visits due to family stress, transportation barriers or other challenges?

...hesitated to ask about a parent's stress or depression because you lacked the time, screening tools or resources to follow-up if concerns were uncovered?

...made a referral and been left wondering, "Did they make the call?" or "What was the outcome?"

1st Five can help!

The **1st Five** Healthy Mental Development Initiative builds a support system between medical practices, child health agencies and a wide variety of local services.

Components of a well-child exam

The primary goal of routine preventive health care is to ensure that a child is developing normally, which includes social and emotional development.

- Health history
- Vision/hearing screening
- Complete physical exam including dental screening, lab tests, lead screening and immunizations
- Developmental screening
- Social history including family stress and parental depression
- Advice on what to expect and how to keep your child healthy



Healthy mental development
in the first five years

1st Five builds a support system between families, medical practices, the local child health center and a variety of community-based services.

The **1st Five** Healthy Mental Development Initiative is an Iowa Department of Public Health program that has been funded by the state legislature since 2006.

For more information about the **1st Five** Healthy Mental Development Initiative, contact your local agency or state coordinator at **1-800-383-3826**.



1st Five Information for Primary Care Providers



Primary Care Providers and Social/Emotional Development



Over 90% of families take their children to a medical provider before age 5. You play a unique role in early identification and treatment of developmental issues.

Social and emotional development risk factors can be identified early with proper tools.

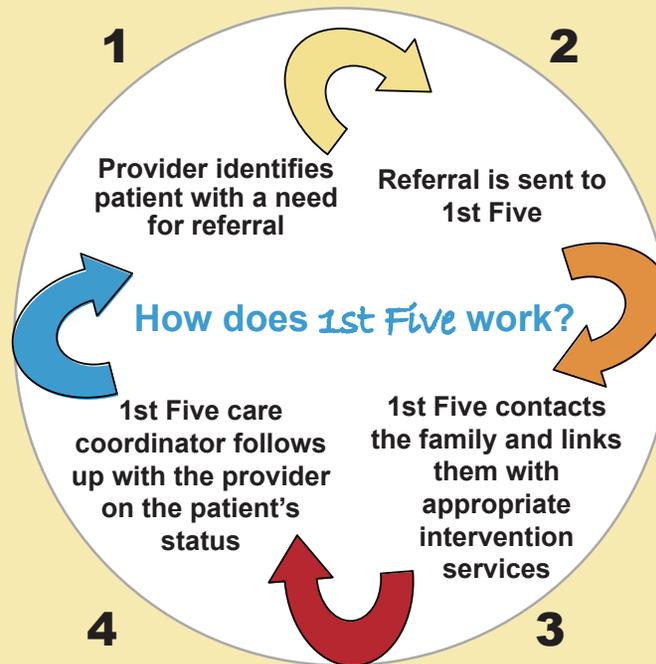
Early child development research

- Nationally, 71% of pediatricians use observation methods to screen children. These methods identify only 30% of developmental concerns.
- While 15-18% of school-aged children have a developmental or behavioral disability, less than 50% are identified prior to school entry. These children are at increased risk for school failure.
- Children of depressed mothers are 6-8 times more likely to have a depressive disorder and five times more likely to develop a conduct disorder.

What is 1st Five?

Iowa's 1st Five Healthy Mental Development Initiative builds partnerships between primary care practices and public service providers to enhance high quality well-child care.

1st Five promotes the use of validated developmental surveillance and screening tools that support healthy mental development for young children.



What can 1st Five do for your medical practice?

- Give you easy access to validated surveillance and screening tools to assess social and emotional development, developmental delays, autism and family risk factors.
- Help you link children and families to community resources and services to access appropriate follow-up care.
- Provide you with feedback on the referral process for each child and family.

What can medical practices do?

- Use validated surveillance tools for every child birth to five at every well-child visit.
- Use a validated developmental screening tool at age intervals of 9, 18 and 24 or 30 months as recommended by the American Academy of Pediatrics. In addition, screen whenever there is a concern.
- Refer to local child health agency for early intervention and community resources.



Making a Difference One Family at a Time

1st Five has been legislatively funded since 2006. Eleven child health agencies are implementing 1st Five, covering 49 counties.

1st Five bridges health provider referrals with community resources

