

April is Autism Awareness Month!

May is Mental Health Awareness Month!

What screening options are available? What's the difference?

DEVELOPMENTAL SURVEILLANCE vs. DEVELOPMENTAL SCREENING IN PRIMARY CARE

Developmental surveillance:

- is a long and cumulative process to identify children at risk for developmental delays
- notes risk factors, including medical history and home risk factors, as well as protective factors
- provides the context for interpretation of screening results

Developmental screening:

- uses standardized tests to refine the identification of children who may need intervention
- does not result in a diagnosis or treatment plan but rather identifies areas in which a child's development differs from same-age norms
- AAP guidelines recommend routine screening at **9, 18, 24 and 30 months** or whenever concerns are identified
- There are other screening protocols available. For example, the North Carolina ABCD Project recommends screening at 4, 6, 12, 24, 36, 48 months (<http://www.nashp.org>)

Why is screening important?

- **Autism is the fastest growing developmental disability** in our country. Prevalence of autism among children 0 - 8 years old is now 1 in 110.
- **Early intervention is effective!** 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.
- Without the use of standardized tools, **only 30% of children with developmental disabilities are identified before school entrance.** However, when standardized tools are used, 70-80% of children with developmental disabilities are identified.
- Studies have shown that incorporating a screening test before a well-child care visit **does not increase the length of the visit.**
- Your PCP and/or child's pediatrician is your Medical Home. Feel free to discuss your child's development with on-going discussions with your health care provider.
- If your child is referred for evaluation and does not qualify for early intervention/special education or therapy assistance, there are resources - from parent websites and handouts, to Head Start programs and more - that can assist parents and their children with borderline range skills.

Contributors: Washington State Department of Health and UW Center on Human Development & Disability

Valley View Health Center Locations:

Medical Walk-In
1800 Cooks Hill Road, Suite F
736-3042
Hours: Noon - 10:00 p.m.
7 days a week - closed holidays

Chehalis 2690 NE Kresky,
(360) 330-9595
Medical, Dental and Behavioral Health

Morton Dental
(360) 496-5101

Onalaska (360) 978-6600
Medical

Raymond (Pacific County)
(360) 942-3040
Medical and Dental

Toledo (360) 864-4400
Medical

Winlock (360) 785-9400
Medical

www.vvhc.org

Screening questionnaires can be taken home or done at the clinic. Ask your child's primary care provider about the Ages and Stages Questionnaire (ASQ) or Parent Evaluation of Developmental Status (PEDS).

What You Can Do

The American Academy of Pediatrics recommends that all children be routinely screened for development through their 30-month visit. You may have to ask for these services. Resources in Lewis and Pacific County are listed below. Please also be aware that a developmental concern does not always mean Autism or other developmental disability. Sometimes a hearing delay or other condition is diagnosed and can be corrected with a few medical appointments.

Signs of Autism include:

- decreased social interaction
- poor use of eye contact
- speech delays/oddities
- resistance to change in daily routines or environment
- Unusual motor mannerisms (e.g. hand flapping or finger posturing)
- sensory sensitivities (e.g. noise or light sensitivity, doesn't like to be touched)

Resources and Disabilities Information

Lewis County

For children under age three:

In-tot Developmental Center 748-4359 or 1-888-548-4359

Growing Together 748-2277 or Student Support 807-7245

For children age three and older:

Contact your local school district or Lewis County Special Education Coop 748-3384

Additional Information: For adolescent children and children transitioning to adult services, call Parent to Parent at 360-736-9558 ext. 107.

For adult services call Reliable Enterprises 360-736-9558

Pacific County

For children under age three:

North Pacific Co.-Birth to Three Early Intervention Services 360-875-6394

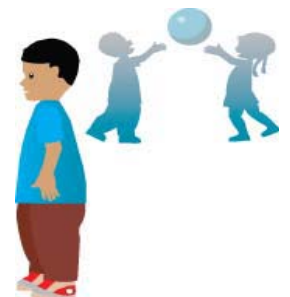
For children age three and older:

Contact your local school district or Pacific County Special Education 360-942-3990

Additional Information: Department of Developmental Disabilities (DDD) 875-4244

On-line Resources

- ◆ American Academy of Pediatrics <http://www.aap.org/healthtopics/autism.cfm>
- ◆ Autism Speaks: ASD Video Glossary www.autismspeaks.org
- ◆ Autism Alarm Fact Sheet www.medicalhomeinfo.org
- ◆ Autism Info Center, CDC www.cdc.gov/ncbddd/autism/index.htm
- ◆ NIH Autism Fact Sheet www.nichd.nih.gov/health/topics/asd.cfm
- ◆ WA State Medical Home Website www.medicalhome.org/diagnoses/autism.cfm
- ◆ Northwest Autism Center www.nwautism.org



For most developmental services children under 5 do not need a diagnosis. This is NOT usually the case for services for older children and adults. The longer the wait, the longer therapy is delayed. The longer therapy is delayed, the longer it may take your child or loved one to experience good mental health.