



What is 1st Five?

- Iowa's **1st Five Healthy Mental Development Initiative** is an Iowa Department of Public Health program that has been funded by the state legislature since 2006.
- **1st Five** builds a support system between families, medical practices, the local child health center and a variety of community-based services.
- **1st Five** promotes the use of validated developmental surveillance and screening tools that support healthy mental development for young children.

Why 1st Five?

- Over 90% of families take their children to a medical provider before the age 5. Health Providers 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.
- 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.

88 counties covered by 1st five

Implementation Sites

1. American Home Finding Association
2. Black Hawk County Health Department
3. HCCMS Family Health Services
4. FAMTC, Inc.
5. Hawkeye Area Community Action Program
6. Lee County Health Department
7. Marion County Public Health
8. Mid-Iowa Community Action, Inc.
9. New Opportunities, Inc.
10. Taylor County Public Health
11. Trinity Muscatine Public Health
12. Visiting Nurses Association of Dubuque County
13. Visiting Nurses Services of Iowa
14. Warren County Health Services
15. Webster County Public Health



16. MATURA Action Corporation
17. North Iowa Community Action Organization
18. Washington County Public Health & Home Care



WHAT HAPPENS WHEN A REFERRAL IS MADE TO 1ST FIVE?

- Step 1:** Prover identifies patient with a need for referral
- Step 2:** Referral is sent to 1st Five
- Step 3:** 1st Five contacts the family and links them with appropriate intervention services
- Step 4:** 1st Five care coordinator follows up with the provider on the patient's status

1st Five Potential Reasons for Referral

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| Early Intervention & Evaluation Services | Mental Health Issues |
| Developmental Delay | Behavior Issues |
| Speech Therapy | Parent Education Programs |
| Occupational Therapy | Food Assistance |
| Physical Therapy | Family Planning |
| Financial Stress | Medicaid/Dental/ hawk-i Insurance Needs |
| Family/Relationship Stress | Substance Abuse |
| Domestic Abuse | Transportation Concerns |
| Child Care | |
| Head Start & Preschool | |
| Family Support Services | |
| Housing Resources | |
| Maternal/Caregiver Depression | |



Typical support and intervention services that our care coordinators refer to:

EARLY ACCESS	CHILD HEALTH SPECIALTY CLINICS	DHS RESOURCES
AREA EDUCATION AGENCY	ADULT EDUCATION RESOURCES	HOUSING ASSISTANCE
STORK'S NEST/BABY BOUTIQUE	VISION/HEARING SCREENINGS	INFANT/CHILD SUPPLIES
PARENT SUPPORT PROGRAMS	DENTAL SERVICES	LEAD TESTING
FOOD ASSISTANCE PROGRAMS	MENTAL HEALTH SERVICES	MATERNAL DEPRESSION SUPPORT
HEAD START	CASE MANAGEMENT SERVICES	HOME VISITATION PROGRAMS
EMPLOYMENT ASSISTANCE	SUBSTANCE ABUSE TREATMENT	ABUSE PREVENTION SERVICES
ENERGY ASSISTANCE	TRANSPORTATION ASSISTANCE	OTHER LOCAL SERVICES
HEALTH INSURANCE	CHILD CARE RESOURCES	

Making a
Difference
One Family
at a Time





Questions?

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