



1st Five Healthy Mental Development Initiative Annual Report

September 2018

What is 1st Five?

The 1st Five Healthy Mental Development Initiative is a public-private partnership between primary care and public health operating in 88 Iowa counties.

Participating health providers refer children birth to age 5 with identified social, emotional or developmental concerns to 1st Five. Then, 1st Five works with families to identify additional risk factors and connect them to needed services. 1st Five continues to work with the family on a regular basis and updates the provider on the outcome of the referral.

Since its inception in 2007 1st Five Healthy Development Initiative has helped to identify children with developmental concerns (from speech delays to behavior) and connect them to community-based programs to address their needs. Experts agree that early detection followed by early intervention services increases the healthy development of young children while reducing future costs to our state.

Early detection during the first five years of a child's life leads to early intervention services that address developmental delays offer a young child opportunity to build a strong foundation for cognitive, social, and emotional health. The health of parents, caregivers, and other adults in a child's life has a direct influence on his or her healthy development. Nurturing interactions between a young child and their caregivers help build the architecture for a healthy developing brain. When parents or caregivers are dealing with issues such as chronic depression they may not be able to engage in healthy interactions with the child. 1st Five uses a comprehensive approach to child health that begins with the child's health and development and extends to the family's well-being.

1st Five supports the health and development of our youngest children and can reduce the impact of developmental and behavioral disorders which have high costs for Iowa's taxpayers and long-term consequences for health, education, child welfare, and juvenile justice systems.

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

To learn more about the Center's evaluation efforts, contact Angelica Cardenas-Chaisson (acardenas@cfpciowa.org).

For general information on 1st Five, contact Michelle Holst (Michelle.Holst@idph.iowa.gov).



1st Five supports Iowa families and communities in the following ways

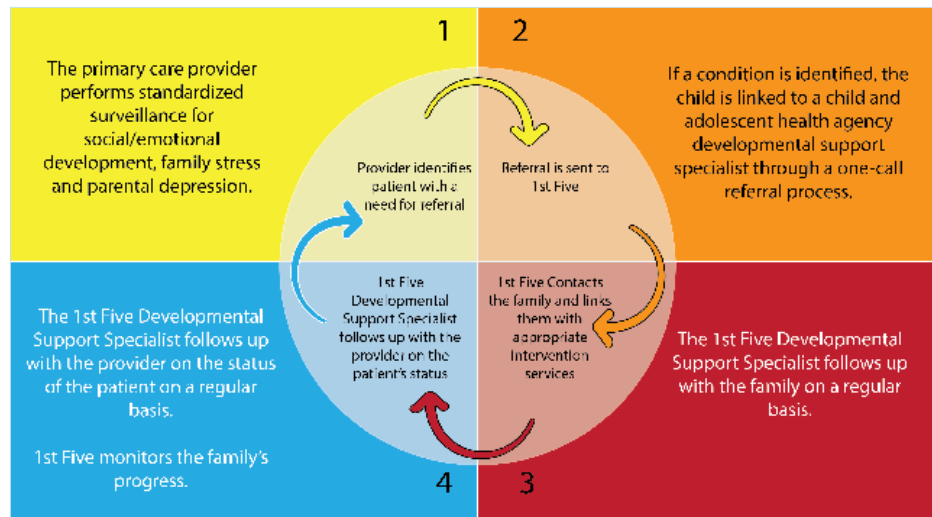
Facilitates early identification and intervention

During state fiscal year 2018, health providers referred nearly 3,000 children with social-emotional and developmental needs to the 1st Five initiative. Experts agree that early detection of developmental delays increases the effectiveness of interventions and improves long-term outcomes. It reduces costs to the state by reducing family stress, caregiver depression and other environmental factors that contribute to poor health and risky behaviors in adulthood.¹

Equips providers to implement developmental screenings

Over 600 providers representing 312 clinics referred children to 1st Five in FY 2018. 1st Five helps providers to implement developmental screenings by providing training and support. As a result, providers participating in 1st Five are more likely to use these standardized tools than their non-participating peers. When concerns are identified by a provider they connect the family to 1st

1st Five developmental support specialists are the link between health providers and community services



Source: 1st Five Healthy Mental Development Initiative

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

96%
were “completely” or
“mostly” satisfied

4%
were “somewhat” or
“slightly” satisfied

0%
were “not at all”
satisfied

Five. 1st Five works with the family to connect them to services in their local community to address their needs. 1st Five follows up with the provider and monitors the family’s progress. This feedback loop keeps the provider better informed on how the family is doing.

Supports the whole family

Research shows that a child’s environment plays an important role in his or her healthy development. Providing comprehensive care for a child’s physical, social and emotional health requires addressing issues that affect the entire family such as parental depression, family stress and needs of older children. All these individuals make up the child’s immediate environment. This whole-child, whole-family approach extends its reach and support beyond the child referred to the program. The average family size for families referred to 1st Five is 4; this significantly increases the number of individuals receiving support from 1st Five.

1st Five helps providers address an array of family needs

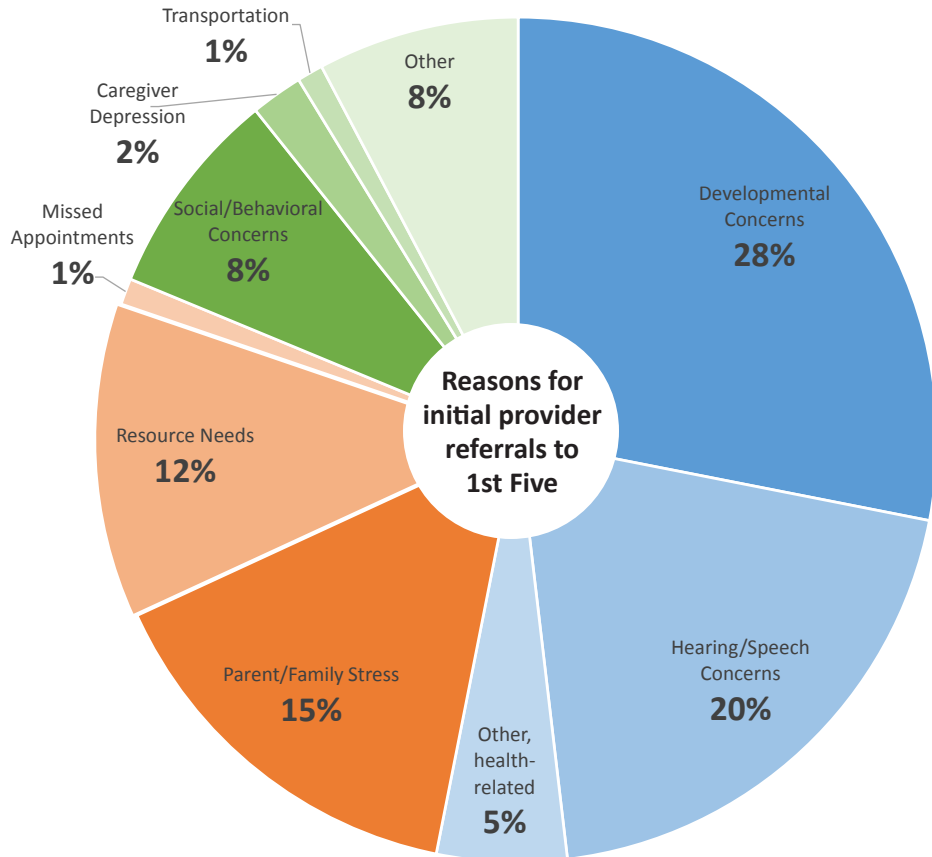
1st Five’s role in “closing the loop” on interventions within the medical home enhances child health. Nearly 95 percent of participating providers say 1st Five is effective in helping families in their practice meet their child’s needs.

Said one: “We are very thankful for 1st Five being available to us and our patients. It is great to have such knowledgeable people to connect with and get our patients the additional help they may need in such an important developmental time in a child’s life.”

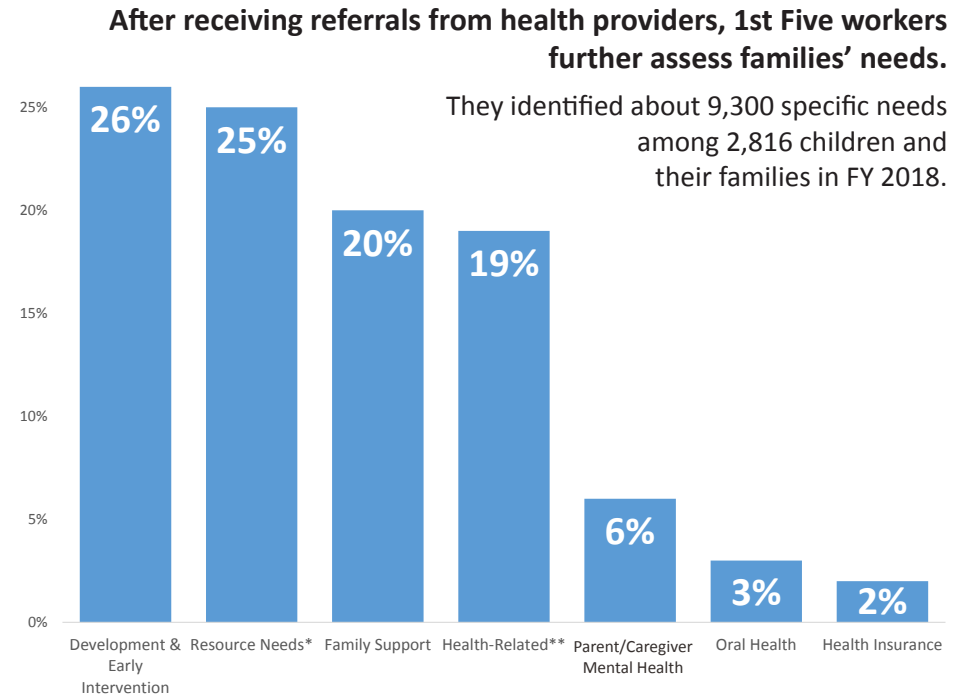
Said another: “I had a family with two children who needed hearing devices—they had no resources — including insurance. Now, these kids can hear, speak, they light up when I see them. I sent them to 1st Five because I didn’t know any other options for them, and it was a blessing for that family.”

¹ Shonkoff, J. P., A. S. Garner, B. S. Siegel, M. I. Dobbins, M. F. Earls, L. Mcguinn, J. Pascoe, and D. L. Wood. “The Lifelong Effects of Early Childhood Adversity and Toxic Stress.” *Pediatrics* 129.1 (2011).

FY 2018 data snapshot



When a health provider identifies a child with concerns she makes a referral to 1st Five. 1st Five then works with the family to identify resources to address the family’s needs. Around 9,300 needs were identified in among the 2,816 children referred to 1st Five in FY 2018. Those children often faced complex needs such as family stress, caregiver depression, resource needs and environmental factors that create toxic stress. Families were connected to community services like family therapy, parent education, housing resources and food banks.



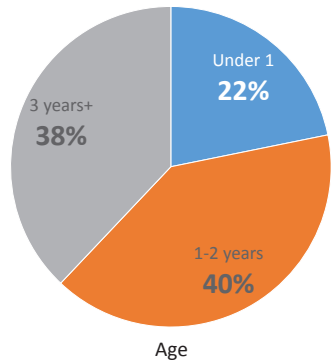
*Resource-need referrals are for supports such as food, transportation, housing, child care/preschool, energy and baby supplies.
 **Health-related referrals are for services such as lead screening, vision, immunizations, hearing assessments, nutrition and access to care.

Based those 9,300 identified family needs, 1st Five made connections on behalf of families to services. The top three referrals were for child development and early intervention services (26 percent), resource needs (25 percent) and family-support services (20 percent). Health related services accounted for 19 percent. The remaining 11 percent were for oral, mental-health care and health coverage.

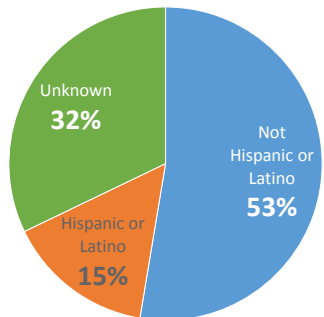
Putting Iowa children on a path to healthy, productive adulthood

Iowa lawmakers, understanding the value of the initiative, have expanded the appropriation for 1st Five since its start in 2007. With the increased funding and expansion over the years there has been a steady growth in the number of young children referred, and the number of clinics and providers that are engaged in 1st Five. Communities where 1st Five has been active see 1st Five as a stable resource for families.

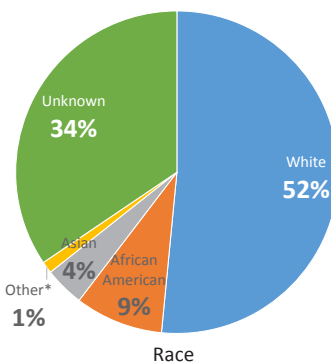
About children participating in 1st Five



Age



Ethnicity



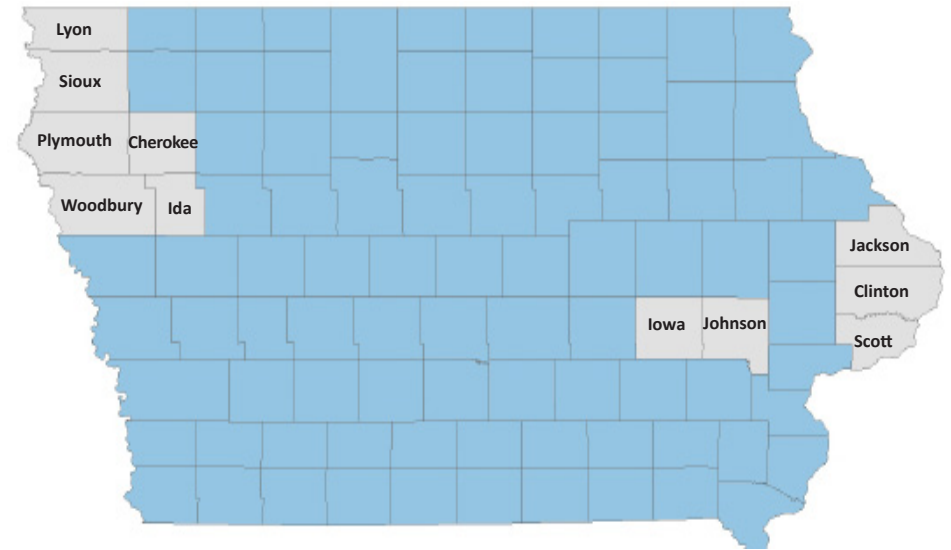
Race

* Other includes Native Hawaiian/Other Pacific Islander and American Indian/Alaska Native.

Since 2007, 1st Five has:

- Supported the healthy mental development of nearly 18,000 children through the early identification of and intervention for social-emotional and developmental concerns that might have otherwise gone unaddressed until school entry.
- Made over 42,000 connections to community resources to help families address family stress, caregiver depression, and environmental factors that create toxic stress.

1st Five operates in most Iowa counties



The 88 counties in blue are served by 1st Five. The Iowa Department of Public Health contracts with 18 local Title V maternal and child health agencies operating in these counties to implement the initiative. The remaining 11 counties, shaded in gray and labeled, are not served by 1st Five.

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

The 1st Five Healthy Development Initiative model begins with addressing developmental concerns identified through a developmental screening by a provider. Often in that process, they identify other issues and stressors facing the family.

Meet Jackson*. Jackson was 4 years old when his primary health care provider used ASQ-3 and ASQ-SE2 (Ages and Stages Questionnaire and Ages and Stages Questionnaire: Social Emotional) to screen him for developmental delays. Jackson scored below the cutoff for fine motor skills. This prompted the health provider to refer the family to 1st Five. 1st Five connected Jackson with the local AEA and a therapy clinic to receive occupational therapy services.

While working with 1st Five to address Jackson's developmental issues, his family shared concerns about his mother's mental health and lack of basic household supplies. 1st Five connected Jackson's mother with a local mental health agency to assist with therapy and medication and helped the family obtain basic necessities.

*Name has been changed to protect family privacy.