How do I access Behavioral Health Services if I have...

RESOURCES TO GET ADDITIONAL HELP

LEARN ABOUT CHILD DEVELOPMENT:
www.cdc.gov/ncbddd/childdevelopment/facts.html

EARLY INTERVENTION RESOURCES:

Center for Children with Special Needs
- Statewide Resource Finder by County-
  www.cshcn.org/washington-resource-lists-county

Center for Human Services 206-362-7282
www.chs-nw.org
- Community-based infant toddler intervention and family behavioral health services agency

Tulalip Tribes—Behavioral Health Mental Wellness

Adult Mental Wellness 360-716-4400
Child, Youth & Family Mental Wellness 360-716-4225

WithinReach www.withinreachwa.org
- Free early childhood developmental screening, referrals for intervention, parenting classes, healthy activities, and benefit assistance

Family Health Hotline 1-800-322-2588
Parent Help 1-2-3 www.parenthelp123.org
PAVE 253-565-2266

FREE EARLY LEARNING:

Early Head Start (Under age 3):
North Snohomish County EHS 425-388-6471
Snohomish County Early Head Start 425-712-9000
- Developmental screenings, child development, health, nutrition, and parent / family support services

Early Intervention Program 425-388-7402
- Provides support to enhance each child’s speech, physical and cognitive growth and development

Preschool (Ages 3-5):
Early Childhood Education and Assistance Program (ECEAP) 425-388-7010
Snohomish County Head Start 425-712-9000

Private Insurance: Locate the direct number on your insurance card and call to locate a provider in your network.

Apple Health (Medicaid):
Contact Washington insurance www.wahealthplanfinder.org or call 877-419-3155

No Insurance: Call the Family Health Hotline at 1-800-322-2588 or access the web site at www.parenthelp123/resources. Many therapists and community health centers offer services on a sliding scale. You may be eligible for Apple Health, call 1-855-923-4633 or you can visit the website at www.wahealthplanfinder.org.

If you fear for your safety or someone else, please call 911 immediately. Anyone can call the 24-Hour Care Crisis line at 1-800-584-3578

Early Childhood Social-Emotional Wellness

Promoting mental health, resiliency and well-being of children (birth to 5) and their families in our communities

Early Learning Mental Health Subcommittee

3000 Rockefeller Ave, Everett, WA 98201
Every child… needs to be nurtured from the inside out to develop the socio-emotional, physical, and cognitive skills needed to be successful in learning and in life. Children are more likely to overcome mental health symptoms with their parent or caregiver support and a commitment to finding the right services.

Early Childhood Mental Health describes a child’s socio-emotional wellness as being able to:

- Form close, secure and meaningful attachments and relationships
- Experience, regulate and express emotions
- Explore their environment and be ready to learn

What Do I Do If I’m Concerned about a Child?

Talk with your child’s doctor, counselor, family, teacher, family support staff, early intervention specialist, or healthcare provider.

When do I seek help and support and contact a Professional?

Infant (birth through 1 year)

- Very difficult to soothe or console; lack of joy during caregiver interaction; or, rarely cries
- Limited interest in things, people, environment, or, may appear fearful or on guard
- Failure to gain weight
- Consistent strong reactions to touch, sounds or movement; stiffens body when picked up
- Sleep, feeding, and/or eating problems
- Child’s primary caregiver is struggling with parenting or experiencing their own

Toddler (1-3 years)

(Includes birth - 1 year issues in addition to the following)

- Displays very little emotion
- Unable to calm self
- Does not turn to adults for comfort or help
- Excessive fearfulness or excessive sadness
- Withdrawal or excessive clinging
- Aggression toward self or others
- Impulsiveness and hyperactivity
- Excessive tantrums or defiance
- Language delays

Preschool (3-5 years)

(Includes birth - 3 issues in addition to the following)

- Consistently prefers not to play with others or with toys
- Hyperactivity beyond activity levels of what other children are doing
- Goes to strangers easily
- Destructive to toys or other objects
- Hurts animals
- Limited use of words to express feelings
- Persistent nightmares
- Excessive fear, worrying, or crying
- Child has experienced trauma or witnessed family or community violence

What questions should I ask a provider?

Before you visit your provider it is helpful to write down some questions that you want to ask.

- Do you involve parents (or guardians) in the counseling process?
- Do you provide family therapy? How do you decide if this is needed?
- What criteria do you use to determine whether or not a child needs medication? To whom do you refer for this type of assessment?
- If my child needs special accommodations at school, do you assist in making these arrangements?
- How flexible is your appointment schedule? Do you offer after school/evening/Saturday appointments?
- If you or I decide that you and my child might not work well together, will you be able to suggest other referrals?
- What is your training and experience working with Infant/Early Childhood Mental Health, as well as working with families from diverse backgrounds?
- My child has been having some problems in the following areas… (provide examples of the behaviors that concern you).

What should I do if I don’t think my child is getting better?

- Talk to your child’s healthcare provider, teacher, etc., and share your concerns.
- Ask questions—you are your child’s best advocate. Get an assessment. Ask for help.