

- 1 out of 5 children experience a brain-related mental health challenge in a given year.
- The good news is... You can make a difference in a child's life by getting help early.



**STEP 1: Learn about child development**

**STEP 2: Talk to your healthcare provider**

**STEP 3: Screen or assess your child**

**STEP 4: Access services**

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

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

**Apple Health (Medicaid): Mental Health Access at 1-888-693-7200**, Monday through Friday, 8:30 a.m. to 5:00 p.m. You may also leave a message by pressing option 4.

**No Insurance:** Call the Family Health Hotline at 1-800-322-2588 or access the web site at [www.parenthelp123/resources](http://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](http://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**

## RESOURCES TO GET ADDITIONAL HELP

### LEARN ABOUT CHILD DEVELOPMENT:

[www.cdc.gov/ncbddd/childdevelopment/facts.html](http://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](http://www.cshcn.org/washington-resource-lists-county)

**Center for Human Services** 206-362-7282  
[www.chs-nw.org](http://www.chs-nw.org)

- Community-based infant toddler intervention and family behavioral health services agency

**Snohomish County Early Intervention Programs (Birth to 3)** 425-388-7402

- Provides support to enhance each child's speech, physical and cognitive growth and development

### Tulalip Tribes—Behavioral Health Mental Wellness

Adult Mental Wellness 360-716-4400  
Child, Youth and Family Mental Wellness 360-716-3284

**WithinReach** [www.withinreachwa.org](http://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](http://www.parenthelp123.org)

### FREE EARLY LEARNING PROGRAMS:

- Developmental screenings, child development, health, nutrition, and parent / family support services

#### Early Head Start (Under age 3)

North Snohomish County 425-388-6339  
Snohomish County Early Head Start 425-712-9000

#### Free Preschool (Ages 3-5)

Early Childhood Education and Assistance Program (ECEAP) 425-388-7010  
Snohomish County Head Start 425-712-9000

**Contact your local school district for screening and intervention services for children ages 3+**

## Early Childhood Social-Emotional Wellness



### How do I find support?

*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 interven-

### **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 mental health issues

#### **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.