

Family Guide

Early Intervention Services for Young Children with Developmental Delays or Disabilities



OUR MISSION

To support each person with a developmental disability to achieve and maintain a full and participating life in their community.



SPOKANE COUNTY

YOUR COMMUNITY PARTNER

509.477.5722
1.800.273.5864
312 West 8th Avenue
Spokane, WA
99204

Spokane County
Community Services,
Housing, and Community
Development Department

www.spokanecounty.org/Community/DDP

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Welcome to Holland

I am often asked to describe the experience of raising a child with a disability—to try to help people who have not shared this unique experience to understand it, to imagine how it would feel. It’s like this...

When you’re going to have a baby, it’s like planning a fabulous vacation trip—to Italy. You buy a bunch of guide books and make your wonderful plans. The Coliseum. Michelangelo’s David. The gondolas in Venice. You may even learn some handy phrases in Italian. It’s all very exciting.

After months of eager anticipation, the day finally arrives. You pack your bags and off you go. Several hours later the plane lands. The stewardess comes in and says, “Welcome to Holland!” “Holland?” you say. “What do you mean Holland? I signed up for Italy. I’m supposed to be in Italy. All my life I’ve dreamed of going to Italy!” But there has been a change in the flight plan. They have landed in Holland and there you must stay.

The important thing is that they haven’t taken you to a horrible, disgusting, filthy place full of pestilence, famine, and disease. It’s just a different place.

So you must go out and buy new guide books. And you must learn a whole new language. And you will meet a whole new group of people you would never have met.

It’s just a different place. It’s slower-paced than Italy, less flashy than Italy. But after you’ve been there for a while and you catch your breath, you look around... And you begin to notice that Holland has windmills... and Holland has tulips. Holland even has Rembrandts.

But everyone you know is busy coming and going from Italy and they’re all bragging about what a wonderful time they had there. And for the rest of your life, you will say, “Yes, that’s where I was supposed to go. That’s what I had planned.” And the pain of that will never, ever, ever go away... because the loss of that dream is a very significant loss. But... if you spend your life mourning that fact that you didn’t get to Italy, you may never be free to enjoy the very special—the very lovely things about Holland.

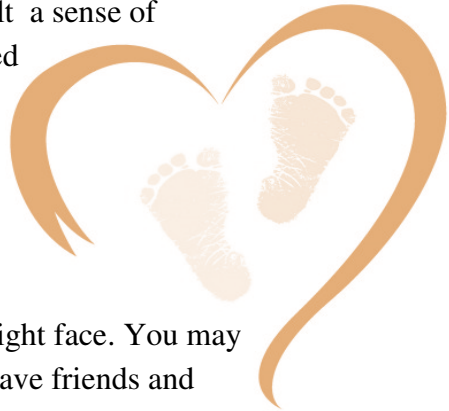
Emily Perl Kingsley

Parent of a child with a disability



Hello and Welcome!

When you learned that you were expecting a baby, you probably felt a sense of wonder and excitement as you and your family planned and dreamed about your new arrival. When your child was born with a disability or you learned that your child has delays in his or her development, your expectations and dreams seemed to be shattered. Feelings of disappointment, sadness, guilt, anger, and fear replaced expected feelings of joy and promise. These emotions are normal.



Now, you may be feeling concern over the challenges your child might face. You may worry about how others see your child and whether he or she will have friends and opportunities in life that other children without disabilities experience. You may also question your ability as a parent to help your child learn and succeed in the world.

Most families soon come to recognize that they are their child's first and forever teacher. You know and understand your child better than anyone else, which makes you the expert on your child's abilities. You know best how to make your child an important part of your family and what he or she will need to become a happy, contributing member of our community.

Fortunately, you do not have to do this alone. In Spokane County, there are many excellent resources and supports, also known as early intervention services, to help you and your child grow and learn together. It is our hope that this booklet will provide you with the encouragement and assistance you are seeking for yourself, your child, and your family.

Brian Nichols
(509) 477-2029
Developmental Disabilities Manager

Michelle Baker
(509) 477-5969
Child and Family Program Specialist



Spokane County Community Services, Housing,
and Community Development Department



What is Early Intervention?

Early intervention is the “name” for the developmental help your child will get while he or she is young. Early intervention is for children ages birth to three who have been diagnosed with a developmental delay or disability. The purpose of early intervention is to help your child make as much progress as possible during the years when their brain is growing the most. Some children who get early intervention services will outgrow the need for special help by the time they enter school.

Early Intervention Services



Early Intervention Services are provided to your child in many different ways. Once it is determined what services your child needs, you will be assigned a Family Resource Coordinator (FRC). You will work closely with your FRC, and they will help you look at all of your options. Some service providers work in the same location, so you only need to go to one place to get a variety of services. Some providers work out of an office, and you take your child there for regular appointments. Other providers come to your home to provide services to your child and family. Don't worry about making the wrong choice, because you can always change if your first choice doesn't work out.



Family Involvement

You play an important role in the decision surrounding your child's care. You will find that service providers want to include you in the decision-making process. You will help decide which services your child will receive, who will provide those services, and where those services will be located. It is important for you to remember that you are the real expert on your child and family. Your opinion is very important, so don't be afraid to speak up.

Your Family's Culture



Early Intervention Service providers know that each family has its own beliefs, customs, and traditions. They also know that you will have an idea about the best way for your family to participate in services. This is why early intervention service plans are different for each family. And why providers work to meet your child and family's unique needs. When Early Intervention Services meet your family's unique needs, it is called individualized services or family-centered services.

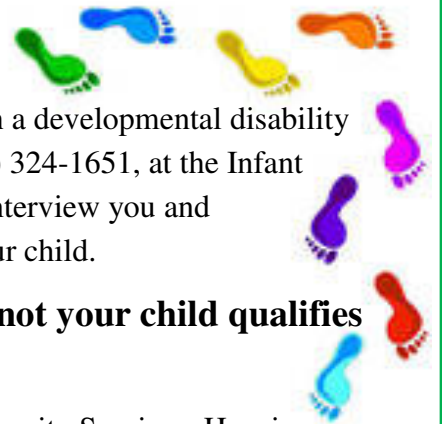


Working Together

Keeping track of all the different community agencies and service providers can sometimes be complicated. Fortunately, the Spokane County Interagency Coordinating Council (CICC) meets at least four times a year. They meet to look for ways to improve early intervention services. Families are important in this process. When you let the CICC know how services are going for your child, then they are able to look at the quality and effectiveness of the services they provide. The CICC always welcomes families to attend meetings to express their concerns or to learn about what is happening in the community. If you are interested in more information about the CICC and how to participate, just let your FRC know.



Where Do I Start?



If you have a child under the age of three who has been diagnosed with a developmental disability or you are worried about your child's development, you may call (509) 324-1651, at the Infant Toddler Network (ITN). A Family Resource Coordinator (FRC) will interview you and assist you in obtaining a developmental screening or evaluation for your child.

An evaluation is the first step in determining whether or not your child qualifies for any services.

In order to receive services funded through the Spokane County Community Services, Housing, and Community Development Department (CSHCD), a child must first be eligible through the Developmental Disabilities Administration (DDA). Eligibility for DDA services is not based on income and is determined by the presence of a developmental delay in one or more of the following developmental areas:

- Fine or gross motor skills—reaching, grasping, sitting, walking, moving, etc.
- Self-help skills—feeding, dressing, toileting, etc.
- Expressive and receptive language skills—talking, responding to words, etc.
- Social skills—making eye contact, relating to others, etc.
- Cognitive or problem solving skills—ability to learn.

Children who have Down syndrome, have medically intensive needs, or who have a condition that is too complicated to be assessed are also eligible for services.

Your FRC can assist you in filling out the application forms for DDA. If you do not know if your child is eligible for services under DDA, you may call DDA at (509) 329-2900, and an intake person will ask you some questions about your child's medical history and development over the phone. If your child qualifies, a DDA Case Resource Manager will be assigned to your child and family.

Early Intervention Services Agencies that Contract with Spokane County

If your child is eligible for DDA services, you may be able to receive services funded through Spokane County Community Services, Housing, and Community Development Department's Developmental Disabilities Division. These services are provided through contracts with the following three early intervention providers:

- 1) Children FIRST
- 2) Early Head Start
- 3) Spokane Guilds' School and Neuromuscular Center

Each agency has provided a description of their program and early intervention services offered through their program. Their services are available to support both your child and your family.

2510 North Pines Road, Suite #3
Spokane, WA 99206

Director: Carey Gibbons
(509) 315-5711



Children FIRST Therapy provides the highest-quality early intervention services for children birth to three with developmental delays through our unique, integrated preschool and group therapy programs. Our integrated preschool provides an opportunity for children to learn from and receive therapy with their typically-developing friends rather than attending an individual session in a more subdued clinical environment.

For more than 20, years Children FIRST Therapy has been the only therapy program in the Spokane area offering an integrated preschool run by therapists who skillfully engage your child in their therapy work during their preschool activities and learning.

Children FIRST Therapy is also a high-quality, successful preschool for typically developing children. In our program, therapists and early childhood specialists teach children with developmental disabilities and typically developing children the same curriculum which challenges each student to grow and reach their own fullest potential.

Children FIRST Therapy serves the child's parents and care-givers as well; offering in-depth resource coordination and hands-on involvement in the child's therapy. We also provide in-home therapy sessions for children within our service area.

For children in East, West, and Central Valley school districts, as well as the Spokane area, Children First Therapy is the only integrated preschool and the best choice for your child's success!



Early Head Start

3939 North Freya Street
Spokane, WA 99217

Phone: (509) 533-4800

Early Head Start (EHS) is a program of the Community Colleges of Spokane's Institute for Extended Learning. Early Head Start is a federally-funded program designed to foster healthy development for low income children, prenatal to age three, and their families. It promotes healthy prenatal outcomes, enhances the development of infants and toddlers, and promotes healthy family functioning. Spokane County Early Head Start serves 210 children and their families.

The program models include home-base, part-day, and full-day center base services. The EHS center base staff includes a teacher, an associate teacher, and family service coordinator. Home visitors serve home base children on a weekly basis. In addition, education staff oversees group socializations.

As a comprehensive program, EHS helps families address the many areas of a child's growth and development. Programming for each child is individualized based on their strengths and needs. EHS provides health screenings and works with families to access health care providers, and a registered dietitian is on staff to support family nutrition services. The program supports a wellness approach to family and child mental health, with onsite mental health consultants available to children, staff, and families.

Parent involvement and the social services component are critical elements of EHS services. The parent's role in their child's education, growth and development, as well as the parents participation in program governance, is one of the unique strengths of Early Head Start programming.

Early Head Start provides a natural environment for children with identified disabilities as they participate in the program. Ten percent of all enrollments are reserved for children with special needs. Typically, over 17% of EHS total enrollment is children with diagnosed disabilities. In addition to the services listed above, children with special needs receive individualized services from therapy teams. In collaboration with community partners, a team of contracted therapists complete evaluations and provide ongoing services in children's homes and centers. EHS works with the Infant Toddler Network (ITN) in completing an Individualized Family Service Plan (IFSP) for each child who qualifies. Activities in the IFSP are integrated into all of the regular programming and done as a routine part of the classroom or home based activities.



2118 West Garland Avenue
Spokane, WA 99205
(509) 326-1651

The purpose of the Spokane Guilds' School and Neuromuscular Center is to provide crucial early intervention treatment programs to children, age birth to three. Children with cerebral palsy, Down syndrome, spina bifida, hearing or vision impairments, autism, traumatic brain injury, and other forms of developmental delays and rare syndromes are all served without regard to race, gender, religion, or ability to pay.

The Guilds' School program is family-based and operates twelve months annually. Treatment is personalized to meet the individual needs of each child and family. The neuromuscular center provides comprehensive assessment for children who are suspected of developmental delays. An intake team, made up of a nurse and family staff liaison, can provide in-home developmental screening, resource identification and referrals. Children are also assessed by a developmental pediatrician and a team of qualified therapists and teachers.

Teams are comprised of a physical therapist, occupational therapist, speech pathologist, and certified special education teacher who coordinate the child's treatment program. This unique team approach is of maximum benefit to a child because each of the disciplines work to compliment one another and strengthen the therapy's overall effectiveness for the child.

Program options include: individual therapy, toddler groups, preschool groups, and home-based services. Children may be referred to the Spokane Guilds' School by the parent or a physician. Parents are an integral part of successful treatment and must agree to take an active role in their child's program.

Questions to Ask

A few questions you may want to ask when choosing the agency that will be providing early intervention to your child:

- 1) What kind of early intervention services do you provide?
- 2) How will you include me, as a parent, in my child's evaluation, treatment planning, and overall services?
- 3) What kind of education and/or training will you give me so I can help my child?
- 4) Will you come to my house or my child's daycare to provide services?
- 5) What will you expect of me as a parent while my child is receiving services?
- 6) How will you include other family members in my child's services?
- 7) How will you incorporate my family's cultural beliefs and traditions in my child's services?
- 8) How will you measure my child's progress?
- 9) How will you keep me informed of my child's progress?
- 10) Will my child have opportunities to be around children without developmental delays?
- 11) Will my child's treatment goals make sense in his or her daily routines?
- 12) How will you ensure that my child's services will meet his or her unique needs?
- 13) What will happen when my child turns 3?



Other Early Intervention Service Providers

Achieve Center

www.achievecenter.net

(509) 435-0481

528 East Spokane Falls Boulevard, Suite 401
Spokane, WA 99202

Serving Eastern and North Central Washington with locations in Wenatchee and Spokane, the Achieve Center provides pediatric speech & language therapy, physical therapy, and occupational therapy to children with developmental disabilities and delays from birth to age 21.

Center for Pediatric Therapy www.spokanecpt.com

(509) 487-2958

Mailing address: PO Box 48070
6710 North Country Homes Boulevard
Spokane, WA 99208

Serving children birth to 18 years of age who present with delays in development and who are in need of specific therapy needs. Services include physical, occupational, and speech therapy. Some of the sub-specialties include addressing alignment issues, sensory processing difficulties, feeding and oral motor difficulties.

Milestones

www.milestonespediatrictherapy.net

(509) 835-4404

1206 North Lincoln Street, Suite 101
Spokane, WA 99201

Provide outstanding assessment and individualized treatment services to children and adolescents with speech, language, feeding, social-communication, sensory, motor, reading, and cognitive learning needs.

Stepping Stones

www.sspediatrictherapy.net

(509) 209-7429

108 North Washington Street, Suite 418
Spokane, WA 99201

Providing occupational, physical, and speech therapy services that are designed to meet the unique goals of each child and family in their home and community. Through a partnership with NW Family Nutrition helps provide medical nutrition therapy as well.

Youthful Horizons

www.youthfulhorizonstherapy.com

(509) 921-9798

325 South University Street
Spokane Valley, WA 99206

At Youthful Horizons Therapy, you'll find highly trained, compassionate and dedicated professionals who are sincere in their efforts to provide you with the absolute best, personalized care. It is our goal to ensure your time with us exceeds your expectations.

Community Resources

Child Care Aware of Eastern Washington

(509) 444-3066 www.community-minded.org/child-care

Community-Minded Enterprises

25 West Main Avenue

Spokane, WA 99201

Refers parents to licensed child care providers to meet the family's individual requirements. Provides information on selecting childcare and assists families in locating available funding sources for childcare.

Children with Special Health Care Needs

(509) 324-1640 www.srhd.org/services/nursing.asp

Spokane Regional Health District

1101 West College Avenue, Suite 240

Spokane, WA 99201

Provides care coordination by Public Health Nurses for families with children who have special health care needs.

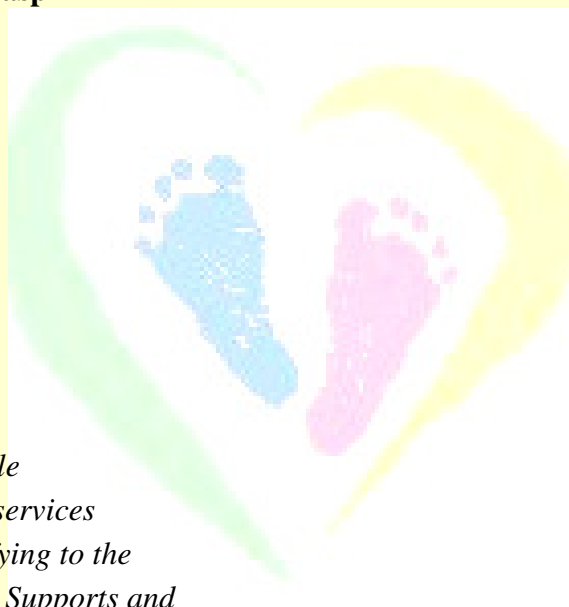
Developmental Disabilities Administration

(509) 329-2900 www.dshs.wa.gov/dda

1611 West Indiana Avenue

Spokane, WA 99205

Endeavors to make a positive difference in the lives of people eligible for services, through offering quality supports and services that are: individual/family driven, stable and flexible, satisfying to the person and their family, and able to meet individual needs. Supports and services are offered in ways that ensure people have the necessary information to make decisions about their options and provide optimum opportunities for success.



Eastern Washington Center for the Deaf and Hard of Hearing (EWCDHH)

(509) 328-9220 www.ewcdhh.org

1206 North Howard Street

Spokane, WA 99201

Provides communication access, advocacy, training and education, socialization and skill building for Deaf, Hard of Hearing, and Deaf/Blind children and adults. Offers sign language interpreter services as needed, 24 hours a day, 7 days a week.

Community Resources Continued

Infant Toddler Network

(509) 324-1651 www.srhd.org/services/nursing.asp

Spokane Regional Health District
1101 West College Avenue, Suite 240
Spokane, WA 99201

Provides information, referrals, screening, tracking, evaluation, assessment, access to therapy and family resource coordination.

March of Dimes Inland Northwest Division

(509) 328-1920 www.marchofdimes.org/washington

P.O Box 580
Spokane Valley, WA 99016

We help moms have full-term pregnancies and healthy babies. If something goes wrong, we offer information and comfort to families. We research the problems that threaten our babies and work on preventing them.

Northwest Autism Center (NAC)

(509) 328-1528 www.nwautism.org

528 East Spokane Falls Boulevard, Suite 14
Spokane, WA 99202

Provides information and education regarding contemporary approaches to the diagnosis, care, treatment, and intervention for individuals with Autism Spectrum Disorder (ASD). Committed to developing and linking children and families to necessary services. Information will be provided to family members, educators, early childhood service and care providers, health care professionals, and other interested people and/or community groups.

Northeast Child Development Center

(509) 444-0374 www.necca.myspokane.net

Northeast Community Center
4001 North Cook Street
Spokane, WA 99207

Full-time, licensed, child care accepting children three months through preschool. Priority is given to children with special needs who are enrolling in Head Start and whose families are dependent on childcare subsidy.



Local Parent Support Groups

Parent support groups are created in our community to help families network with other families to navigate the “system,” to offer advice, and provide guidance for living with and raising a child with a disability. Following are several parent organizations you might find helpful:

Autism Society of Washington—Spokane Chapter

(509) 467-4373 www.autismsocietyofwa.org/asw-spokane

Down Syndrome Family Network

(509) 455-7439 www.dsfamilynetwork.org

Epilepsy Support Group

(509) 325-1128 roelirch@epnw.org

**F.I.S.H. (Families in Support of Hearing) &
HOPE (Hearing Oral Program of Excellence)**

(509) 863-7097 www.spokanehopeschool.org

Muscular Dystrophy Support Group

(509) 325-3747 www.mda.org/office/spokane

Northwest Parents of Blind Children/National Federation of the Blind

(509) 487-1732 www.nfb.org

Parent-to-Parent

(509) 328-6326 www.arc-spokane.org

Passages Parent Support Program

(509) 829-9241 www.passages-spokane.org

Spokane Fathers Network

(509) 328-6326 www.arc-spokane.org

Spokane Smiles

(509) 251-8387 or www.spokanesmilesonline.com
(509) 999-2195



State and National Resources

Center for Parent Information (CPI)

No phone number **www.parentcenterhub.org**

C/O Statewide Parent Advocacy Network

35 Halsey Street, Fourth Floor

Newark, NJ 07102

A central resource of information and products to the community of Parent Training Information (PTI) Centers and the Community Resource Centers (CRC), so they can focus their efforts on serving families of children with disabilities.

Council for Exceptional Children (CEC) & The Division for Early Childhood

(888) 232-7733 **www.cec.sped.org**

1380 Laurence Street, Suite 650

Denver, CO 80204

Largest, international, professional organization dedicated to improving education outcomes for individuals with exceptionalities. Advocates for governmental policies, sets professional standards, and provides continual professional development.

Early Support for Infants and Toddlers (ESIT)

Department of Early Learning

(360) 725-4665 **www.del.wa.gov/esit**

Located within the Department of Early Learning and responsible for implementing the federally-funded Individuals with Disabilities Education Act (IDEA), Part C that provides services for families with children age birth to three in Washington State who have developmental delays.

Office of Superintendent of Public Instruction (OSPI)

Special Education

(360) 725-6075 **www.k12.wa.us/specialed**

Old Capitol Building

PO Box 47200

Olympia, WA 98504-7200

Oversees public K-12 education in Washington State, including special education for students birth to 21.

Zero to Three

National Center for Infants, Toddlers, and Families

(800) 899-4301 **www.zerotothree.org**

2000 M Street, Northwest Suite 200

Washington , DC 20036

A national, nonprofit organization dedicated solely to advancing the healthy development of babies and young children. Disseminates key developmental information focusing on the diverse needs of the “whole baby” in the context of the family and community.

Transition from Early Intervention Services to Special Education Preschool

Early intervention services are available for your child until he/she is three years old. After your child turns three, they will begin to get services from their local school district. Moving from early intervention services to school district services is called transition. Transitioning to the school district will seem strange. You and your child will meet a lot of new people and go to new places for services. The change can feel a little scary, but your Family Resource Coordinator (FRC) will help make the transition as smooth as possible.

Around the time your child turns 2 1/2 years old, your FRC will start talking to you about the upcoming transition. Your FRC will have you sign a form that will allow them to talk to your school district. Your school district will need to determine if your child still needs special services and may want to do some of their own assessments.

Three months before your child turns three, there will be a transition planning meeting with you, your FRC, and a representative from the school district. At this meeting, a plan will be made that describes what services your child will receive after the transition and where those services will take place. The plan may also include opportunities for you and your child to visit with the new service providers, so you can get to know them and ask them questions. It also gives your child a chance to become familiar with the new places where he/she will get services. You know your child better than anyone at the meeting, so it is important that you be your child's voice, to assure that the plan will meet your child's individual needs.

Some of the things you will find that are different with services after your child transitions are:

- You no longer have an FRC to help coordinate services, so it will be important for you to voice your opinion and know your rights.
- Your child will not have an Individual Family Service Plan (IFSP) anymore; he/she will have an Individual Education Program (IEP).
- There will be less of a focus on the family as a whole and more focus on your child as an individual.

“A school system without parents at its foundation is just like a bucket with a hole in it.”

Reverend Jesse L. Jackson



Special Education Preschool Services in Spokane County

Central Valley	(509) 228-5500
Cheney	(509) 559-4507
Deer Park	(509) 464-5521
East Valley	(509) 927-9511
Freeman	(509) 291-4791
Great Northern	(509) 747-7714
Liberty	(509) 624-4371
Mead	(509) 465-7600
Medical Lake	(509) 565-3408
Nine Mile Falls	(509) 344-4304
Orchard Prairie	(509) 467-9517
Riverside	(509) 464-8361
Spokane Public Schools	(509) 354-6336
West Valley	(509) 927-1138



Alphabet Soup

Acronyms



There will be times when you are meeting with a physician or service provider, and they use a group of letters (acronyms) to describe something. In the beginning, these acronyms can be confusing, so always ask them to say the words instead of using the letters. Eventually, you will get used to hearing the acronyms, but until then, here is a list of some of the most frequently-used acronyms. For a description of the definition or agency, you can ask your Family Resource Coordinator (FRC) or go to the Early Support for Infants and Toddlers website: www.del.wa.gov/esit

ADA	American with Disabilities Act	IEP	Individualized Education Program
ADD/ADHD	Attention Deficit Disorder/Attention Deficit Hyperactivity Disorder	LD/SLD	Learning Disability/Specific Learning Disability
CD	Communication Disorder	LEA	Local Education Agency
DD	Developmentally Delayed or Developmentally Disabled	LRE	Least Restrictive Environment
DDA	Developmental Disabilities Administration	MAA	Medical Assistance Administration
DDC	Developmental Disabilities Council	MDT	Multi-Disciplinary Team
DSHS	Department of Social and Health Services	MR	Mental Retardation
EBD	Emotionally/Behaviorally Disabled	OSPI	Office of Superintendent of Public Instruction
ESIT	Early Support for Infants and Toddlers	OT	Occupational Therapy
ESD	Educational Service District	PAVE	Partnerships for Action. Voices for Empowerment.
FAPE	Free and Appropriate Public Education	PT	Physical Therapist
FAS/FAE	Fetal Alcohol Syndrome/ Fetal Alcohol Effects	RRC	Regional Resource Center
FRC	Family Resource Coordination or Coordinator	SEA/OSPI	State Educational Agency (Also known as OSPI)
GEPA	General Education Provisions Act	SEAC	Special Education Advisory Council
IDEA	Individuals with Disabilities Education Act	WSD	Washington State School for the Deaf
TBI	Traumatic Brain Injury	WSSB	Washington State School for the Blind
IFSP	Individualized Family Services Plan	WAEYC	Washington Association for the Education of Young Children