

# Developmental Concerns?

Resources & information whilst waiting for an appointment in Developmental and Behavioral Pediatrics (DBP) at BMC.

## Is your child under age 3?

Enroll your child in Early Intervention (EI)



### What is Early Intervention (EI)?

- ▶ EI provides individualized support to infants (birth to age 3) at no cost, who are not reaching their developmental milestones.

### How do I get started?

- ▶ To find an EI agency contact **Family Ties**.
- ▶ Parents/caregivers or clinicians can refer your child to a local EI agency.
- ▶ EI will reach out to you to schedule an evaluation and may request additional information.
- ▶ The evaluation will take place at the EI center or in your home.



Family Ties

### What happens at EI?

- ▶ A plan to support your child's development will be made called the **Individualized Family Service Plan (IFSP)**.
- ▶ Your child will be assigned an EI clinician to support your child at home or a EI center. Hours and supports are outlined on the IFSP.
- ▶ **Request the EI clinician's contact information** and a copy of your child's IFSP.

## Is your child age 3 or older?

Enroll in school & request a special education evaluation



### What is a school special education evaluation?

- ▶ A special education evaluation (TEAM evaluation) is a group of assessments that helps the school district determine whether your child has a disability that requires special education.

### How do I get started?

- ▶ Parents/caregivers send a letter to your child's school (or the Special Education Department if not enrolled in school) requesting a TEAM evaluation. A sample letter can be found in the **ABCD guide**. After receiving, the school has 5 days to send you a consent.
- ▶ On the consent, select **ALL** developmental areas you would like your child to be evaluated in e.g., speech, behavior etc.
- ▶ Once the school receives the consent, you will be contacted by the school to schedule the evaluations and Team meeting. They have 45 school working days to complete both.



ABCD guide.

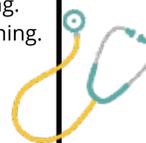
### What next?

- ▶ At the Team Meeting you will find out if your child qualifies for special education. If so your child will receive an **Individualized Education Plan (IEP)**.

## Additional referrals from your child's Primary Care Provider (PCP)

Your child's PCP can refer to additional specialists. If you have any of the following concerns, speak to your child's PCP.

- ▶ **Audiology:** speech/language delay, learning difficulties, failed hearing screen, unable to complete in office hearing screening.
- ▶ **Ophthalmology:** speech/language delay, learning difficulties, failed vision screen, unable to complete in office vision screening.
- ▶ **Psychiatry/Behavioral Health:** safety/behavioral concerns, mental health concerns.
- ▶ **Speech & Language Therapy (SLP) :** speech/language delay, failed hearing test.
- ▶ **Physical Therapy (PT):** gross motor delays e.g., running, walking, climbing.
- ▶ **Occupational Therapy (OT):** fine motor delays e.g., handwriting, activities of daily living (ADL) e.g., feeding, dressing etc.



## Steps to an appointment in Developmental & Behavioral Pediatrics (DBP)

1. While waiting for an appointment in DBP please **send helpful paperwork ahead of time including your child's most recent IEP or IFSP**. This information can be faxed to (617) 414-7915 or emailed to dbpforms@bmc.org.
2. When a DBP appointment is available for your child you will receive a call. Our schedulers will make 2-3 attempts to call and schedule an appointment with you.
3. **Keep your contact information is up to date at Boston Medical Center**. If your contact information changes at any time call (617) 414-6060 to update the information in your child's medical chart.
4. Your child's **first appointment in DBP will be a virtual appointment** with only the parent/guardian to gather background information. The second appointment will be an assessment/evaluation in-person with the child at Boston Medical Center. **Address: 801 Massachusetts Ave., Boston, MA 02119 at The CrossTown Building on Floor 7**. The third appointment will be an in-person feedback appointment to discuss the evaluation results. The child does not need to be present for the feedback appointment. If you have questions we can be reached at (617) 414-4841.

# Additional Resources

## Developmental Milestones

Resources for tracking and understanding your child's progression towards developmental milestones including motor, cognitive, speech, language, social and emotional milestones.



CDC Learn the Signs Act Early



CDC Milestone Tracker App



Healthy Children Developmental Milestones

Keep your child's PCP updated on any concerns you have about your child's development. Below are some resources with information and tools to utilize at home for supporting your child's development.



Talking is Teaching



Vroom



Sesame Street



CECHMC

## Safety Concerns

If you feel your child is at risk of hurting themselves or others, consider making a **Behavioral Health Emergency Action Plan (EAP)** with the following resources: Immediate in-home response via the emergency crisis line, visit the ER or call 911. Update your child's PCP on any behavioral concerns. Behavioral health supports are available at Community Behavioral Health Centers and if your child has MassHealth you can access services through the Children's Behavioral Health initiative (CBHI).



Emergency Crisis Line



Community Behavioral Health Centers



Children Behavior Health Initiative

Check out the safety guides on the BMC Autism Program website for safety tips and resources in the home, community, and around water.



Safety Guide



Water Safety Guide

## Family Support

Connect with other families to discuss shared experiences, learn about resources, and grow your support network. Support groups for families are available across MA. Connect with a Family Support Center, Family Voices or The Arc to find a support group. To speak with families about special education in your school district, join your district's SEPAC. The Sibling Network offers siblings of children with disabilities the chance to connect with other children in a fun, supportive environment.



Family Support Centers



Family Voices



The Arc



Sibshops



SEPAC

## Recreational Activities

Are you looking for an after-school or weekend activity for your child? Would they benefit from participating in a sports or arts activity, finding a new hobby, or making new friends? Here are some suggestions for finding a range of low-cost, inclusive and fun recreational activities in the community.



SpedChildMass



Special Olympics



Boys and Girls Club



YMCA

We would also suggest you take a look at the youth programs offered at your **local library** and **local recreation department** for available recreational activities and family events.

## Autism & ADHD

Information & resources on autism spectrum disorder (ASD):



BMC Autism Program



Autism Support Centers



Autism Alliance Metrowest Resource Directory



Insurance Resource Center for Autism and Behavioral Health

Information & resources on attention deficit/hyperactivity disorder (ADHD):



CHAAD



Impact Parents



Healthy Children ADHD Resources

## Transition to Adulthood

Explore information on transition to adulthood supports in school, (transition planning in high-school & Pre-ETS), independent living supports (ILCs), state agencies (MassAbility & DDS), life skills resources (Healthy Relationships curriculum), supported decision-making, and general transition to adulthood resources.



Transition Planning in High School



Pre-Employment Transition Services (Pre-ETS)



Independent living centers (ILC)



MassAbility



Department of Developmental Services (DDS)



Healthy Relationships Curriculum



Supported Decision-Making (SDM)



BMC Autism Program Transition Resources