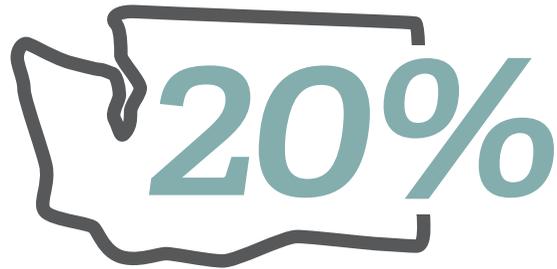


Who are CYSHCN?

CYSHCN are children who:

- **Have or are at increased risk** for chronic physical, developmental, behavioral, or mental health conditions
- Require health and related services of **a type or amount beyond that required** by children generally



of children in Washington state have special health care needs



*That's **one in five!***

19.7% of children 0-17 have a special health care need

Data Source: 2019-20 National Survey of Children's Health, Health Resources and Services Administration, Maternal and Child Health Bureau

Who can help me navigate services?

Local CYSHCN Coordinators

advocate for families and help connect them to the resources and care they need. They can help connect you to:

- Insurance
- Early intervention
- Resources for unmet needs
- Disability-related services
- Therapies and specialty services

Help Me Grow Washington Hotline

1 (800) 322-2588

Do you have questions about your child's health or developmental needs? Call the WithinReach Help Me Grow Washington Hotline to speak to a family navigator and find answers! They can help you find free or low-cost resources in your area, like:

- Parent and sibling support
- Adolescent transition resources
- Social and recreational opportunities
- Respite information
- Developmental screenings
- Health care
- ...and more!

Find help online at www.ParentHelp123.org



CYSHCN Support Inbox

Email CYSHCN@doh.wa.gov to connect with our staff

For an interactive PDF with links to more information, scan the QR code or visit:

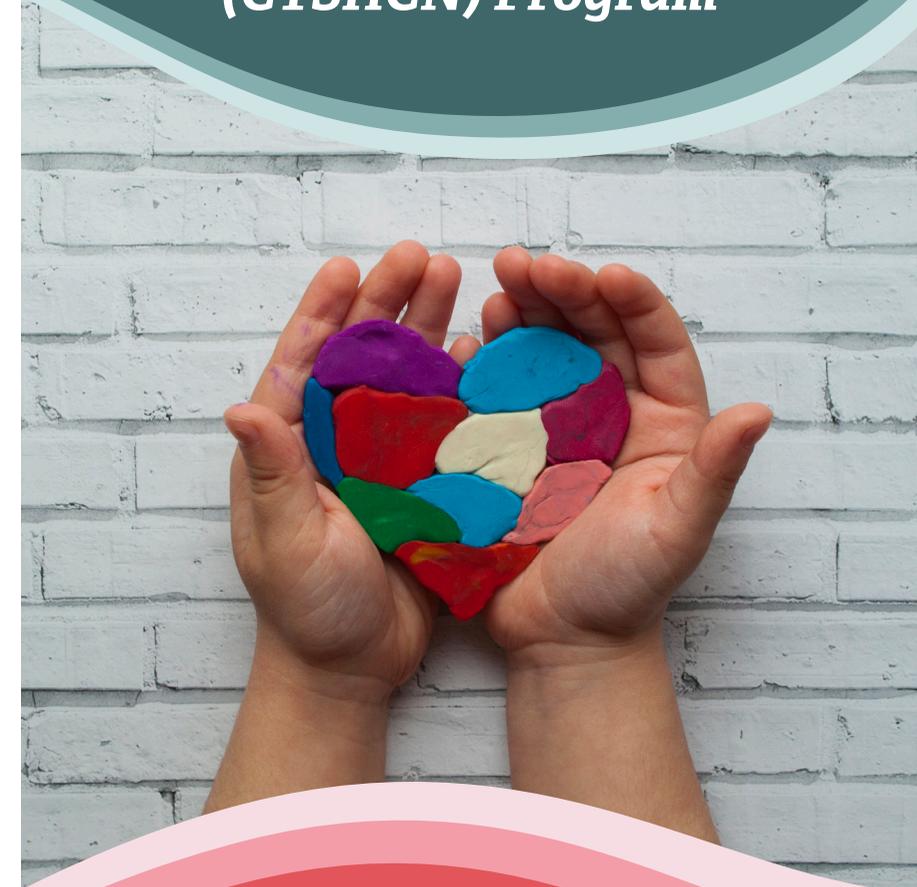
doh.wa.gov/CYSHCN

To request this document in another format, call 1-800-525-0127. Deaf or hard of hearing customers, please call 711 (Washington Relay) or email civil.rights@doh.wa.gov



DOH 970-108 February 2022

Washington State Children & Youth with Special Health Care Needs (CYSHCN) Program



Our Vision

All CYSHCN and their families belong, participate, and thrive in communities with integrated, accessible systems that equitably support their physical and mental health, development, social and emotional well-being

doh.wa.gov/CYSHCN

Family Leadership, Engagement, & Support

Partnerships for Action, Voices for Empowerment (PAVE)

Several PAVE programs help families:

- Family to Family Health Information Center can help you find resources to fund health care needs
- Lifespan Respite WA funds respite (short breaks) for caregivers
- Parent Training and Information (PTI) supports students with disabilities
- Specialized Training of Military Parents (STOMP) supports military families

Parent to Parent (P2P) programs in every county provide:

- One-on-one peer support & sharing groups
- Current information & training
- Helping parent peer mentoring program
- Sibshops program for siblings of CYSHCN
- Resource and referral

Washington State Fathers Network offers activities and events for fathers and male caregivers

Washington State Leadership Initiative Newsletter connects families of CYSHCN to activities, events, webinars, conferences, training, volunteer and job opportunities, and resources



Health Care Partners



CYSHCN Nutrition Network

The Nutrition Network supports nutrition services for CYSHCN and their families. You can find a specially trained registered dietitian nutritionist (RDN) or a community feeding team.

Neurodevelopmental Centers of Excellence (NDCs)

NDCs provide occupational therapy, speech therapy, physical therapy, and other supportive services. NDCs often partner with local coordinators and other care providers.

Maxillofacial Review Boards

MFRBs ensure that providers plan and carry out well-coordinated treatment for children with cleft lip/palate.

Medical Homes Partnerships Project

Visit medicalhome.org to learn more about how to be an effective partner with your child's doctor and other members your child's care team.

Other Resources for Families

Informing Families – Offers information and resources to help people with developmental disabilities live a full life.

Early Support for Infants & Toddlers (ESIT) – Provides early intervention services for children birth to 3 with developmental delays or disabilities.

Developmental Disabilities Administration (DDA) – Offers services and programs including personal care and respite.

Office of Superintendent of Public Instruction (OSPI) – Oversees school district services.

Office of the Education Ombuds (OEO) – Provides information about and conflict resolution with school districts.

The Arc – Advocates for the rights all people with intellectual and developmental disabilities. Local chapters provide information to families.

Developmental Disabilities Council (DDC) – Plans for and with people with developmental disabilities and their families.

DD Ombuds - Collects and investigates complaints brought by those who use developmental disabilities services.

