

First Steps: Kentucky’s Early Intervention Services



* I understand and support Adoption Support for Kentucky’s firm commitment to the principle of confidentiality.
* I agree to keep confidential all information shared or disclosed in any ASK settings, including virtual meetings, regarding individuals and/or families.
* I understand that violation of the privacy rights of individuals through unauthorized discussion, disclosure, dissemination, or access to personal information could result in possible civil or criminal penalties and that my ability to participate in ASK groups will cease.
* I understand if I have reason to suspect that a child is a victim of abuse, neglect, or human trafficking, I have a duty to report by calling the Kentucky Child Abuse Reporting Hotline at 1- 800-752-6200.
* I understand there are limits to confidentiality, and that ASK support group members, facilitators and ASK personnel have the responsibility to report suspected child abuse and/or domestic violence, or to intervene if a participant indicates he or she is a danger to their self and/or others.

Confidentiality



* Remain muted unless you are speaking (which we encourage you to do!)
* Position your camera at eye level, if possible, to create a more natural sense of engagement.
* Limit distractions as much as possible.
* If there are two adults participating, make sure both are visible.
* Engage, engage, engage! You will learn far more from each other and your vast experiences than you will just listening to the APL.
* Sensitive subject matter is often discussed so please ensure that you are using techniques (such as headphones, a different room or a lower volume) to ensure privacy as well as guard little ears.
* Show respect for all members and our varying opinions, feelings and beliefs.

Enhancing Your Experience



* Participants will gain an understanding of early childhood intervention services and how they are provided through First Steps.
* Participants will learn the First Steps referral and eligibility process.
* Participants will understand program standards, the Individualized Family Service Plan (IFSP) and the individual services provided through First Steps.
* Participants will learn about family rights and transitioning children when they approach the age of three to appropriate programs.

Objectives



* Is the term used to describe the services and supports that are available to babies and young children with developmental delays and disabilities and their families.
* May include speech therapy, physical therapy, and other types of services based on the needs of the child and family.
* Can have a significant impact on a child’s ability to learn new skills and overcome challenges and can increase success in school and life.
* In Kentucky, this program is called **First Steps.**

Early Childhood Intervention

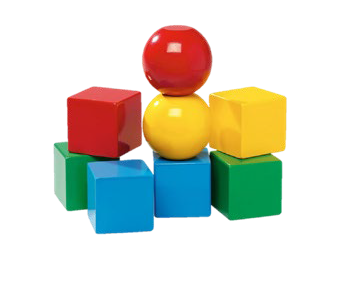


* You know your child best
* Share your concerns with the doctor

How Do I Know if My Child Needs Early Intervention?



* Ask for a referral to First Steps or a specialist if needed
* Contact First Steps to get connected to services
* Don’t wait!



First Steps is a statewide early intervention system that provides services to children with developmental disabilities from birth to age 3 and their families. First Steps is Kentucky's response to the federal Infant-Toddler Program.

First Steps offers comprehensive services through a variety of community agencies and service disciplines and is administered by the Department for Public Health in the Cabinet for Health and Family Services.

What is First Steps?



First Steps serves children from birth to age 3 and their families. Child eligibility for the program is determined two ways:

1. **Developmental delay** - A child may be eligible for services if an evaluation shows the child is not developing typically in at least one of the measured skill areas: communication, cognition, physical, social and emotional or self-help.
2. **Established risk concern** - A child may be eligible if he or she is diagnosed with a physical or mental condition likely to result in developmental delay such as Down Syndrome.

Who they Serve?



* You or anyone in your community can call the local First Steps Point of Entry office and make a referral if there is a concern that a child you know may have a developmental delay.
* However, there are specific ways that a child can be referred if he or she is in foster care.
* Depending on what forms the biological parents have signed, you may need to obtain their permission and involve them in the process, or they can sign a form stating that you may make decisions as a foster parent.

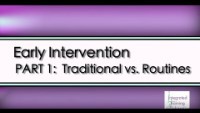
Who Can Refer A Child?





* First Steps providers deliver services that actively involve you in visits usually conducted where your child spends time (home, childcare, playground) and may differ from services provided in a therapy clinic or medical center.
  + First Steps providers use a coaching approach to help families and other caregivers support your child's learning and development.

How Are Services Provided?



Early Intervention



* All families enrolled in First Steps are assessed for ability to help with the cost of early intervention services.
* Families are informed of their rights to refuse any service, to have the Family Share cost assessed and to refuse consent for billing private insurance. Additionally, families are informed of the services provided at no cost to them.
* Families participating in Family Share are required to help defray the cost of First Steps services.

What is The Cost?



* Service coordinators calculate the monthly fees using the current published First Steps Family Share sliding scale which ranges from no cost to $400 per month. Fees are based on one child only, regardless of how many siblings are enrolled in First Steps and is not related to the number or frequency of services provided.
* Families with both a Family Share participation fee and private health insurance may choose to waive the Family Share participation fee as long as the consent for insurance is active. If the consent to bill insurance is withdrawn, the Family Share participation fee is reinstated.

What is The Cost? (continued)



Why Provide Services?



* Provides support and services for families with children birth to 3 who have developmental delays or disabilities.
* Research shows that the first three years of a child's life are the most important time for developing and learning.
* Providing needed services and support during this time, families can better help their children with special needs develop to their full potential and may decrease the need for additional help later in life.
* Early intervention builds on and provides supports and resources to help family members and caregivers enhance children's learning and development through everyday learning opportunities.



* Assessments reflect the child’s unique strengths and needs, the identification of the services appropriate to meet their needs, the family’s resources, priorities, and concerns and the supports and services necessary to enhance the family’s capacity to meet the developmental needs of their child.
* The Routines-Based Interview (RBI) is the family assessment required by federal and state regulations.
* First Steps uses a two (2)-level evaluation system that consists of Primary Level Evaluation and Record Review.

Eligibility



* Assessments include both a direct assessment and an indirect assessment method of one or more of the following:
  + Observation,
  + Interview of the parents using the Routines-Based Interview (RBI),
  + Behavior checklist or inventories.
* The eligibility evaluation helps determine whether your child has a significant delay in one or more areas to help the POE work with you and your child to arrange early intervention (EI) services.

Eligibility (continued)



* **Standard 1: Family-centered**

Families identify the Individualized Family Service Plan outcomes that determine early intervention services, resources and supports and actively participate during intervention visits.

* **Standard 2: Individualized**

Early intervention services are individualized to meet the identified needs of the child and family.

* **Standard 3: Evidence-based**

Early intervention services are evidence-based to enhance the family and child's learning and development in relation to the Individualized Family Service Plan outcomes.

6 Program Standards



* **Standard 4: Natural environment**

All families receive early intervention services in places where families and children participate in daily life.

* **Standard 5: Team-based**

First Steps provides a statewide, team-based early intervention program for families of eligible infants and toddlers.

* **Standard 6: Transition**

Children and families have a smooth, seamless transition into, within and out of early intervention.

6 Program Standards (continued)



* **Service Coordination:** All eligible children will be assigned a Service Coordinator at no cost to the family to work with the family to implement the IFSP and to access community services
* **Evaluation** - Evaluation to determine eligibility.
* **Assessment** - Assessment for purpose of service planning.
* **Individual Family Service Plan** - Written plan stating what services will be provided, in what setting, how often, by whom and who the funding source will be.

Administrative Services



* The POE Service Coordinator, along with your family, physician, and the evaluation team, will design an Individual Family Service Plan (IFSP), identify needed resources, then obtain and coordinate early intervention services for your child and your family.
* Once all the service providers are identified, this team meets with you to complete the IFSP. This should be done within 45 days. Services are individualized and based on your child’s need.
* The IFSP will be reviewed at least every 6 months and adjusted by the Service Coordinator and family as needed.

Individual Family Service Plan

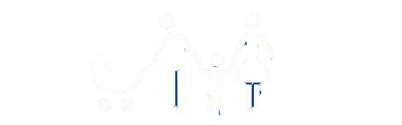
Kentucky Early Intervention System (KEIS) contracts with providers in a variety of disciplines to make early intervention services available to children who need them. Early intervention specialties include:



Other Services Provided

* Developmental intervention
* Occupational therapy
* Speech therapy
* Physical therapy
* Audiology
* Education for the visually impaired
* Education for the hearing Impaired
* Nutrition
* Psychology
* Social work

All children and families who participate in early intervention services also receive service coordination, evaluation and assessment.



Family Rights



* Choose the services you want for your child, based on the evaluation.
* Give written permission to share your child’s personal information.
* Review all records.
* Receive a written notice before a change is made in your child’s IFSP.
* Have any complaints heard through a process explained in the Family Rights Handbook.



Transitioning



* Children in the First Steps Program are eligible for services until their 3rd birthday.
* In order to help you learn about and decide on available services for your child after leaving First Steps, a transition planning meeting must be held at least 90 days prior to your child’s 3rd birthday.



* Developmental Intervention
* Assistive Technology
* Communication Development
* Sensory Development

Definitions





* KEIS- Kentucky’s Early Intervention System
* POE- Point of Entry
* SC – Service Coordinator
* IFSP- Individual Family Service Plan
* OT- Occupational Therapy
* PT- Physical Therapy
* ST (SLT)- Speech Therapy, Speech and Language Therapy
* EI- Early Intervention
* CHFS- Cabinet for Health and Family Services
* IDEA – Individuals with Disabilities Education Act law

Terms & Abbreviations



**First Steps Program**

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Toll free - (877) 417-8377

Fax: (502) 564-0329

https://chfs.ky.gov/agencies/dph/dmch/ecdb/fs/POElistingforWebsite.pdf



* https://chfs.ky.gov/agencies/dph/dmch/ecdb/Pages/firststeps.aspx
* Family Rights Handbook (17 pgs) - <http://bluegrass.org/entities/CMH/IDD/attachments/First%20Steps%20Attachment%20->

%20Handbook.pdf

https://[www.coordikids.com/types-of-sensory-disorders/](http://www.coordikids.com/types-of-sensory-disorders/)

* https://chfs.ky.gov/agencies/dph/dmch/ecdb/Pages/fsenrollment.aspx
* https://[www.cdc.gov/ncbddd/actearly/](http://www.cdc.gov/ncbddd/actearly/)
* https://[www.google.com/url?sa=i&url=https%3A%2F%2Fpeopleincfr.org%2Fservices%2Fe](http://www.google.com/url?sa=i&url=https%3A%2F%2Fpeopleincfr.org%2Fservices%2Fe) arlyintervention%2F&psig=AOvVaw1nXUQrl43mnC2ZY0sZZkL5&ust=1616082420616000& source=images&cd=vfe&ved=0CAIQjRxqFwoTCJjG9qjWt-8CFQAAAAAdAAAAABAc
* https://[www.cdc.gov/ncbddd/actearly/parents/states.html](http://www.cdc.gov/ncbddd/actearly/parents/states.html)

References



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