



## Warren County Health Services

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[www.warrencountyhealth.org](http://www.warrencountyhealth.org)

1ST FIVE HEALTHY MENTAL DEVELOPMENT  
INITIATIVE IS A PROGRAM OF THE IOWA  
DEPARTMENT OF PUBLIC HEALTH.

1-800-383-3826  
[www.idph.iowa.gov/1stFive](http://www.idph.iowa.gov/1stFive)



## 1ST FIVE HEALTHY MENTAL DEVELOPMENT INITIATIVE



A program to support  
children ages 0-5 years old  
& their families.

1st Five helps children 0-5 years old by helping to find resources in the following areas: physical development, social-emotional development, autism and family stressors.

## How does 1st Five work?



Through **developmental surveillance & screenings**, your child's doctor's office may refer to 1st Five for no cost, private support.



The 1st Five Program will receive the referral and **contact you**.



1st Five will link you and your child to appropriate **community and healthcare resources**.



1st Five will **follow up** with your child's doctor's office.

## What resources can 1st Five connect me to?

- Baby Supplies
- Breast Feeding Support
- Caregiver Depression Counseling
- Child Care & Preschool
- Dental Care for Children
- Developmental Support
- Employment & Education Services
- Food Services
- Hearing Assessments
- Home Visiting Programs
- Housing Services
- Insurance Resources
- Immunizations
- Lead Screening
- Mental Health Services for Children
- Nutrition Services
- Parenting Support
- Transportation
- Special Health Care Needs

...and many more!

## What is Developmental Surveillance and Screening?

Questionnaires that help identify concerns in physical development, social-emotional development, autism & family stressors.

Surveillance is a short questionnaire asked at every well child visit.

Developmental screens are recommended at 9 months, 18 months and either 24 or 30 months.