

Who are CYSHCN?

CYSHCN are children who:

- **Have or may have*** 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

*are at increased risk due to biological (such as a genetic condition) or environmental factors associated with developing a chronic condition

Who can help me navigate services?

We partner with:

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:

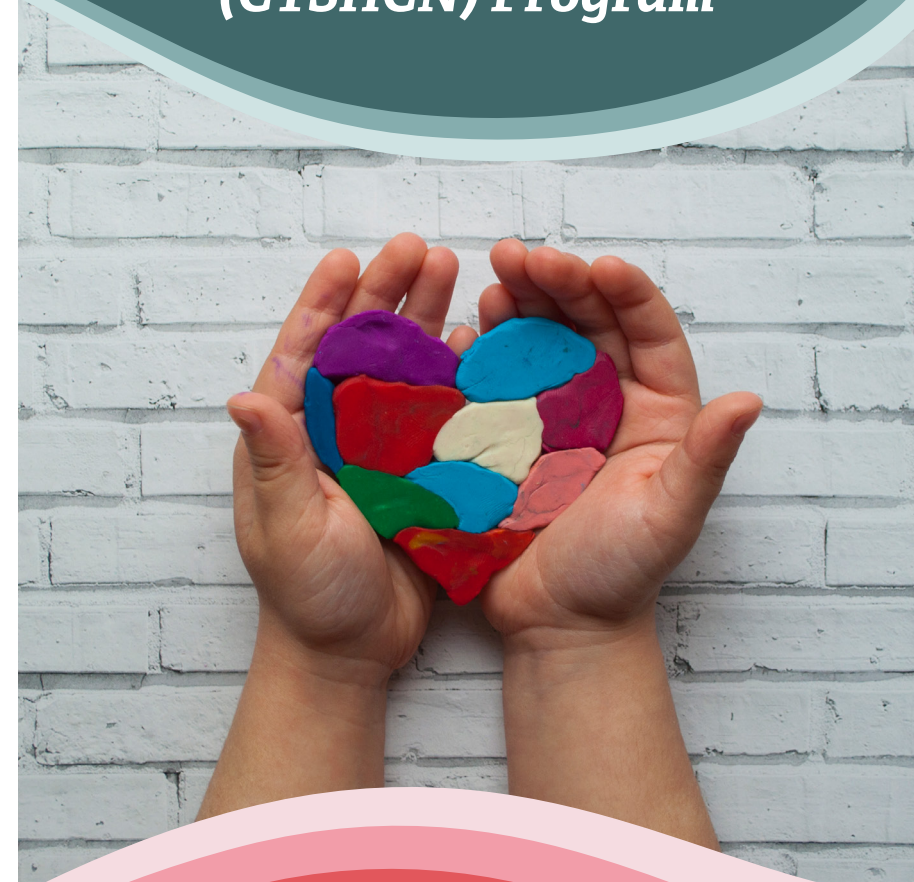
- Parent and sibling support
- Adolescent transition resources
- Social and recreational opportunities
- Respite information
- Developmental screenings
- Health care
- ...and more!

Find help online at www.ParentHelp123.org

CYSHCN Support Inbox

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

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

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



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Family Leadership, Engagement, & Support Partners

Health Care Partners

Other Resources for Families

[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 \(P2P\)](#)

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 \(WSFN\)](#)

WSFN offers activities and events for fathers and male caregivers

[Washington State Leadership Initiative Newsletter \(WSLI\)](#)

The WSLI Newsletter connects families of CYSHCN to activities, events, webinars, conferences, training, volunteer and job opportunities, and resources. [Sign up for the WSLI Newsletter](#)



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 of your child's care team.

[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.

