



## Children and Youth Behavioral Health Work Group – Prenatal through Five Relational Health (P5RH) Subgroup

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September 23, 2025

### Glossary of Terms

BHC: Behavioral Health Catalyst

UDS: Universal Developmental Screening system

Early ECEAP: (Birth to three) Early Childhood Education and Assistance Program

ECEAP: Early Childhood Education and Assistance Program

HCA: WA Health Care Authority

IDD: Intellectual and Developmental Disabilities

IECMH: Infant and Early Childhood Mental Health

IECMH-C: Infant and Early Childhood Mental Health Consultation

PERC: Perinatal Mental Health & Substance Use Education, Research & Clinical Consultation (PERC) Center

WSA: Washington State Association of Head Start and ECEAP

### Meeting Topics

Welcome, Introductions & Agenda

Strong Start Program Overview

Washington Thriving Perinatal Updates

Statements of Support Subgroup Guidance and Timelines

Next Steps and Close

### Discussion Summary

#### Strong Start Program Overview

*Marilyn Dold and Karin Neidt (Washington Department of Health) gave a presentation on the Strong Start Program. Strong Start is a universal developmental screening system for Infant-Age 5.*

1. Program background: Strong Start was authorized by the 2019 legislature.
  - a. Built as a data system using Medicaid Match funding
  - b. Implementation was delayed due to COVID-19 but currently operates and serves children from Infant-age 5.
2. While Strong Start focuses specifically on developmental screening records, there are important connections with mental health:
  - a. Perinatal mental health risk factors can affect child development
  - b. Children with developmental delays may experience accompanying mental health issues
  - c. Trauma can impact developmental outcomes, making screening crucial for differential diagnosis
3. Key Features of Strong Start system
  - a. Serves as a central repository for developmental screening records



- b. Provides access to licensed healthcare providers and parents/legal guardians
  - c. Recently expanded to include Early Care and Education Providers
  - d. Available in both English and Spanish
  - e. Uses Secure Access Washington (SAW) for privacy protection
  - f. Parental Permissions control available
4. Screening Tools Available
- a. The system supports four American Academy of Pediatrics-recommended developmental screening tools:
    - i. Ages and Stages Questionnaire (ASQ-3): General developmental screening
    - ii. Ages and Stages Questionnaire Social-Emotional (ASQ:SE-2): Social-emotional development screening
    - iii. Survey of Well-being of Young Children (SWYC): Well-researched but not formally validated tool
    - iv. Modified Checklist for Autism in Toddlers - Revised (M-CHAT-R): Recommended at 18 months, available on provider dashboard only
  - b. Both the ASQ:SE-2 and the behavioral domain of the SWYC can be categorized as developmental screenings, but as mental/social-emotional health is an aspect of development, these tools are also considered child-level behavioral health/mental health screenings for this age group
5. Future Development:
- a. Working on electronic health record interoperability with clinical partners
  - b. Exploring data sharing with Help Me Grow to eliminate duplicate entry
  - c. Piloting with early care and education providers

## Washington Thriving Perinatal Updates

*Sarah Rafton (Behavioral Health Catalyst), shared updates on the Washington Thriving Strategic Plan and an overview of the Perinatal Issue Brief*

1. Washington Thriving is the state's prenatal-to-age-25 behavioral health strategic plan with a vision that every pregnant person, baby, child, youth, and young adult in Washington can thrive, supported by their parents and caregivers. The Strategic Plan's First Initiatives include:
  - a. System of Care Infrastructure
    - i. Leadership, governance, and coordination structures
    - ii. Shared goals to measure progress against
    - iii. Integrated funding
  - b. Services and Supports
    - i. Perinatal behavioral health
      1. The perinatal-focused First Initiative of Washington Thriving will aim to 1) strengthen screening and warm handoffs across care settings and 2) develop family-centered, integrated treatment capacity for those with substance use disorder.
    - ii. K-12 student behavioral health
    - iii. IDD/complex needs treatment capacity
2. Perinatal Issue Brief
  - a. From June to September, Washington Thriving convened an ad hoc group to discuss opportunities to strengthen perinatal supports for all (e.g. promotion and screening for



- perinatal mental health), for some (e.g. supports for those with an identified need), and for the important few (those with the most intensive needs e.g. family-centered support for those with perinatal substance use disorder, intensive support for those with severe mental illness, and support for co-occurring needs)
- Washington Thriving combined what they heard from this group with input received via other Washington Thriving workstreams into a draft issue brief. Stakeholders were asked to provide feedback on the draft brief via this [form](#).
  - The Washington Thriving team has received extensive feedback on the brief and will produce a substantially revised version for another round of review in October.
  - The form will remain open through October 3<sup>rd</sup>. Folks can also email feedback, questions, and suggestions to [info@washingthrivng.org](mailto:info@washingthrivng.org). The team responds to all emails received.

## Statements of Support Subgroup Guidance and Timelines

*Danae Villarreal (Behavioral Health Catalyst) shared a presentation on Statements of Support, a supplementary section of the CYBHWG Annual Report.*

- What are Statements of Support:
  - Endorsements from subgroups for initiatives that advance children's behavioral health goals
  - Can support agency work, state initiatives, or other efforts aligned with CYBHWG objectives
  - Opportunity to extend support beyond the 3 legislative recommendations per subgroup limit
  - Example: [2025 Statements of Support](#)
- Requirements:
  - Minimum one sentence with explanation
  - Additional detail as needed
  - No limit on number (unlike legislative recommendations)
- Timeline:
  - October 6: Subgroup Legislative recommendations due
  - October 8: P5RH meeting to discuss statements of support
  - October 14: CYBHWG meeting to vote on recommendations
  - November 3: Statements of support due

## Next Steps and Close

- P5RH Subgroup will be discussing possible Statements of Support at the next meeting.
- Meeting materials and presentations are uploaded in the [google drive](#) and publicly available for viewing.
- Next P5RH Subgroup meeting: October 8<sup>th</sup>, 1:00PM-2:30PM. *If you are not already on the P5RH mailing list and would like to be added, you can email [cybhwg@hca.wa.gov](mailto:cybhwg@hca.wa.gov) indicating your preference.*