



## Resources and Helpful Information

### Centers for Disease Control and Prevention (CDC)

- [CDC developmental milestones](#), [Milestone Moments booklet](#), [Milestone Moments Tracker App](#), handouts, social communication, and growth charts are a resource for families with information about how to track children's development through the early years, and it provides families with information to promote healthy development as well as understanding when to seek help.
- [Learn the Signs, Act Early \(LTSAE\)](#) offers information on early signs of delays as well as training and resources to help families, healthcare providers, early educators, WIC staff, and home visitors support child development (birth-5).
  - [LTSAE Free Resources](#) includes free resources including free children's books available to increase communication with families about understanding development and providing resources to families about developmental concerns.

### MN Department of Health

- [Follow Along Program \(Minnesota FAP\)](#) is a FREE resource for MN families to support their child's early development. The FAP sends questionnaires to families at periodic developmental milestones with resources to promote healthy development.
  - [Family Home Visiting program](#)
  - [Minnesota EHDI Program Early Hearing Detection and Intervention Program \(EHDI\)](#)
  - [Birth Defects Information System](#)

### MN Department of Education

- [Early Childhood Family Education \(ECFE\)](#)
- [Early Childhood Special Education \(ECSE\)](#)
- [Early Intervention Program for Infants and Toddlers with Disabilities](#)
- [Head Start](#)
- [Preschool Development Grant](#)



## MN Department of Human Services

- [Adult Mental Health Targeted Case Management \(AMH-TCM\) and Children's Mental Health Targeted Case Management \(CMH-TCM\)](#)
- [Children's Mental Health \(CMH\) Residential Services Path FAQ](#)
- [Children's Mental Health, Dakota County](#)
- [Children's Therapeutic Services and Supports \(CTSS\)](#)
  - [CTTS Children's Day Treatment](#)
- [Children's Mental Health](#)
- [Children's mental health case management](#)
- [Children's mental health programs and services](#)
- [Children's Mental Health services with the county](#)
- [Community Access for Disability Inclusion Waiver \(CADII waiver\)](#)
- [Community Mental Health Center \(CMHC\)](#)
- [Consumer Support Grant Program \(CSG\)](#)
- [Early childhood mental health system of care \(Grants\)](#)
- [Early Intensive Developmental and Behavioral Intervention \(EIDBI\)](#)
- [EIDBI Comprehensive multidisciplinary evaluation \(CMDE\)](#)
- [Home and Community Services](#)
- [Medical Assistance under the TEFRA option for children with disabilities](#)
- [MN Medical Assistance](#)
- [MnCHOICES](#)
- [Outpatient Psychotherapy](#)
- [Personal care assistance](#)
- [State Medical Review Team \(SMRT\)](#)
- [Whole Family Systems Initiative](#)

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## Minnesota Legislature

- [Minnesota Statute 245I.09](#) Minnesota Statute requires that clinicians use the DC:0-5™ when performing a diagnostic assessment for children under the age of six: 245I.09



## Help Me Connect

- [Help Me Connect](#) connects families to resources in their communities outside of the education system.
  - [Children's Therapeutic Services and Supports - Help Me Connect \(state.mn.us\)](#)
  - [Early Childhood Mental Health Providers - Help Me Connect \(state.mn.us\)](#)
  - [HMC Family Support Questionnaire](#)
  - [What's Included in Help Me Connect Table of Contents PDF](#)

## Help Me Grow

- [Help Me Grow MN](#) is a program in partnership with the Department of Education, MN Department of Health, and MN Department of Human Services with resources for parents to understand typical development. 1-866-693-GROW (4769)
  - [Facebook Help Me Grow](#)
  - [Help Me Grow MN Helpful Resources](#)
  - ["Plays Well with Others" booklet](#)
  - [When to Refer a Child for Early Intervention Services | Help Me Grow MN](#)

## University of Minnesota

- [UMN Birth to Three Clinic and Early Childhood Mental Health Program](#)
- [MN-ADDM \(Autism and Developmental Disabilities Monitoring\) Network](#)
- [MN Act Early is the University of Minnesota's Website for LTSAE](#)

## Scholarships and grants

- [Prairie Five Community Action Early Learning Scholarships](#)

## Websites with additional resources

- [Arc of MN](#)
- [Autism Society](#)
- [Center for Inclusive Child Care](#)
- [Comunidades Latinas Unidas en Servicio \(Clues\)](#)
- [Disability Hub MN](#)
- [Evans Autism Resource Podcast](#)
- [Family Voices of Minnesota](#)
- [Minnesota Association for Children's Mental Health \(MACMH\)](#)
  - [Infant and Childhood Mental Health Conference November 17 – 19, 2024](#)



- [MinnesotaHelp](#)
- [National Alliance on Mental Illness Minnesota \(NAMI\)](#)
- [Pacer Center](#)
- [West Side Community Health Services \(WSCHS\), Esperanza United](#)
- [Zero to Three](#)

## MN.gov

- [MN.gov Portal Social Services](#)
- [MN Autism Resource Portal](#)

## Free counseling services

- [Community Outreach for Psychiatric Emergencies \(COPE\)](#)

## Minnesota Counties services

- [Brown County of Minnesota, Family Facilitator](#)
- [Dakota County Public Health](#)
- [Greater Minnesota Family Services](#)
- [Mn Prairie County Alliance](#) (Human services located in Mantorville, Owatonna, and Waseca)
- [Ramsey County Children's Mental Health Collaborative](#)
- [South Central Human Relations Center](#) (Dodge, Steele, and Waseca counties)
- [TCC Action Partnership](#) (Brainard, Little Falls)

## Therapy

- [Applied Behavior Analysis Therapy \(ABA Therapy\)](#)
- [Association for Play Therapy](#)
- [Parent-Child Interaction Therapy\(PCIT\)](#)
  - [Certified PCIT Therapists](#)

## Screeners

- [Ages and Stages questionnaires \(ASQ-3, ASQ-SE2, ASQ-SE\)](#) are screening tools used for age-specific milestones in 5 developmental areas.



## Key Points from ASD and Mental Health Presentation

### Special considerations for autism spectrum disorder (ASD)- assessment

- Need for medical records and developmental history
- Understanding cultural norms and not pathologizing them
- Partnering with other systems- (e.g. early childhood special education (ECSE))
- Ensuring the inclusion of testing results (including scores) so that children may have the documentation for all of the services they may qualify for.

### Children's Therapeutic Services and Supports (CTSS):

- A combination of skills and services with unlicensed practitioners and psychotherapy.
  - We will start to train skills to workers in some of the basics of PCIT skills
- Preschool Day Treatment is included in CTSS
  - Some agencies have a specialty in serving children with ASD

Children on the Autism Spectrum can qualify for Mental Health Targeted Case Management when they meet the following criteria [Mental Health Services](#).

## Continuum of Children's Mental Health Services

