



# FIRST 5 SAN DIEGO'S HEALTHY DEVELOPMENT SERVICES

*Service Descriptions and Referral Information  
for Providers*

## THE FIRST FIVE YEARS OF LIFE ARE CRITICAL TO A CHILD'S DEVELOPMENT

**First 5 San Diego's Healthy Development Services (HDS)** works with some of the best and most trusted community agencies to provide development and behavior services at **no cost** to children and their families living in San Diego County.

**HDS** serves young children with **mild to moderate** concerns who would **not otherwise qualify** for services from existing early intervention systems like Individuals with Disabilities Education Act (IDEA) Part C (Regional Center) and IDEA Part B (schools).



### WHO TO REFER

Families with children **ages 0 through 5** who have not entered kindergarten with **mild to moderate** development and behavior concerns, and pregnant women.

**First 5 San Diego Healthy Development Services partners provide the following services throughout San Diego County\*:**

\*See back for regional zip codes and referral contact information.

HDS Service	<b>NOTE:</b> Level number is for provider use only. The level number should NOT be communicated with families.		
	Level 1 Service Activities (low concern)	Level 2 Service Activities	Level 3 Service Activities (higher concerns)
<b>Developmental Services (includes Speech and Language)</b>	<ul style="list-style-type: none"> <li>Screening (ASQ3, ASQ:SE2)</li> <li>Assessment (HELP)</li> <li>Global and domain specific treatment classes</li> </ul>	<ul style="list-style-type: none"> <li>Treatment of mild to moderate developmental delays</li> <li>Parent coaching</li> </ul>	<ul style="list-style-type: none"> <li>Individual or group treatment of moderate developmental delays</li> <li>OT, PT, and SLP</li> <li>For families that do not qualify for Early Intervention services</li> </ul>
<b>Behavioral Services</b>	<ul style="list-style-type: none"> <li>Screening (ASQ3, ASQ:SE2)</li> <li>Assessment (DECA)</li> <li>"Steps to Understanding Your Child's Behavior," a 10 class series</li> <li>"Baby Steps," a 7 class series for infants and caregivers</li> </ul>	Strengths-based parent coaching for behavior concerns, focusing on the parent-child relationship	Individual or group therapy to improve the quality of the parent-child relationship and help the child progress in social-emotional development
<b>Parent Education, Support and Empowerment</b>	General parent education classes available to all HDS families based on the First 5 pillars: Health, Learning, Family, Community and Advocacy; a 1 - 5 class series; includes screening (ASQ3, ASQ:SE2)		
<b>Care Coordination</b>	Offered to families needing assistance with navigating the HDS system		

All HDS services include referral(s) to additional services as appropriate.



### HOW TO REFER:

1. Use this chart to identify region of residence or region where family would like to receive services.
2. Call the region number listed for services and questions.
3. Complete and submit the HDS referral form.

Program Contact Information:		
<b>CENTRAL/EAST</b> Family Health Centers of San Diego Claudia Gastelum Phone: 619-515-2405 cgastelum@fhcsd.org	<b>CENTRAL</b> Holly Arnold Phone: 619.798.3639 hollya@fhcsd.org	<b>EAST</b> Viridiana Herrera Phone: 619-515-2462 venriquez@fhcsd.org
<b>NORTH CENTRAL</b> Rady Children's Hospital-San Diego Lexie Palacio Phone: 858-966-1700 x 277398 lpalacio@rchsd.org	<b>NORTH COASTAL</b> Rady Children's Hospital-San Diego Sarah Nolan Phone: 858-966-1700 x 257346 snolan@rchsd.org	
<b>NORTH INLAND</b> Palomar Health Cindy Linder Phone: 1-877-504-2299 cynthia.linder@palomarhealth.org	<b>SOUTH</b> South Bay Community Services Sally Fimbres-Rumpf Phone: 619-495-8248 Mobile: 619-517-6704 sfimbres@csbcs.org	
<b>COUNTYWIDE COORDINATOR</b> American Academy of Pediatrics, California Chapter 3 Lily Valmidiano Phone: 619-281-2292 lvalmidiano@aapca3.org		

Central		East		North Central	
Tel: 619-515-2406 Fax: 619-544-0308		Tel: 619-515-2463 Fax: 619-444-0884		Tel: 858-966-7510 Fax: 858-966-6734	
92101	92162	91901	91976	92037	92126
92102	92163	91903	91977	92038	92130
92103	92164	91905	91978	92039	92131
92104	92165	91906	91979	92092	92140
92105	92166	91916	91980	92093	92142
92112	92167	91917	92019	92106	92145
92113	92170	91931	92020	92107	92152
92114	92171	91934	92021	92108	92159
92115	92174	91935	92022	92109	92160
92116	92175	91941	92040	92110	92161
92132	92176	91942	92071	92111	92168
92134	92182	91943	92072	92117	92169
92136	92190	91944		92119	92177
92137		91945		92120	92186
92138		91946		92121	92191
92139		91948		92122	92192
92147		91962		92123	92193
92149		91963		92124	92196

North Coastal		North Inland		South	
Tel: 858-966-8235 Fax: 858-259-3570		Tel: 877-504-2299 Fax: 760-739-2333		Tel: 619-495-8248 Fax: 619-424-1046	
92007	92067	92003	92070	91902	92153
92008	92068	92004	92074	91908	92154
92009	92075	92025	92078	91909	92155
92010	92081	92026	92079	91910	92173
92011	92083	92027	92081	91911	92178
92013	92084	92028	92082	91912	92179
92014	92085	92029	92086	91913	
92018	92091	92030	92088	91914	
92023	92672	92033	92096	91915	
92024		92036	92127	91921	
92049		92046	92128	91932	
92051		92059	92129	91933	
92052		92060	92150	91947	
92054		92061	92172	91950	
92055		92064	92197	91951	
92056		92065	92198	92118	
92057		92066	92199	92135	
92058		92069	92536	92143	

