

FREQUENTLY ASKED QUESTIONS – KidSTART

Disclaimer: This document represents the knowledge and practice of the individual that completed this FAQ

1. What is your program's focus and what services does your program provide?

KidSTART is a program for children under 6 years old who have complex needs across several areas. KidSTART looks at complex developmental and mental health/ behavior concerns as well as family history and medical history. The program is trauma-informed and offers trans-disciplinary services, including group treatment, when appropriate. They also provide comprehensive triage, assessments, referral, treatment, and intensive family support.

2. Who is eligible for services (age, other criteria)?

Children under 6 years old who reside in San Diego County and are not in Kindergarten (and will not be turning 6 or starting Kindergarten within the next couple of months)

Criteria for KidSTART Center (Evaluation & Developmental Services)

- Developmental and social-emotional/behavioral needs, plus medical or family needs
- Diagnostic questions and/or not making progress as expected with current or past services
- Can have any type of insurance *except* for Kaiser or Sharp Rees Stealy

Criteria for KidSTART Clinic (Mental Health Services)

- Social-emotional/behavioral needs, plus developmental, medical, or family needs
- Must have full-scope Medi-Cal

3. What can families expect when they enroll and participate in your program?

If a child is an appropriate referral to KidSTART, they first receive a comprehensive developmental evaluation. If KidSTART services are recommended after that evaluation, they are assigned a Care Coordinator and a care plan is created to fit their unique recommendations.

4. What is the best method of referral?

Receiving a completed referral form will move the family through the referral process the fastest. This can be faxed, emailed, or attached to an electronic referral sent via the Behavioral Health Pathway in Epic (for providers in the Rady Network).

5. What role does the primary care pediatric provider play in referral or communication with KidSTART?

Providers can submit KidSTART referrals directly and should always get the family's consent for the program before referring.

6. What kind of insurance is accepted?

For mental health services, a child must have full-scope Medi-Cal. For a developmental evaluation and services, KidSTART accepts any type of insurance *except* for Kaiser or Sharp Rees Stealy.

7. If a child has an ASD diagnosis or suspected ASD, is KidSTART a good fit?

For mental health services, a child diagnosed with ASD may only be eligible if they have mental health concerns not related to their ASD diagnosis (e.g., trauma). For a developmental evaluation, a child would not qualify for KidSTART if the only concern is potential Autism. If there is more complicating the picture (such as trauma, prenatal exposure, family/ caregiver concerns, etc.), then KidSTART can help to determine which type of support is needed. KidSTART does not offer ABA or ongoing services specific to Autism.

8. What risk factors make an appropriate referral to KidSTART?

Children are typically referred to KidSTART when they have developmental and mental health concerns, PLUS other risk factors including, but not limited to:

1. Poor response to intervention
2. Conflicting or uncertain diagnoses
3. Medical factors that contribute to developmental or social-emotional concerns
4. Risk factors such as prenatal alcohol/substance exposure
5. Placement instability (home, school, daycare)
6. Trauma exposure

9. How is KidSTART Unique?

1. Integrated mental health, developmental, and care coordination services
2. Transdisciplinary approach to assessment and treatment
3. Unique team of specialists assembled based on the needs of the child and family
4. Intensive family support
5. Caregiver assessment, linkage to services, and group therapy

10. Who can I contact if I have questions regarding the status of my referral?

If you have any questions regarding the status of your referral, please contact 858-966-5990

11. Where is KidSTART located?

- i. Kearny Mesa - San Diego
- ii. North County - Oceanside
- iii. South Bay – Chula Vista



CONTACT INFORMATION:

Program Info: 858-966-5990