

# Child Health & Disability Prevention Program (CHDP)

## OVERVIEW

The CHDP program is a public health, well-child program providing health assessments for the early detection and prevention of disease and disabilities in children. The goal of the program is to serve all persons eligible for CHDP services with quality care by practitioners who relate to the physical, mental, and emotional health of children and youth within the context of the family. The CHDP program requires periodic health screening be available to all children under 21 years of age enrolled in Medi-cal.

The law requires that all children – regardless of income- have a specific health assessment within 18 months (or 90 days following) first grade entry or have a waiver signed by the parent or guardian. Schools are responsible for informing parents/guardians of this requirement, assisting them in getting the exam, and maintaining the *Report of Medical Examination for School Entry* or the *Waiver of Medical Examination* in students' files (California Health and Safety Code 124105) (Appendix A).

In the past, schools were also required to complete a *CHDP Annual School Report* and return the report to their local Child Health and Disability Prevention (CHDP) Program. While this reporting is no longer mandatory, the San Diego CHDP Program asks that you continue to collect this data and complete the *CHDP Annual School Report* as you have done in the past.

All public school districts and private schools with a first grade enrollment are asked to submit their "CHDP Annual School Report" by January 15 of each year.

### Persons Eligible for CHDP Health Assessments

#### *Medi-cal Eligible Children and Youth*

CHDP provides periodic preventive health services to Medi-cal beneficiaries under the regulations of the federal EPSDT (Early Periodic Screening, Diagnosis and Treatment) Program. All California Medi-cal recipients from birth to age 21 are eligible for health assessments based on the following schedules:

Under:	1 month	2 years of age
	2 months	3 years of age
	4 months	4-5 years of age

6 months	6-8 years of age
9 months	9-12 years of age
12 months	13-16 years of age
15 months	17-20 years of age
18 months	

### *Non-Medical Eligible Children and Youth*

CHDP provides periodic preventive health services to non Medical eligible children and youth from birth to age 19 from low-income families. They are eligible for health assessments based on the same schedule as Medical eligible children and youth.

*Note: Those children who require physical exams for foster care or sports may receive the exam annually.*

### *The Exam*

The CHDP health assessment must include:

1. A complete health and developmental history
2. A screening examination
3. Nutritional assessment
4. Vision test
5. Hearing test
6. Dental check-up
7. Assessment of risk for tuberculosis/test if indicated
8. Assessment of immunization status
9. Urine and blood test
10. Explanation of the test results and referral if indicated

### Responsibilities of the School Nurse

- Review state laws, regulations and rules that relate to CHDP
- Review district policies, procedures and forms
- Inform parents of requirements
- Provide parents with necessary forms
- Provide resources (refer families to usual source of care but inform them that no cost exams may be available through CHDP)
- Establish follow-up system to keep track of who has met the requirement
- Collect forms from parents
- Prepare annual report (requested/not mandated)

#### Activities of the Paraprofessional

- Assist nurse by sending out written notices and forms to parents
- Maintain records on who has met requirement and who has not
- Make follow-up phone calls
- Record results
- Assist with preparation of annual report

#### REPORTING:

[https://docs.google.com/forms/d/1Foej\\_jAIUGG4QUBprGuQGEJqy9qDBgbU9ETvndqZWdM/viewform](https://docs.google.com/forms/d/1Foej_jAIUGG4QUBprGuQGEJqy9qDBgbU9ETvndqZWdM/viewform)

This report is sent directly to the San Diego CHDP Program

#### Suggested Procedure

##### 1. Kindergarten Year

- a. Send home forms at kindergarten entry, either at pre-registration or whenever the child enters school. Include:

- Cover letter with school policy
- CHDP brochure
- MCH 77 *School Entry Health Checkup (Health Certificate)* form

[http://www.sandiegocounty.gov/content/dam/sdc/hhsa/programs/phs/MCFHS/School%20Entry%20Health%20Checkup%20Requirement%20\(Bilingual\).pdf](http://www.sandiegocounty.gov/content/dam/sdc/hhsa/programs/phs/MCFHS/School%20Entry%20Health%20Checkup%20Requirement%20(Bilingual).pdf)

The green MCH77 forms may be ordered here:

<https://docs.google.com/forms/d/14HSMVKwtIsZgaiOHP8U1rbHe83chXWKEWT7R0RCZ2ok/viewform>

- b. Springtime- Send a duplicate MCH 77 home to parents/guardians of students who have NOT returned a completed form or signed waiver

##### 2. First Grade

September/October/November (depending on school year start date)

1. Collect completed forms from first graders on entry
2. Refer families to community CHDP providers for health screening exams
3. Offer school screenings to families where appropriate (if district is a CHDP provider)
4. Obtain a waiver from parents or guardians of first graders who do not have a MCH 77 on file

5. Keep a tally of the children who do not have a health certificate or waiver on file
6. Record exam results on the students' records
7. Follow-up:
  - a. Send most appropriate CHDP letter to parent (see CHDP Handbook for sample letters). The letter should include a return date and allow enough time for data collection (2 weeks), before the filing due date for the CHDP report.
  - b. All parents of students not returning a MCH 77 *School Entry Health Checkup (Health Certificate)* forms should be contacted by the school nurse or designee

December – collect school CHDP reports; prepare district report

January – submit CHDP report (see above)

Note: Some districts have opted to make the CHDP health exam a requirement (with waiver option as always) for kindergarten entry (keeping in mind that the exam must be within 18 months of entry into first grade) and have found this to be a real time-saver.

All of this information is also available (and probably better explained) in the *CHDP School Entry Health Examination Requirement Toolkit*  
[http://www.sandiegocounty.gov/content/dam/sdc/hhsa/programs/phs/MCFHS/CHDP\\_HealthExamToolkit.pdf](http://www.sandiegocounty.gov/content/dam/sdc/hhsa/programs/phs/MCFHS/CHDP_HealthExamToolkit.pdf)

#### *CHDP and How It Relates to Other Programs*

- **Early Periodic Screening, Diagnosis, and Treatment (EPSDT)** is a Federal program that is implemented in the State of California by CHDP
- **Medi-cal and managed care plans** are responsible for providing or arranging for EPSDT (referred to as CHDP in California) services for children under 21 years of age.
- **California Children's Services (CCS)** is a tax supported program that provides specialized medical and rehabilitative services for children under 21 years of age with CCS eligible conditions. It offers care to children whose families cannot afford all or part of necessary care (e.g., physical therapy and/or wheelchair for a child with Cerebral Palsy). CHDP is a preventive service offered to all children at 200% poverty or less and CCS is for children with known or suspected medical conditions whose

families cannot pay for the total care. The financial eligibility requirements are more liberal with CCS than with CHDP. A child may be referred to CCS following a CHDP exam or directly by the school nurse.

<http://www.dhcs.ca.gov/services/ccs/pages/default.aspx>

- **Children’s Medical Services (CMS)** is the branch of the state and local health department that encompasses CHDP and CCS. CMS integrates CHDP and CCS with a goal of providing a seamless system of care for children. CMS provides preventive health care services using CHDP and a referral system to ensure children with chronic and disabling conditions receive appropriate medical treatments using CCS.  
<http://www.dhcs.ca.gov/services/pages/cms.aspx>
- **School-based clinics/health centers** are often CHDP providers. Many schools in California have school-based/school-linked clinics. The provider must meet several requirements and be approved by the CHDP program. Call the local program for more information  
[http://www.sandiegocounty.gov/hhsa/programs/phs/child\\_health\\_disability\\_prevention\\_program/index.html](http://www.sandiegocounty.gov/hhsa/programs/phs/child_health_disability_prevention_program/index.html)
- **Healthy Families & Healthy Kids** are defunct programs that were low-cost health insurance programs for uninsured children of moderate income families. These programs are now accessed through **Covered California** – individuals and families that were eligible for assistance through **Healthy Families & Healthy Kids** may now be eligible for expanded Medi-cal or health insurance premium subsidies through the **US Affordable Care Act**.  
**Covered California** <http://www.coveredca.com/>
- **CHDP Gateway Program** includes an on-line application to determine eligibility for temporary enrollment into Medi-cal. Pre-enrollment provides immediate, temporary, full-scope, comprehensive health care coverage to qualifying children for the month of application and the subsequent month while eligibility is being determined.
- **SD-KHAN (San Diego Kids Health Assurance Network)**  
For assistance in accessing or more information regarding any of the above mentioned programs contact SD-KHAN (San Diego Kids Health Assurance Network).  
[http://www.sandiegocounty.gov/hhsa/programs/phs/san\\_diego\\_kids\\_health\\_assurance\\_network/](http://www.sandiegocounty.gov/hhsa/programs/phs/san_diego_kids_health_assurance_network/)

Additional information forms and sample letters are available in the San Diego CHDP Handbook.

[http://www.sandiegocounty.gov/content/dam/sdc/hhsa/programs/phs/MCFHS/CHDP\\_HealthExamToolkit.pdf](http://www.sandiegocounty.gov/content/dam/sdc/hhsa/programs/phs/MCFHS/CHDP_HealthExamToolkit.pdf)

This Handbook was developed by the County of San Diego Health and Human Services Agency, CHDP Health Promotion and was adapted from the Handbook developed by the California Department of Health Care Services' Children's Medical Services Branch, CHDP Program [www.dhcs.ca.gov/services/chdp](http://www.dhcs.ca.gov/services/chdp)

The state CHDP Handbook can be found at:

<http://www.dhcs.ca.gov/formsandpubs/publications/Documents/CMS/CHDPPub108.pdf>

## **References/Resources**

### *Legal References*

Health and Safety Code (H &SC), Sections 124025-124110 and 120325-120380  
Education Code (EC), Sections 66042-66042.3

### *Other*

San Diego CHDP Program

[http://www.sdcounty.ca.gov/hhsa/programs/phs/child\\_health\\_disability\\_prevention\\_program/index.html](http://www.sdcounty.ca.gov/hhsa/programs/phs/child_health_disability_prevention_program/index.html)

California Department of Health Care Services

[www.dhcs.ca.gov](http://www.dhcs.ca.gov)

Affordable Care Act

<https://www.medicaid.gov/affordablecareact/affordable-care-act.html>