



Child Health Specialty Clinics

Child Health Specialty Clinics (CHSC)

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Child Health Specialty Clinics

Overview

Who is CHSC

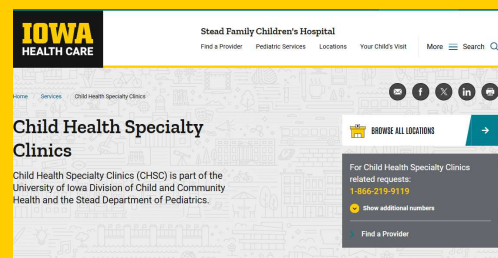
Where is CHSC located

What services does CHSC provides

What do the CHSC Dietitians do

What is Pediatric Feeding Disorder

Where can you learn more



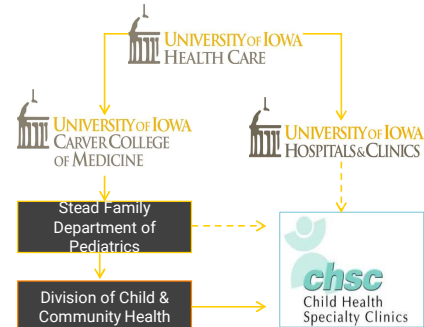
<https://uihc.org/childrens/services/child-health-specialty-clinics>

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Child Health Specialty Clinics

Children and youth with special health care needs (CYSHCN)

CYSHCN have or are at increased risk of developing a chronic physical, developmental, behavioral, or emotional condition and require health and related services beyond what is typically needed for other children



2024 BY THE NUMBERS



8,814 Iowa children, youth, and families received CHSC services.



CHSC served families from all 99 Iowa counties.



4,063 telehealth appointments were completed with specialty providers.



CHSC has been serving Iowa families for 88 years.

Priorities for Iowa Children and Youth with Special Health Care Needs and their Families

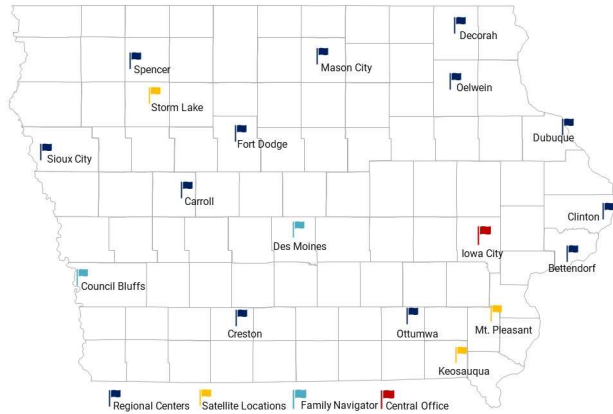
1. Access to community-based services and supports, pediatric specialty providers, and coordination of care
2. Support for families of youth and young adults making the transition to adulthood
3. Support for parenting children and youth with special health care needs

About CHSC

Provides services and supports to Iowa children and youth with special health care needs and their families including:

- ✓ Gap-filling clinical services
- ✓ Care Coordination
- ✓ Family to family support
- ✓ Telehealth with specialty providers
- ✓ Transition planning

For Child Health Specialty Clinics
related requests:
1-866-219-9119



<https://uihc.org/childrens/services/child-health-specialty-clinics#related-offices-313196>



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CHSC Family Navigation

- CHSC Family Navigators are staff members who are also the parent or primary caregiver of a child with special health care needs. They work with families to provide emotional support, systems navigation, and connections to community resources
- To contact a Family Navigator:
 - Call 1-866-219-9119
 - Email family-navigator@uiowa.edu



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WHAT IS A FAMILY NAVIGATOR?

WHO WE ARE

Family Navigators are staff members who are also the parent or primary caregiver of a child with special health care needs. They work with families of children with any special health care needs to provide emotional support, systems navigation, and connection to community resources.

WHAT WE DO

EMOTIONAL SUPPORT

- ✓ Listen to concerns
- ✓ Celebrate successes
- ✓ Help families build upon their strengths
- ✓ Support the development of advocacy skills
- ✓ Recognize and strengthen natural supports

CONNECT TO COMMUNITY RESOURCES

- ✓ Specialty and therapy providers
- ✓ Assistive technologies
- ✓ Camps
- ✓ Childcare and respite
- ✓ Sibling activities
- ✓ Support groups
- ✓ Transportation

NAVIGATE HEALTH, EDUCATION, AND SOCIAL SERVICE SYSTEMS

- ✓ Appointment and referral assistance
- ✓ Attend meetings and appointments at family's request
- ✓ Assist with insurance, waiver, and other funding applications

HOW WE HELP

Many families new to the world of special health care diagnoses, or going through new challenges, find that it helps to talk with another caregiver who has "been there." Family Navigators are parents or caregivers who have had similar challenges, felt the same feelings of grief, sadness, loss, and joy, and found ways to take care of themselves and their families.

ELIGIBILITY

Families may use this service if they have a child with a special health care need between the ages of 0 and 22 years and live in the state of Iowa.



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CHSC Programs

Provider Training

- Training and resources to help primary care providers treat children and youth with mild to moderate mental health needs within their medical home
- Iowa Pediatric Mental Health Collaborative: <https://chsciowa.org/programs/iowa-pediatric-mental-health-collaborative/webinars-primary-care-providers>
- Training and information to help primary care providers screen for autism and other developmental disabilities

Family Training Programs

- Iowa Family Leadership Training Institute
- Digital Storytelling for Families
- Educational webinars

Autism and Other Developmental Disabilities

- Iowa Regional Autism Assistance Program (RAP) provides consultation and care planning for children with autism and their families
- Technical assistance and training to medical home providers, educators, and other early intervention community providers
- CHSC staff utilize standardized tools to identify children at risk for autism and find diagnostic services in their community
- CHSC Autism pilot (Fort Dodge, Mason City, Decorah, Oelwein, Ottumwa) and help families find

Early ACCESS

Early ACCESS is Iowa's system of early intervention for infants and toddlers with or at risk of a developmental delay.

CHSC provides services coordination, nutrition services, and health assessments for children 0-3 years old enrolled in this program.



CHSC Nutrition Program

- Children birth to 21st birthday with special health care needs: 648 children from 87 counties
 - Early ACCESS (birth to 3rd birthday): 508 children, 85 counties
 - MCH (all other children including 1st Five referrals): 193 children, 52 counties, 76% conducted via telehealth
- **Conditions Served:** autism, Cerebral Palsy, CHD, Down Syndrome, Prematurity, Seizure Disorders, Spina Bifida and Global Delays
- **Concerns addressed:** pediatric feeding disorders, feeding tubes, food allergies, slow growth, prematurity, GI issues



CHSC Dietitians

Trained in Sequential Oral Sensory (S.O.S) Approach to Feeding

Board Certified Specialists in Pediatric Nutrition

Certified Intuitive Eating Counselor

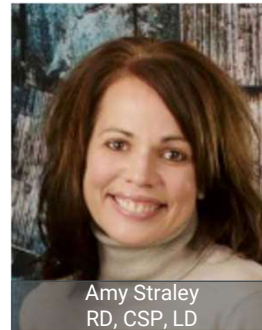
FARE Certificate of Training in Pediatric Food Allergy



Jody Kealey
RD LD



Steph Brimeyer,
MPH, RD, CSP, LD



Amy Straley
RD, CSP, LD



Lisa Woodruff,
RDN, LD



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Early ACCESS Nutrition Services

Focus on nutrition needs for healthy development

Work with other Early ACCESS providers to address feeding problems & create outcomes

Collaborate with primary care provider and subspecialists concerning nutrition

Early ACCESS Nutrition Services

A dietitian can help with your child's eating, feeding, and growth.

Child Health Specialty Clinics (CHSC) partners with the Early ACCESS system to provide individualized nutrition services for your child.

What are nutrition services?

A child's ability to learn, grow, and develop is directly related to nutrition. CHSC dietitians support nutrition goals such as gaining weight, thinking, acting, and using special formula. During a nutrition visit, dietitians:

- Identify the child's nutrition needs (including feeding, growth, behavior, and sensory and tolerance)
- Help you feeding these needs
- Develop the child's growth, weight, and height
- Monitor feeding concerns with qualitative or feeding difficulties, such as limited food variety

Why involve a dietitian in Early ACCESS services?

CHSC dietitians are trained to work with children and families to learn feeding, nutrition, and growth concerns. They work with other Early ACCESS providers, including occupational therapists. CHSC dietitians help families understand how they can best meet the eating and feeding needs of their child during the first three years of life.

How are nutrition services provided?

If nutrition services are added to the Individualized Family Service Plan (IFSP), your family will use the early intervening system. Your child will meet with a CHSC dietitian. Your other service providers will be involved in each child's nutrition needs and family input.

What if a child already receives nutrition services?

The CHSC dietitian will partner with each child's existing medical team. An child works with a dietitian outside of CHSC less or more times a year, a nutrition referral for Early ACCESS may not be appropriate.

Do you qualify for nutrition services?

Early ACCESS uses a survey to identify needs and barriers with nutrition-related concerns. The tool guides the Parent and Child team to determine if a nutrition referral is appropriate.

Is the completed the PCHSC Tool?

Your service coordinator may help. The service coordinator will review the PCHSC Tool.

How can you get a referral?

A referral is made to CHSC when the parent's tool is complete, or if your provider refers your child to CHSC.

For more information, contact:

Phone: (815) 344-2222
Fax: (815) 344-2222
Email: Stephanie.Brimeyer@iowa.edu

Make a Referral

Early ACCESS

Early ACCESS Referral

Child Information

First Name* Last Name* DOB (MM/DD/YYYY)*

Gender: ☐ Male ☐ Female Primary Language/Spoken in Home* Interpreter Needed? ☐ Yes ☐ No ☐ N/A

Residential Information

Street Address* Zip Code* City/Town* State*

Child's County* Child's Resident School District* Child's Attending School District*

Child Care

Does child attend child care? If unknown, leave this section blank.
☐ Yes ☐ No ☐ N/A

<https://achieve.iowa.gov/early-access-referral>

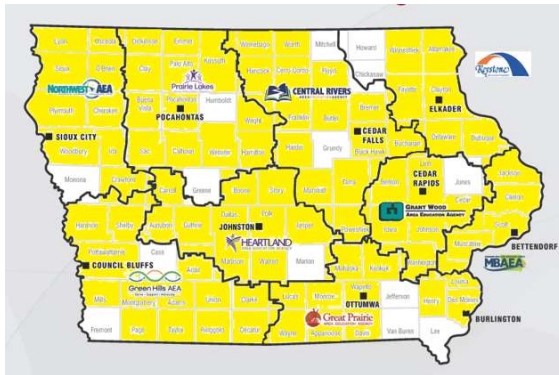


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Early ACCESS Nutrition Services

Children Served Statewide

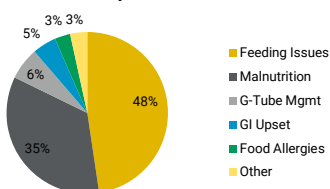


AEA Region	# of Kids	% of Caseload
Keystone	22	4%
Central Rivers	45	9%
Prairie Lakes	35	7%
Mississippi Bend	53	10%
Grant Wood	89	18%
Heartland/ DMPS	132	26%
Northwest	51	10%
Green Hills	48	9%
Great Prairie	33	6%

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Picky Eating: What's Typical? What's Not?

Primary Nutrition Concern
of FY 22 Early ACCESS Referrals



Picky Eater	Problem Feeder
Eats at least 30 different foods	Very restricted variety of foods (less than 20).
Accepts a food after taking a break from it for 2 weeks.	After they food jag (eating a food consistently then suddenly refusing that food) the child typically won't ever eat the food again.
Tolerates a new food on his/her plate.	Becomes upset when a new food is presented.
Eats at least 1 food from each food group or type of texture.	Refuses an entire food group or category of texture.
Eats with the family.	May eat at different times or spaces than the rest of the family.
Described as a "picky eater" for less than 2 years.	Described as a "picky eater" for more than 2 years.

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PFD vs. ARFID

PFD: pediatric feeding disorder
ARFID: avoidant/restrictive food intake disorder

PFD	ARFID
✓ Diagnosed by a feeding therapist & begins during infancy or early childhood	✓ Diagnosed by a mental health professional
✓ Seen with complex medical & developmental conditions	✓ Coexists with mental health disorders, anxiety is most common
✓ Feeding dysfunction in any one or more of the following areas: <ul style="list-style-type: none"> • social & emotional • nutrition • medical • feeding skills: often includes sensory & oral motor difficulties 	✓ Avoidance of food due to fear of eating, choking, and/or vomiting or history of traumatic event
	✓ Persistent difficulty to meet nutritional needs.
	✓ Significant disruption with emotions, relationships, and social function

*nutrition, social, and emotional symptoms may present similar as those in ARFID

impaired oral intake that is not age appropriate lasting more than 2 weeks

mental health diagnosis describing individuals with feeding challenges

@sipswallowspeech

Avoidant Restrictive Food Intake Disorder (ARFID) and Pediatric Feeding Disorder (PFD)

“ If a patient has a diagnosis of ARFID, it may be worth reassessing from the pediatric feeding disorder (PFD) perspective to see if the cause of feeding difficulties might include a medical or skill dysfunction, and not be purely behavioral. ”
-Dr. Richard Noel, Feeding Matters Volunteer Medical Director

	ARFID	PFD
THERAPEUTIC END USER	Primarily mental health providers	Multidisciplinary
DIAGNOSIS DEVELOPMENTAL ORIGIN	Designed to replace and extend the DSM-IV diagnosis of feeding disorder of infancy or early childhood, also driven by desire to better represent patients' needs with EDNOS receiving treatment within eating disorder programs	Designed based on International Classification of Functioning, Disability, and Health (ICF) framework, recognizing that multidisciplinary care across four core domains represents the standard of care for PFD
TYPICAL AGE OF ONSET	No age criteria defined	Pediatric age range, but no specific age criteria defined
COMORBIDITIES	Mental health disorders, with anxiety being most common	Any medical or developmental disability

@feedingpickyeaters

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Pediatric Feeding Disorder

Extreme picky eating is a sign of PFD if a child displays some of the following characteristics:

- Extreme food selectivity: based on texture, color and taste
- Food refusal: gagging, vomiting, hitting, crying
- Limited appetite
- Poor weight or failure to gain weight
- Delayed or dysfunctional eating skills
- Disruptive mealtime behavior
- Eats differently in different environments
- Negatively impacts family functioning

when it might be more than "PICKY EATING"

SMALL # ACCEPTED FOODS

SHRINKING DIET

CAN'T TRY NEW FOODS

EATING ANXIETY

IMPACTS FAMILY

AVOIDS ENTIRE FOOD GROUPS

@feedingpickyeaters

<https://www.feedingmatters.org/picky-eating-just-a-phase-or-cause-for-greater-concern/>

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Pediatric Feeding Disorder



Impaired oral intake that is not age-appropriate and is associated with:

- Medical
- Nutrition
- Psychosocial dysfunction
- Feeding skill

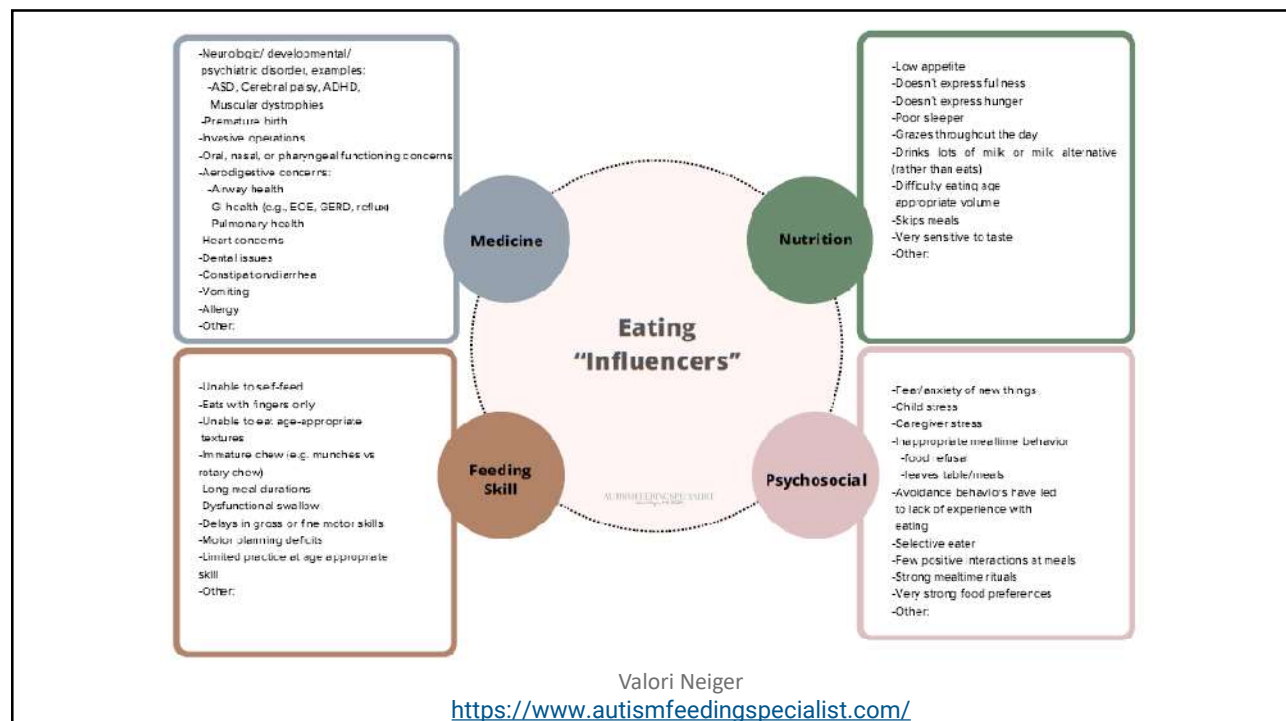
[Pediatric Feeding Disorder Consensus Definition and Conceptual Framework](#)

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Child Health Specialty Clinics Recommended Resources for Picky Eaters

1. **Melanie Potock, MA, CCC-SLP** has information, blogs, recipes and videos that will help with picky eaters at MyMunchBug.com. Some of her most helpful resources include:
 - [The Free Toolbox](#)- find handouts to support parents in feeding picky eaters
 - Blog- review blog posts about different topics related to picky eating
 - Newsletter- sign up to receive a newsletter via e-mail
 - YouTube Channel- watch videos that explain strategies to help with feeding
https://www.youtube.com/channel/UCZYMLxwkhGU2APDZQ_g-wD/featured



2. **Jill Castle, MS, RD**, a leading childhood nutrition expert, has long worked in the area of picky eaters and has great strategies and resource at <https://jillcastle.com/>. Available tools include:
 - Podcasts- learn about feeding and nutrition topics
 - Blog- find information to nourish and nurture your child
 - Newsletter and Facebook- sign up to receive regular tips




3. **Teachable Tastes** find recipes based on texture, taste, appearance and aroma to help introduce new foods at <https://www.motts.com/teachable-tastes>.
4. **Elynn Satter RD, MS, MSSW**, is a registered dietitian and family therapist. Her "Division of Responsibility" in feeding includes guidelines to help families develop healthy, happy eaters.
<https://www.elynn-satterinstitute.org/how-to-feed/the-division-of-responsibility-in-feeding/#Be>



Resources: Providers

The Get Permission Approach:
<https://www.getpermissionapproach.com/>

SOS (Sequential Oral Sensory)
Systematic desensitization and sequence by exposure to food properties through exploring and learning:
<https://sosapproachtofeeding.com/parent-workshop-when-children-wont-eat>

Feeding Matters:
<https://www.feedingmatters.org/>

Your Kids Table:
<https://yourkidstable.com/blog/>

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Resources - Families


Yummy Toddler Food:
<https://www.yummytoddlerfood.com/about/>

Instagram:


- Kids Eat in Color:
<https://www.instagram.com/kids.eat.in.color/>
- Feeding Littles:
<https://www.instagram.com/feedinglittles/>
- Solid Starts:
<https://www.instagram.com/solidstarts/?hl=en>
- My Munch Bug:
https://www.instagram.com/mymunchbug_melaniepotock/
- Feeding Picky Eaters:
<https://www.instagram.com/feedingpickyeaters/>

things that helped real (very) picky eaters try new foods


TRY THESE TO REDUCE & PREVENT PICKY EATING




GETTING IN THE KITCHEN




PLAYING W/ TOYS & REAL FOOD




READING FOOD BOOKS



PLANTING A GARDEN




EXPERIMENTS W/ FOOD



GROCERY SHOPPING

@feedingpickyeaters

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Child Health Specialty Clinics

Thank you

→ www.chsciowa.org

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