

# Help Me Grow (HMG)

Connecting families with young children to support services through a statewide resource and referral linkage system.

HMG is a national resource referral model that has been implemented in more than 30 states. For more information on HMG, go to <https://helpmegrownational.org/>.

Core components in the national model include: Child Health Care Provider Outreach, Family and Community Outreach, Coordinated Access Points (CAP) where families can access services, and a Data Collection and Analysis System. HMG Washington tailored the model to include two additional components: Equity, and Policy and Advocacy.

 Child Health Care Provider Outreach	 Data Collection and Analysis
 Family and Community Outreach	 Equity
 Coordinated Access Point	 Policy and Advocacy






Together, these components create a community-driven framework designed to build a system of community resources to help children and families thrive. In 2021, HMG focused on establishing communication channels between communities and the state affiliate, the statewide CAP, and HMG state action teams to ensure that the state work is grounded in community and that the regional work is connected to a larger cohesive system.

## HMG JULY 2020-2021 METRICS

HMG produced two brief reports in 2020 and 2021 highlighting their range of work, performed with the support of a variety of funding sources:

- 2020: [https://helpmegrowwa.org/wp-content/uploads/2021/03/HMG.WA\\_.Data\\_.Brief\\_English.pdf](https://helpmegrowwa.org/wp-content/uploads/2021/03/HMG.WA_.Data_.Brief_English.pdf)
- 2021: [https://withinreachwa.org/wp-content/uploads/2021/11/HMG.WA\\_.Data\\_.Brief\\_Mid2021\\_English.pdf](https://withinreachwa.org/wp-content/uploads/2021/11/HMG.WA_.Data_.Brief_Mid2021_English.pdf)

From July 2020-2021:

-  **14,142** Requests received for support and referrals across 10 regions
-  **Two times** the number of calls at the peak of the COVID-19 pandemic
-  **53%** of referrals related to basic needs (e.g., food)
-  **62%** HMG clients identified their race/ethnicity as Black, Indigenous, and/or person of color
-  **484,170** diapers distributed by HMG Diaper Bank

## HMG Coordination for Families Across Washington State

HMG serves families statewide while leveraging regional expertise through a network of regional CAPs. CAPs serve as the primary connection points for families to access information about services and resources. The five CAP sub-affiliates are located in:

1. King County
2. Pierce County
3. Central Washington (Yakima and Kittitas Counties)
4. Skagit County
5. Northwest Early Learning Coalition (Island, San Juan, Skagit, Snohomish, and Whatcom Counties)



WASHINGTON'S PRESCHOOL DEVELOPMENT GRANT BIRTH THROUGH FIVE RENEWAL  
FY2021 EVALUATIVE BRIEFS [www.dcyf.wa.gov/publications-library/IAA\\_0004.pdf](http://www.dcyf.wa.gov/publications-library/IAA_0004.pdf)



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## Strategically Building the HMG Infrastructure

### One Call To Access 6,000+ Programs and Services



**Step 1** → **Step 2** → **Step 3** → **Step 4**

Contact HMG

Care Coordinators will listen to your concerns and find appropriate resources

You'll be supported in a variety of ways, from local services to food, health, and parenting resources

A Care Coordinator will follow up to ensure the resources worked for you

### COMMUNITY-INFORMED DESIGN

In 2020, DCYF interviewed cross-sector stakeholders to design a statewide infrastructure that supports and integrates with local communities' HMG systems. Technology needs were accounted for in the design of two coordinated, technology-driven functions:

- A shared resource directory of the services available at the community and state level.
- A client management system that allows coordinators to offer and track referrals made to families. Eventually, providers will be able to input information about families as they receive services and families can identify their status for receiving services.

### Current Partnerships and Future Growth



#### Paid Family and Medical Leave

- 2021: HMG and WA Employment Security Department cross-train staff and implement collaborative promotion strategies.
- 2022: Families are seamlessly connected to HMG resource navigators while enrolling in paid leave.



#### Universal Developmental Screening

- 2021: The WA Department of Health's Universal Developmental Screening (UDS) system is built, with design input from HMG.
- 2022: HMG connects birth-5 children and their families to supports.



#### TANF Home Visiting

- 2021: HMG connects families enrolled in Temporary Assistance for Needy Families (TANF) to home visiting or other parenting programs with a closed-loop referral in three regions, in partnership with WA DSHS.
- 2022: WA DSHS explores statewide expansion.



#### Plan of Safe Care

- 2021: HMG provides care coordination to families with infants exposed to substances prenatally when they do not meet the criteria for child welfare intervention in pilot sites, in partnership with DCYF.
- 2022: Plan of Safe Care is implemented statewide.

### FUNDING THE FUTURE

- ✓ **Success:** Numerous braided funding sources represent wide support for state and regional HMG
- ✓ **Challenge:** Lack of long-term, secure funding weakens security for intensive community expansion
- ✓ **Needs:** Consistent, reliable funding source needed if HMG is to effectively expand statewide