



Help Me Grow: Connecting Families to Resources

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Connecticut's *Help Me Grow* Assumptions

- Children with developmental/behavioral problems are *eluding early detection*
- Many *initiatives* exist that provide services to young children and their families
- Child health providers face challenges in connecting at-risk children with needed services
- Children and their families benefit from a *coordinated, statewide system* of early detection and intervention for children at risk

THE CONNECTICUT STORY

- *Childserv Pilot in Hartford, Connecticut (1998-2001)*
 - Support health care providers using community-based care coordination to connect families to services
 - Partners (Hartford Foundation, City Health Department, Regional Child Health Providers, Children Health Council, Hartford Parenting Network, Birth-3 (Early Intervention))

Expansion from Childserv to *Help Me Grow* (2002-present)

- Lessons learned from Childserv informed efforts for statewide expansion
 - CT Children's Trust Fund –Funding State Budget
- Enhancement of access to already existing supports rather than expansion

What is *Help Me Grow*?

- *Help Me Grow* is a unique, comprehensive, and integrated statewide system designed to address the need for early identification and linkage to developmental and behavioral services and support for children and their families.

Core Components

- Centralized telephone access point
 - Connection of children & families to services and care coordination
- Community Outreach
 - Promote the use of HMG and provide networking among service providers
- Physician Outreach
 - Support early identification and early intervention
- Data Collection
 - Identification of gaps and barriers

Connecticut's Child Development Infoline

The Gateway to Help and Referrals for
Pediatric Professionals ● Parents ● Providers

1-800-505-7000

Connecticut Birth to Three System

Birth to 36 months of age

*For children birth-36 months
of age with developmental
delays or disabilities.*

- Evaluation
- Services to eligible children and families:
 - Service Coordination
 - Individualized Family Service Plan (IFSP)
 - Services such as PT, OT, speech, special instruction, family training and others identified in IFSP

Help Me Grow

Birth through Age 8

*For children birth through age 8
considered 'at-risk' for
developmental or behavioral
problems*

- Connects families to community based resources
- Provides Ages and Stages child monitoring program
- Trains child health providers in developmental screening
- Facilitates regional community networking

Preschool Special Education Program

Ages 3 through 5

*For children ages 3 through 5
who need special education
services*

- Evaluation
- Services to eligible children:
 - Individualized Education Program (IEP)
 - Special education and related services

Children and Youth with Special Health Care Needs

Birth to Age 21

*For children and youth birth to
age 21 with chronic physical,
developmental, behavioral, or
emotional conditions who require
more health and related services
than other children the same age.*

- Service Needs Assessment
- Care Coordination
- Benefits Coordination
- Family/Caregiver Support
- Respite Planning
- Links to health care services
- Referrals to community based resources
- Transition Planning

Participating Agencies

Children's Trust Fund ■ Department of Developmental Services ■ Department of Public Health ■ Department of Education ■ United Way of Connecticut



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Child Development Infoline, a specialized call center of United Way 2-1-1, helps families with children who are at risk for or experiencing developmental delays or behavioral health issues find appropriate services.

Care Coordinators provide:

- Assessment of needs & referrals to services
- Education on development, behavior management and programs
- Ongoing developmental monitoring
- Advocacy and follow up

Child Development Infoline

6
Provider Gets Feedback



1
Well-Child Visit



2
Solicit Parent Opinions



Help Me Grow

1-800-505-7000

5
Parent Connected to Resource



4
Care Coordinator provides resources



3
Contact Help Me Grow



COMMUNITY OUTREACH Activities

- Maintenance of the resource inventory
 - Community-based networking
 - Listserv
 - Share information
 - Identify specific resources
- Trainings
 - Parents
 - Early Care and Education
 - Child Health (EPIC)

EVALUATION

Results Based Accountability (Friedman, 2005)

- Trend data; “All performance indicators can fit into any of the following categories...”
 - How much did *Help Me Grow* do?
 - How well is *Help Me Grow* doing?
 - Is anyone better off as a result of utilizing *Help Me Grow*

Help Me Grow National Replication

- The Commonwealth Fund (2008-2010)
 - Awarded to Connecticut Children’s Medical Center
 - Provide technical assistance within five states
 - South Carolina, Oregon, Colorado, New York, Kentucky
- WK Kellogg Foundation (2010-2013)
 - Help Me Grow National Technical Assistance Office
 - Replication in 10 new states, continued work with the five Commonwealth sites
 - RFP in September 2010 (3 new states-year 1)

Key Strategies

- **Blending** of financial and administrative resources
- Focus on **at-risk children** typically deemed ineligible for categorical services
- **Low cost** as a consequence of focus on linkage of children and families to existing programs and services
- **Cross-sector collaboration and dialogue**
(child health, early care and education, family support)

“ The “story” of *Help Me Grow* has implications beyond the details of the program, itself. *HMG* is the prototype for a program being developed at the local level with subsequent expansion to the regional, statewide, and national levels.”

Paul Dworkin, M.D

HMG Founder & Champion



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