



Help Me Grow

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# BUILDING IMPACT

2018 Annual Report

# Building Impact

This 2018 Help Me Grow report synthesizes information collected from nearly 100 HMG systems in more than 25 states across the country to capture the following:

- The breadth and scope of HMG system implementations and progress since 2017
- Fidelity to each core component of the HMG model across communities
- HMG capacity to reach children, families, community partners, and child health care providers
- Novel approaches and system enhancements currently explored by HMG affiliates

# About Help Me Grow

Help Me Grow is a system model that works to promote integrated, cross-sector collaboration in order to build efficient and effective early childhood systems that mitigate the impact of adversity and support protective factors among families. Through model implementation in communities and states across the country, the mission of Help Me Grow is to advance children's optimal healthy development and support early detection, referral, and linkage to community-based services, such that all children can grow and thrive to their full potential.

Help Me Grow is not a stand-alone program, but rather a system model that utilizes and builds on resources already in place in order to develop and enhance a comprehensive approach to early childhood system building in any given community. Successful implementation of Help Me Grow leverages community resources, maximizes existing opportunities, and advances a coalition working collaboratively toward a shared agenda through the implementation and cooperation of four Core Components:



**A Centralized Access Point** integrally assists families and professionals in connecting children and their families to appropriate community-based programs and services;



**Family & Community Outreach** supports education to advance developmental promotion, and also grows awareness of the system and the services that it offers to families and community-facing providers;



**Child Health Care Provider Outreach** supports early detection and intervention, and loops the medical home into the system;

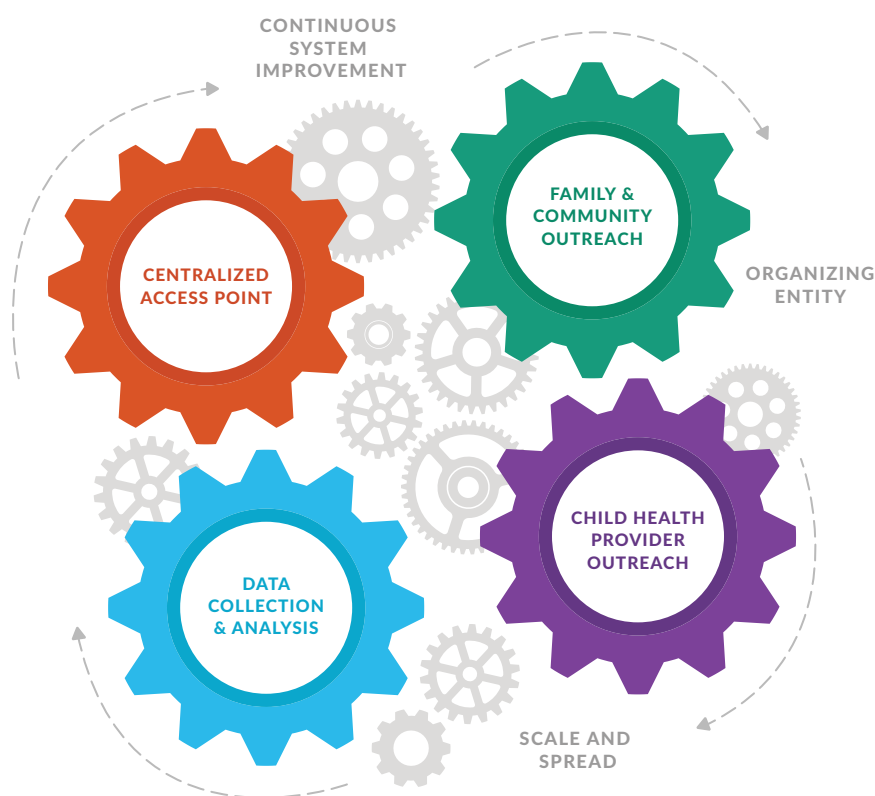


**Data Collection** supports evaluation, helps identify systemic gaps, bolsters advocacy efforts, and guides quality improvement to support continuous system enhancement.

The cooperation of these four core components characterizes the Help Me Grow system model.

The Help Me Grow model also depends on three Structural Requirements. Implementation relies on an **Organizing Entity** to provide support, oversight, continuity, and facilitation of collective impact efforts. Critical strategies for **Scale and Spread** ensure that systems optimally serve to meet the needs of all children and families. The efficacy and durability of the Help Me Grow model also hinges on **Continuous System Improvement**, or constant efforts to enhance, refine, and innovate.

The first Help Me Grow system was piloted in Hartford, Connecticut in 1997. Since that initial implementation, a growing number of states and communities have replicated the HMG model as a strategy to support early detection, referral, and linkage. Currently, HMG systems in 28 states are affiliates of the HMG National Network, receiving ongoing technical assistance from the Help Me Grow National Center in implementing the model and related system enhancements.



## About this Report

The HMG National Center administers an annual, standardized Fidelity Assessment to every affiliate system of the National Network. The Fidelity Assessment is a self-report survey intended to measure **1)** progress in HMG implementation in each of the model's four core components; **2)** relevant process and outcome metrics; and **3)** adoption of system enhancements that may serve as innovative strategies to further efforts to advance developmental promotion, early detection, referral, and linkage. Findings presented in this report are drawn from the 2018 HMG Fidelity Assessment. All HMG affiliates report data through the Fidelity Assessment regardless of their implementation status; thus, certain data points reflect only the subset of HMG affiliates that track relevant measures. In 2018, for the first time, affiliates that had previously reached Implementation status in all four core components were provided with a condensed Fidelity Assessment that confirmed changes since the previous year and posed questions related to sustainability of HMG efforts over time. For questions, or to request copies of the report, please contact the HMG National Center.

\* Any portion of this report may be reproduced without prior permission, if cited as: Cornell E, Luczak S, Dudack D, Sibley S, Phillip T, Martini-Carvell, K, Dworkin PH. 2018 Help Me Grow Building Impact Report. Help Me Grow National Center. 2019.

# Help Me Grow in Action

## Cooperation of Four Core Components

**Outreach to Community-Based Service Providers** through community events, service fairs, networking meetings, and other opportunities help engage these organizations as partners and integrated members of the broader early childhood system. Building partnerships with community-based service providers helps expand the use of the **Centralized Access Point**, which supports these providers through the provision of system navigation, telephone-based care coordination efforts overseen by experts in early childhood development, and access to a comprehensive, up-to-date resource directory of all available and appropriate local early childhood resources for families with young children. Continued and coordinated **Outreach to Community-Based Service Providers** serves to address an important challenge in ensuring accuracy of the resource directory.

Targeted **Outreach to Families** through marketing and public awareness campaigns, family engagement events, and strategic partnerships with existing parent support and advocacy groups increases knowledge and understanding of children's optimal healthy development. It engages families as critical partners in supporting the wellness of their young children. These family outreach strategies also foster awareness of the **Centralized Access Point**, which provides families of young children with a support in navigating the landscape of early childhood programs, thus transferring the onus of complex system navigation from the caregiver to trained and dedicated **Centralized Access Point** staff. Families receive best-fit referrals, and **Centralized Access Point** staff systematically follow up with families to help them overcome barriers to accessing needed services, provide ongoing support, and ensure needs are met.

Child health care providers are uniquely positioned to identify children who are at risk for adverse developmental outcomes. They have near universal access to young children and provide ongoing monitoring of developmental status during well-child visits that include developmental promotion and early identification through periodic developmental surveillance and screening. However, child health care providers often face challenges in identifying early signs of developmental or behavioral concerns. Even when needs are recognized, keeping comprehensive and updated information on community-facing services is difficult and ensuring successful connection to those programs is time-consuming. Further, only a subset of children with developmental delays or those who are at risk for developmental delays will qualify for early intervention and early childhood special education services, which often prompts a "wait and see" approach among child health care providers.

The Help Me Grow system implements strategic Outreach to **Child Health Care Providers** through office-based training sessions, which frequently include the implementation of American Board of Pediatrics Maintenance of Certification Quality Improvement projects. These **Child Health Care Provider Outreach** efforts advance education around developmental promotion, motivate physicians to conduct systematic surveillance and validated screening of young children, and encourage providers to leverage Help Me Grow as a resource for their patients by recommending families access the **Centralized Access Point** as a support. In this way, the **Centralized Access Point** serves as a care coordination arm for busy pediatric primary care practices when providers identify concerns and, in so doing, HMG partners with pediatricians to ensure effective linkage to appropriate programs and services.

The **Centralized Access Point** systematically closes the loop with referring **Child Health Care Providers and Community-Based Service Providers** so **families** are optimally supported, communication is streamlined, redundancies are minimized, gaps are identified, and children receive what they need when they need it. Throughout each component, **Data Collection and Analysis** further bolsters the ability to close identified systemic gaps and strengthens the entire system as a whole.

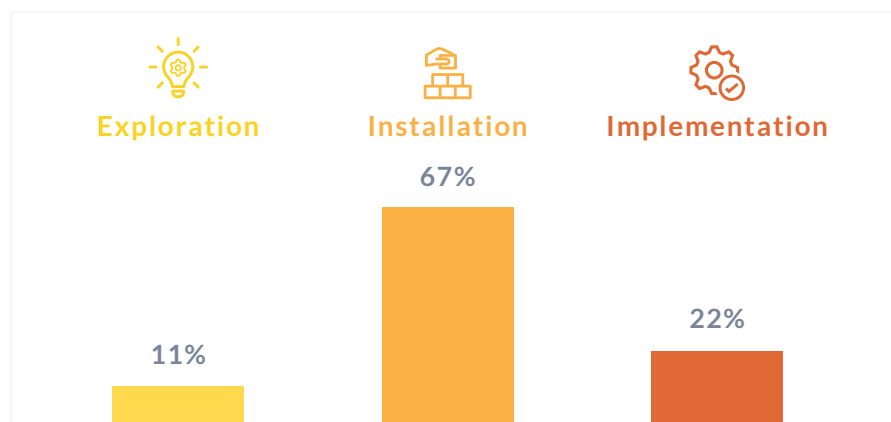
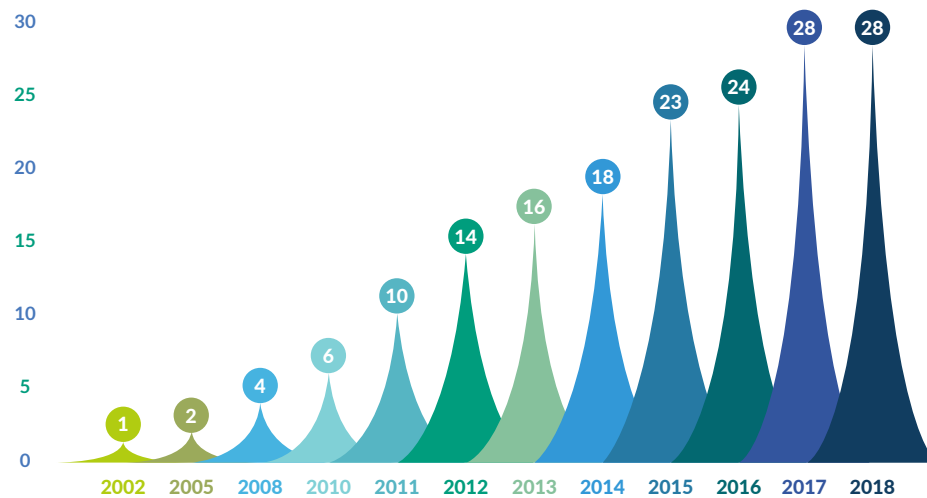


# Report Highlights

The HMG Network consists of affiliates in 28 states across the country operating 92 HMG systems

Network affiliation has steadily increased over time

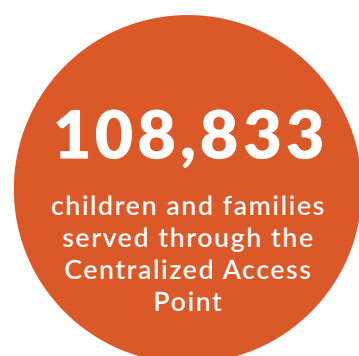
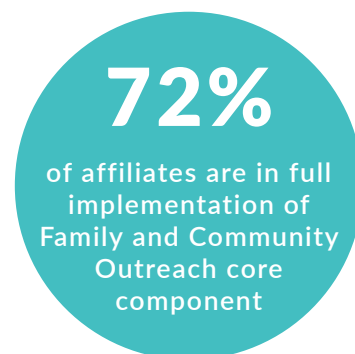
states, count (n=28)



- Affiliate implementation efforts of the entire HMG model are categorized as being in either an Exploration, Installation, or Implementation stage. As of 2018, 11% of the network is in Exploration, 67% is in Installation, and 22% is in Implementation.

### ● Strides in Family & Community Outreach

Among the four core components, HMG affiliates are furthest along in implementation of Family and Community Outreach, with 72% in full implementation of this core component. HMG affiliates conducted targeted outreach to families, community providers, and child health providers, **reaching more than 220,000 families and providing more than 1,500 trainings to providers** on the topics of developmental surveillance and screening and promoting awareness of HMG.

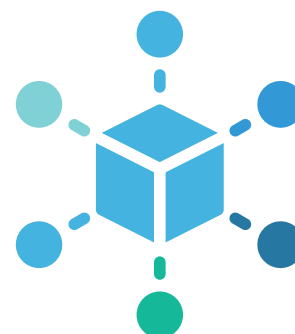


### ● Increase in Families Served through the Centralized Access Point

HMG affiliates served 108,833 children and families through the Centralized Access Point, an increase of more than 30% since 2017. Of the families that engaged with the Centralized Access Point, **an average of 79% reported that HMG met their identified needs.**

### ● Enhancements to the HMG System

Beyond HMG implementation, many affiliates explored system enhancements and related early childhood innovations to support continued growth of efforts. As one example, several affiliates are exploring mechanisms to **strengthen integration between early learning settings and HMG.**



### ● Measuring Sustainability

For the first time this year, several affiliates **completed a Sustainability Assessment**, an early attempt to measure factors and variables that play a role in maintaining HMG efforts in a community well beyond model implementation.