



ZERO TO THREE
Early connections last a lifetime



Opportunities for HealthySteps and Help Me Grow Alignment

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Compatible Missions & Collaborative Opportunities



HealthySteps transforms the promise of pediatric care to improve the health and well-being of babies and young children so that they thrive in school and life. **We set the standard by integrating a child development specialist into the primary care team to promote healthy relationships, foster positive parenting, strengthen early social and emotional development, and ensure access to services that address both child and family needs,** with a particular emphasis on families living in low-income communities.

The mission of Help Me Grow is to advance developmental promotion and promote early detection, referral, and linkage to community-based supports, such that all children can grow and thrive to their full potential.

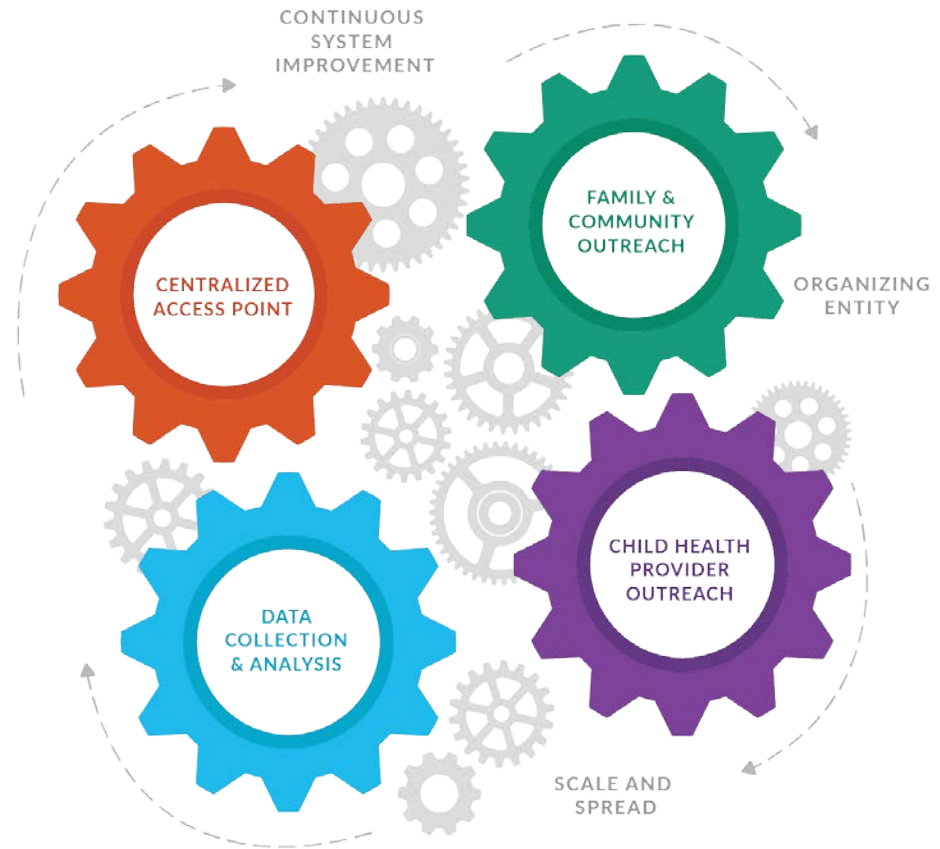
Help Me Grow is a system model that utilizes and builds on resources already in place to develop and enhance a comprehensive approach to early childhood system building in any given community.



HealthySteps and Help Me Grow Core Components



1. Child developmental, social-emotional, and behavioral screening
2. Screenings for family need
3. Child development support line
4. Child development and behavior consults
5. Ongoing, preventive team-based well-child visits
6. Care coordination and systems navigation
7. Positive parenting guidance and information
8. Early learning resources



HealthySteps Service Tiers



CORE COMPONENTS (SERVICES)

TIER 1. UNIVERSAL SERVICES

- ✓ Child developmental, social-emotional & behavioral screening
- ✓ Screening for family needs (i.e., maternal depression, other risk factors, social determinants of health)
- ✓ Child development support line (e.g., phone, text, email, online portal)

TIERS 2 & 3

- ✓ Care coordination & systems navigation
- ✓ Positive parenting guidance & information
- ✓ Early learning resources

TIER 2. SHORT-TERM SUPPORTS (mild concerns)

- ✓ Child development & behavior consults

TIER 3. COMPREHENSIVE SERVICES (families most at risk)

- ✓ Ongoing, preventive team-based well-child visits (WCV)





PEDIATRIC CARE • SUPPORTING • PARENTING

Systems Building and Intervention: Leveraging Strengths of Help Me Grow and HealthySteps to Increase Impact

Help Me Grow Facilitating HealthySteps Care Coordination



HealthySteps thrives on the relationship between the HealthySteps Specialist and the child and caregiver(s). This relationship helps families feel more comfortable to communicate around non-medical needs.

The Centralized Access Point Care Coordinator can be a point of contact for the caregivers. The HSS identifies the need and the HSS and HMG Care Coordinator work together with the caregivers on referral and follow up.

Help Me Grow taking on care coordination, referral and follow up activities can save the HealthySteps Specialist 30% of their time, equivalent to 1.5 days a week.*

*Estimate based on an analysis conducted at the University of Maryland Medical Center HealthySteps site



HealthySteps Facilitating HMG Connection to Medical Community



Some Help Me Grow affiliates have expressed difficulty in engaging the medical community, particularly where the affiliate has grown out of child care settings.

HealthySteps Specialist offers an opportunity for Help Me Grow affiliates to connect with a non-physician provider who understands the importance of child health and well-being, facilitating connection to the medical community at large.

All HealthySteps sites have a physician champion who, with buy in, can help spread the importance of Help Me Grow throughout the medical community.



Help Me Grow Referring to HealthySteps



HMG and HS both improve the incidence of screening—a critical first step for identifying the need for services. Help Me Grow identifies needs in the community outside of the medical home (i.e., child care centers and parent groups).

For the many children identified in the community as having needs that don't rise to the level of EI, or are facing social-emotional/behavioral challenges, Help Me Grow can refer into HealthySteps and provide the children and families access to a medical home and appropriate supports and services.

HealthySteps can address social-emotional and behavioral needs of children and families in Tiers 2 or 3, acting as a critical community resource.

HMG Data Informs Need for HealthySteps



HMG data collection acts as an annual community needs assessment. These data shed light on the gaps in behavioral health and social-emotional supports for children and their families.

Using data to highlight the need for HealthySteps in a specific community can help payer and funder buy-in to support the expansion of sustainable HealthySteps practices.

Data-driven arguments and evidence-based outcomes strengthen the value proposition for HealthySteps and Help Me Grow.



HMG and HealthySteps: Partnership in Action



A Conversation on Collaboration



Thank You!



Learn more at
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