



# HMG Alameda & Contra Costa, California: Bridging the Gap in Services for Children with Mild-to-Moderate Delays

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## BACKGROUND

The Help Me Grow systems in California’s Alameda and Contra Costa counties include expanded services for children with mild to moderate delays. These children typically do not qualify for state-funded services, but still need early intervention support for delays or concerns in their development.

## PROJECT DESCRIPTION METHODS

Five community agencies implement eight programs providing families with individual intervention and/or play group intervention. Each agency offers a unique approach, with some common elements and differences in program implementation.

### Program Differences:

- Playgroups Duration: 1 to 4 hours
- Home-based Duration: 30 minutes to 3 hours
- Playgroup Size: 6 dyads to 15 dyads

## EVALUATION METHOD

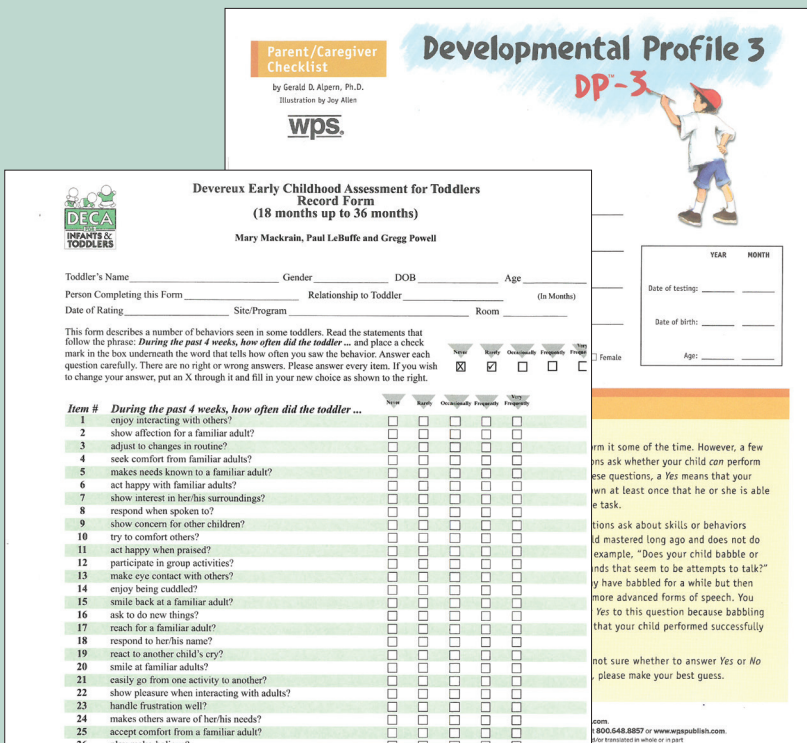
A four-year evaluation study is in place to test 1) whether the services promote developmental improvement; and 2) the effectiveness of the different service models. The evaluation includes:

- A new learning community for agencies to share successes and challenges.
- Interviews with service providers and observation of their programs.
- Pre and post-developmental and behavior surveys that families complete to measure changes in children’s development.
- An exit survey for families to assess protective factors and service satisfaction.

### Evaluation Tools

Developmental Profile 3 (ASQ-3)

Devereux Early Childhood Assessment (DECA)



## RESULTS

### Most common referrals to HMG: Communication and Social Emotional Development

Evaluation included assessments of children’s skills at the start and completion of each intervention. Most children who completed services at the time of analysis attended the programs with the shortest duration of services.

## SOCIO-EMOTIONAL SKILLS

The DECA assessed socio-emotional skills. Results show the developmental playgroups improved:

- 1) Independent thought and action
- 2) Expressing emotion and managing behavior in healthy ways
- 3) Promoting and maintaining mutual, positive connections with other children and significant adults

## PARENT SATISFACTION

Parents were highly satisfied with the services:

- 98% of parents would recommend services to other families
- 95% felt the services were respectful of their culture and background
- 45% were better able to manage their child’s behavior
- 41% felt their child’s behavior improved a lot

## DEVELOPMENTAL PROFILE

Preliminary results comparing five developmental domains measured by the Developmental Profile Assessment suggest that playgroup participation is associated with increases in adaptive and communication skills of children. Results remain inconclusive for Physical, Social-Emotional, and Cognitive subscales until more data is collected.



## DISCUSSION

Preliminary data, while limited, shows a trend toward developmental improvement. More data needs to be collected to fully understand developmental gains associated with these interventions. Future data collected will enable analysis by program, service modality, service dosage, presenting problem, and other factors.

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