

Leading Help Me Grow at the Local, State, and National Levels: Achieving Collective Goals Through a Nested Backbone Approach

Help Me Grow National Forum

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Presented by
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Our Presenters



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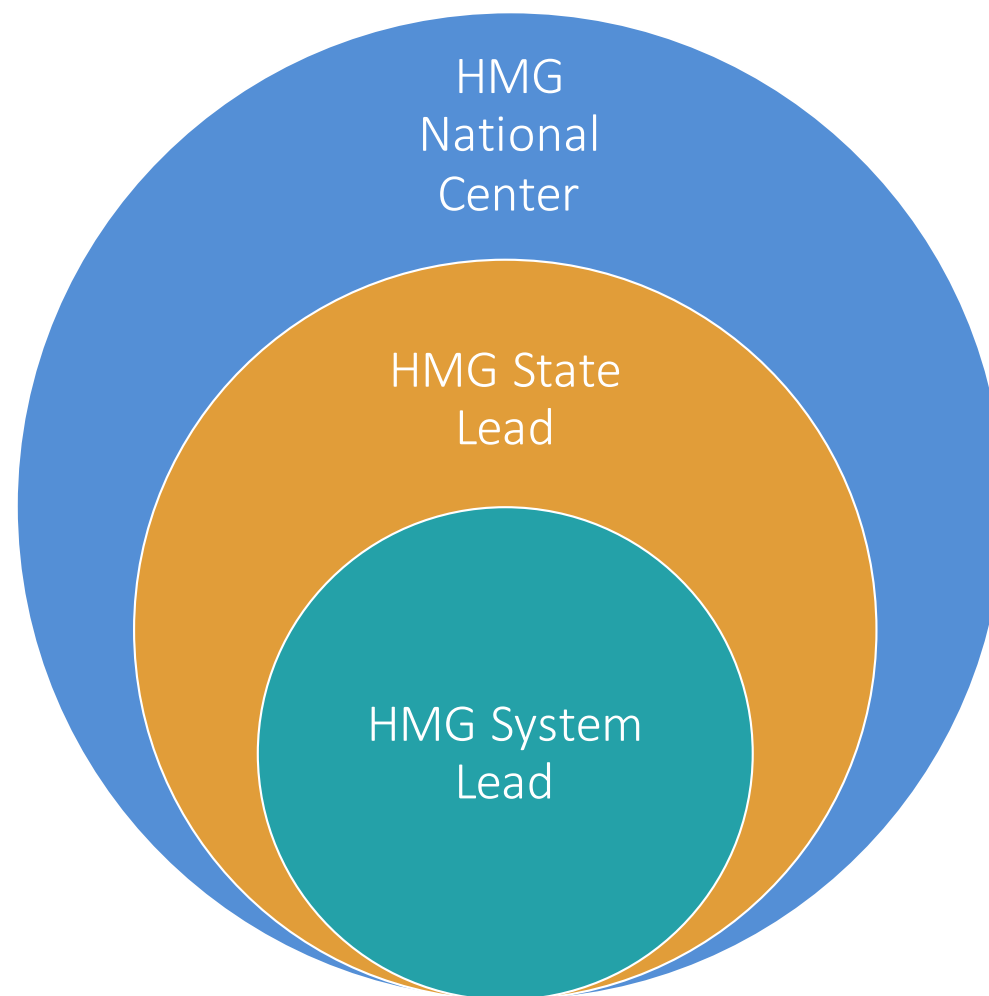
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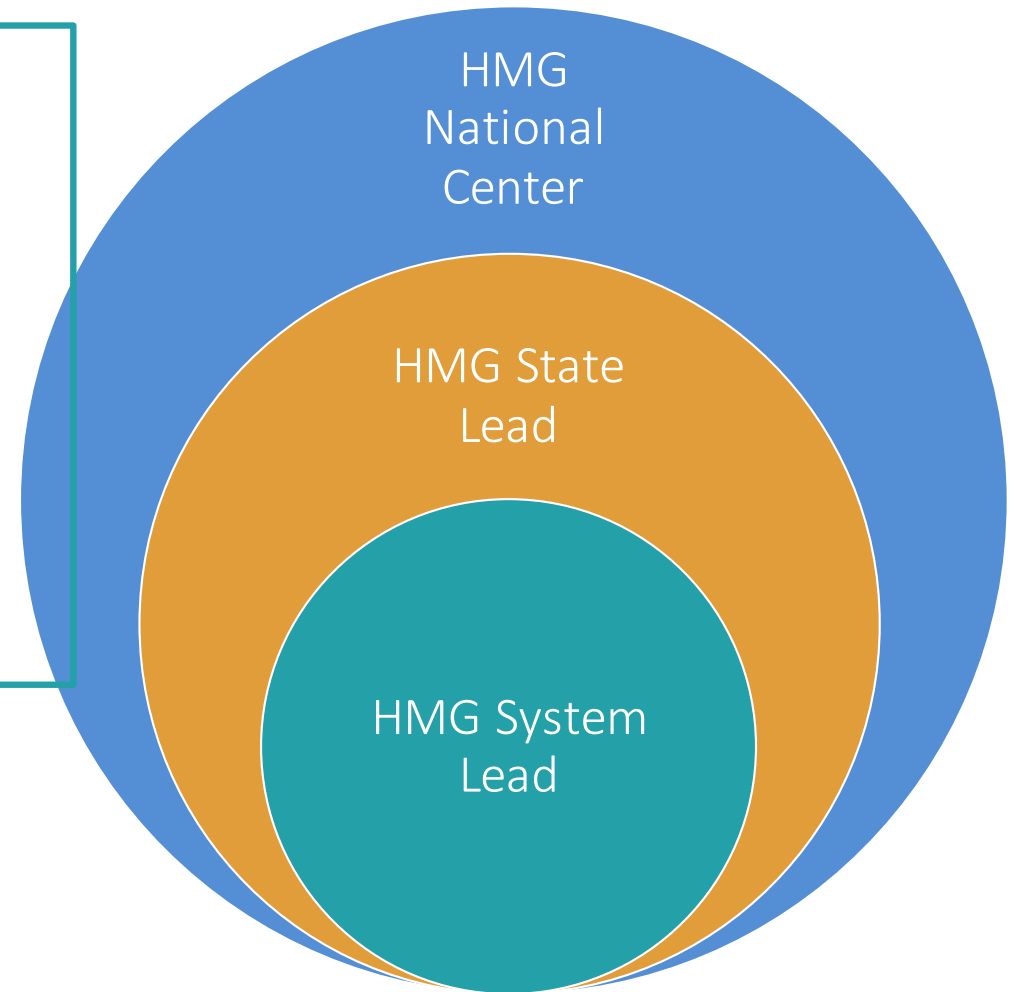
Help Me Grow: A Nested Backbone Structure

The Help Me Grow Ecosystem



5 Functional Categories of a Help Me Grow Backbone Entity

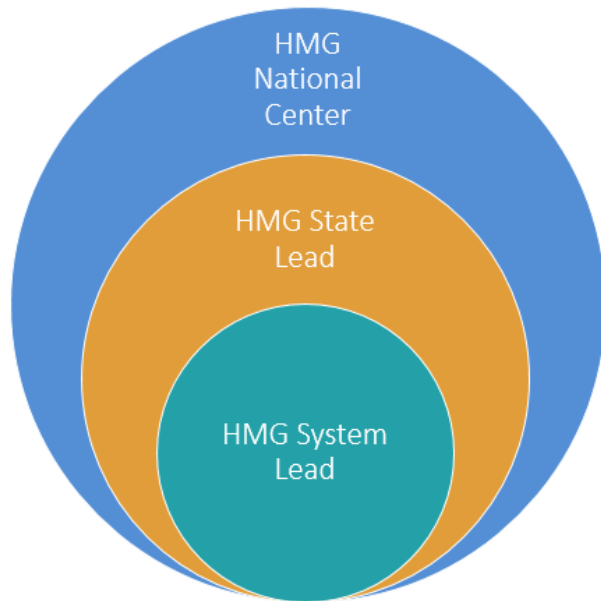
1. Funding & Sustainability
2. Policy & Advocacy
3. Onboarding, Training, and Technical Assistance
4. Spread & Scale
5. Data Collection & Use



Help Me Grow Leadership at the National Level

National Help Me Grow Leadership

The Help Me Grow Ecosystem



Funding & Sustainability

- Mobilize funding through advocacy and influence to guide funders and federal government towards a structure and approaches that are advantageous for HMG state and local systems
- Provides funding for participation in key technical assistance initiatives to design and test enhancements to the Model
- Secures funding for the identification and testing of innovations that enhance the durability and efficiency of the Model

Policy & Advocacy

- Advocacy for and promotion of smart policy change at the federal-level
- Advances alignment and collaboration among national early childhood initiatives and models
- Produces and contributes to policy briefs and letters of support
- Fosters collaboration among systems in the HMG National Affiliate Network
- Shares data on the gaps and barriers families with young children are experiencing within a given jurisdiction

Onboarding, Training, & Technical Assistance

- Conducts individualized technical assistance promoting Model implementation for new HMG affiliate systems
- Provides universal technical assistance and professional development for the National Affiliate Network
- Leads communities of practice that facilitate interaction between HMG systems and experts and shares approaches to system enhancement that further implementation of the Model
- Hosts annual HMG National Forum to bring affiliates together for networking and learning opportunities
- Researches and Evaluates best practices that expand the evidence base for the Model

Spread & Scale

- Developed and supports progress towards a national HMG strategic growth plan
- Collects data via annual Fidelity Assessment to guide evidence-based strategic growth
- Builds collaboration among leading national-level partners in the early childhood field
- Provides technical assistance to new and long-standing HMG systems

Data Collection & Use

- Creates and maintains guidelines for affiliates to fully implement fidelity to the Model
- Tracks and monitors uptake, progress, and innovation of the HMG Model nation-wide
- Uses data collected by the National Affiliate Network via the Fidelity Assessment to guide quality improvement, priorities for technical assistance, and areas of opportunity to new strategic partnerships and growth
- Advances new partnerships and identifies strategic initiatives at the national-level based on the unique value proposition afforded by system-level data

Help Me Grow National

Influence the national conversation and movement that will provide the most fertile environment for states and communities to support families' optimal health and well-being

- Advocate for more/new/smarter funding from federal agencies
- Promote alignment in ideology and strategy among national organizations in adopting as a core principle the importance of systems that ensure developmental promotion, early identification, referral and linkage for all families

Policy &
Advocacy

Funding &
Sustainability

Spread &
Scale

Help Me Grow National

Guide evidence-based change that transform systems at the state and local-levels.

- Collect and analyze data from the HMG National Affiliate Network that are used in:

1. National and federal-level funding and policy change efforts
2. The identification of promising practices, and new partners to enhance systems

Policy &
Advocacy

Funding &
Sustainability

Data
Collection
& Use

Technical
Assistance

Help Me Grow National

Support the HMG National Affiliate Network in building comprehensive, cross-sector, integrated early childhood systems that promote development and well-being with family and caregiver goals and values at the center.

- Technical assistance to new and long-standing HMG state affiliates and local systems
- Expand coverage of HMG to new states
- Advance social and racial equity via HMG

Spread &
Scale

Onboarding,
Training, &
Technical
Assistance

Data
Collection
& Use



Alexandra Goldberg, Ed.D.

Statewide Director, Help Me Grow Florida

CDC's "Learn the Signs. Act Early." Ambassador to Florida

Help Me Grow State Leads

- Funding & Sustainability
 - Administers and executes the Help Me Grow Contract
- Policy and advocacy
 - Develops and fosters state-level partnerships that can trickle down to local levels
- On-boarding, Training and Technical Assistance
 - Provides technical assistance and professional development opportunities to local affiliate systems to assist in their implementation of the four core components.
 - Develops and procures outreach materials
- Spread and Scale
 - Coordinates efforts to enhance spread of system across the state
 - Including conducting state-level legislative advocacy for increased system awareness and state funding
 - Hosts annual statewide meeting for statewide affiliates and stakeholders
- Data Collection and Use
 - Facilitates a shared set of metrics among affiliate systems and analyses common indicators

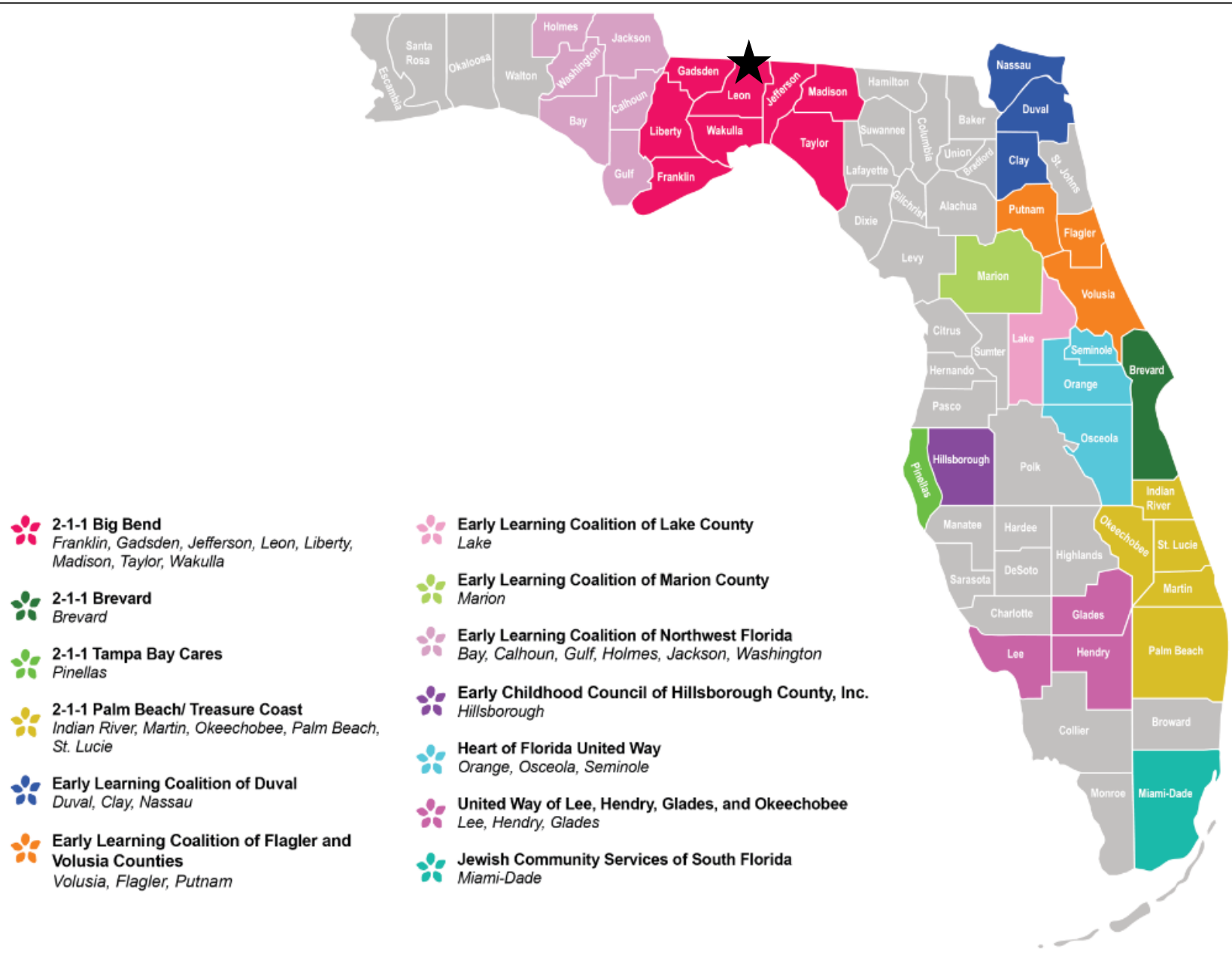
Structure of Help Me Grow in Florida

★ State Coordinating Office (SCO):



HMG Staff at SCO:

- Statewide Director
- Data and Research Manager
- Outreach Specialist
- Contract Compliance Specialist



Structure of Help Me Grow in Florida

Legislative appropriations



State of Florida, Division of Early Learning (DEL)

Children's Forum is subcontracted by DEL to administer HMGF



State Coordinating Office (SCO)

Located at the Children's Forum

Develops and oversees 11 affiliate subcontracts & funding awards (out of 13 affiliate sites)



HMG local affiliate (counties served)

Housed within different agencies



Local partnerships and services

Subcontractors

Memorandum of Understanding (MOU)

In-kind support



I. Administers and executes the HMGF contract (and local affiliate subcontracts)

Contracts:

- Children's Forum has a contract with the Division of Early Learning to administer HMGF and serve as SCO
 - Oversee the legislatively appropriated funding award
 - Requirements for each core component (# of screenings, children & families served, outreach activities, etc.)
- Children's Forum (HMGF SCO) subcontracts out direct services to local agencies (affiliates)

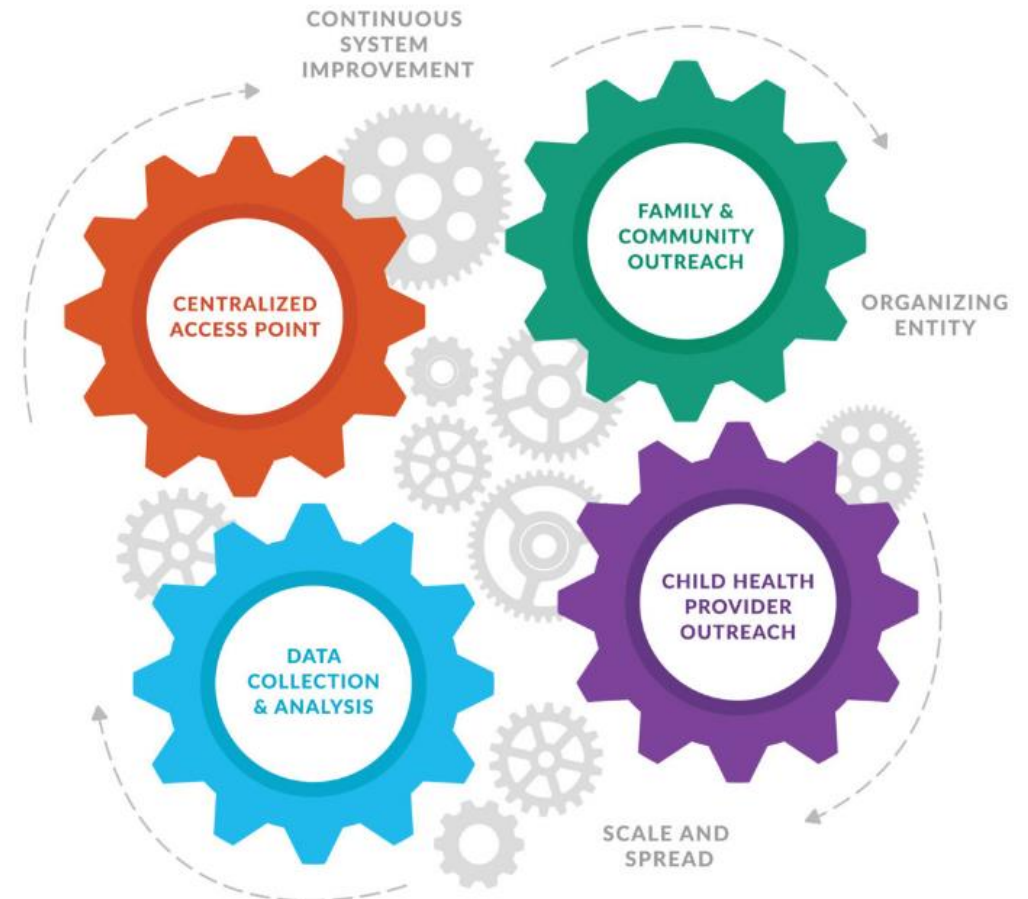
Monthly reports:

- Local affiliates submit monthly reports to SCO
- SCO submits monthly report to DEL

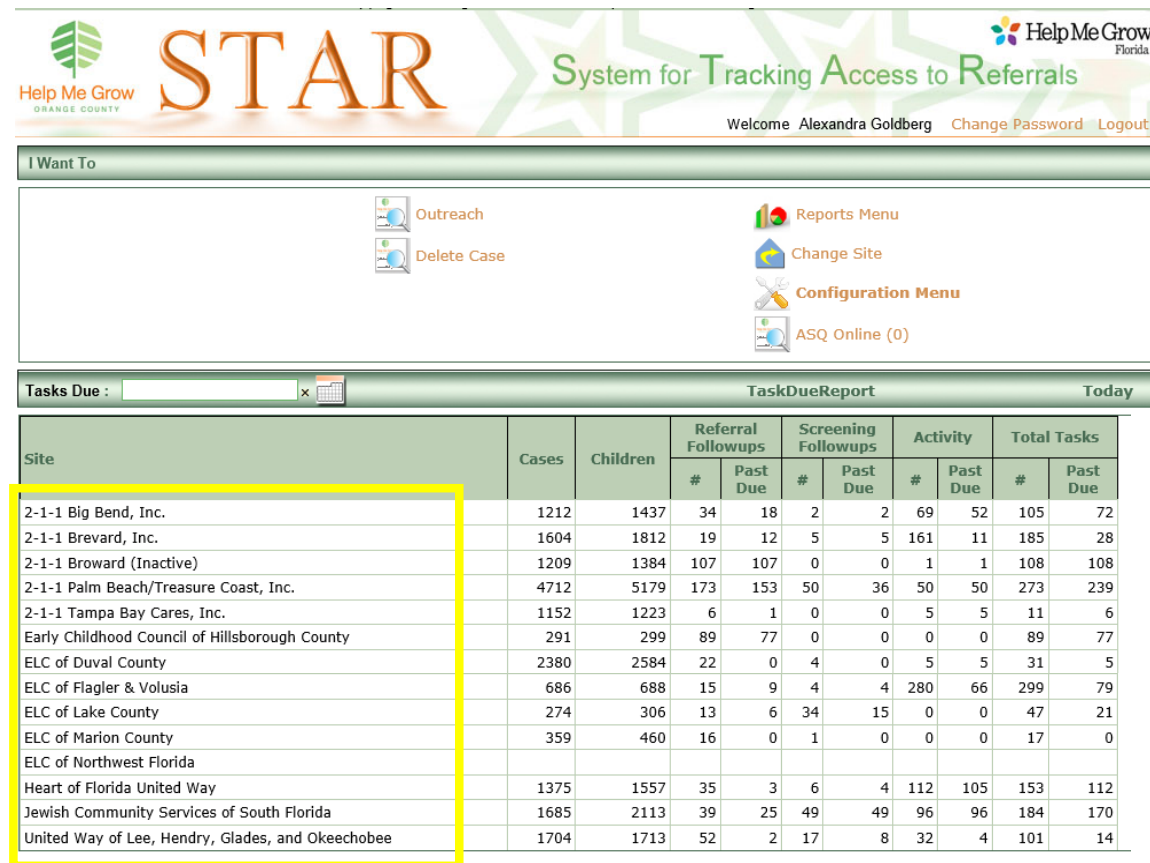
2. Provides technical assistance and professional development opportunities to local affiliate systems to assist in their implementation of the four core components.

Types of technical assistance

- Core components
 - Centralized access point
 - Family/Community outreach
 - Materials
 - Activities
 - Child healthcare provider outreach
 - Materials
 - Activities
 - Physician champions
 - Data analysis
 - STAR
 - Brooke's
 - Annual reports/summaries
- Coordinate or host trainings/webinars



3. Facilitates a shared set of metrics among affiliate systems and analyses common indicators



Site	Cases	Children	Referral Followups		Screening Followups		Activity		Total Tasks	
			#	Past Due	#	Past Due	#	Past Due	#	Past Due
2-1-1 Big Bend, Inc.	1212	1437	34	18	2	2	69	52	105	72
2-1-1 Brevard, Inc.	1604	1812	19	12	5	5	161	11	185	28
2-1-1 Broward (Inactive)	1209	1384	107	107	0	0	1	1	108	108
2-1-1 Palm Beach/Treasure Coast, Inc.	4712	5179	173	153	50	36	50	50	273	239
2-1-1 Tampa Bay Cares, Inc.	1152	1223	6	1	0	0	5	5	11	6
Early Childhood Council of Hillsborough County	291	299	89	77	0	0	0	0	89	77
ELC of Duval County	2380	2584	22	0	4	0	5	5	31	5
ELC of Flagler & Volusia	686	688	15	9	4	4	280	66	299	79
ELC of Lake County	274	306	13	6	34	15	0	0	47	21
ELC of Marion County	359	460	16	0	1	0	0	0	17	0
ELC of Northwest Florida										
Heart of Florida United Way	1375	1557	35	3	6	4	112	105	153	112
Jewish Community Services of South Florida	1685	2113	39	25	49	49	96	96	184	170
United Way of Lee, Hendry, Glades, and Okeechobee	1704	1713	52	2	17	8	32	4	101	14

STAR database:

- Comprehensive database for collection of common indicators
- We have taken HMG National's common indicators and customized them for FL
- SCO pays for annual STAR subscription for each individual site
- Application Programming Interface (API) links Brooke's ASQ Online directly in STAR
- Transfers information captured in Brooke's to STAR

Programs		Administrators	Program phone	Program email	Child profiles	Screens used
		Burke, Cathy Lozano-Castro, Sandra				
2-1-1 Tampa Bay Cares	Childrens Forum Help Me Grow	Randall, Liz Perry, Edward Timothy, Kristine Cartmell, Jeannine Richardson, Sarah	2-1-1	kristinet@211tampabay.org	850	633
Early Childhood Council of Hillsborough County	Childrens Forum Help Me Grow	Waters, Derek VanPelt, Greg Price, Tamara Randall, Liz Mink, Daniela Martaus, Steve Wiley, Kim Reyes, Lori	813-964-1964	dwaters@crisiscenter.com	1791	230
Heart of Florida United Way	Childrens Forum Help Me Grow	Smithwick, Gretchen Crenshaw, Jennifer Randall, Liz	(407) 429-2166	hmg@hfuw.org	395	552
Jewish Community Services	Childrens Forum Help Me Grow	Randall, Liz Lozano, Hortensia Ramirez, Tania	305-740-8998	hlozano@JCSFL.ORG	99	97
Test Program	Childrens Forum Help Me Grow		0000000000	lrlandall@thechildrensforum.com	0	0
United Way of Lee, Hendry, and Glades	Childrens Forum Help Me Grow	Randall, Liz Beauvois, Susan Longmire, Tina Esquivel, Viola Sotir, Anna	239-425-6920	susan@healthystartswfl.com	2332	1411

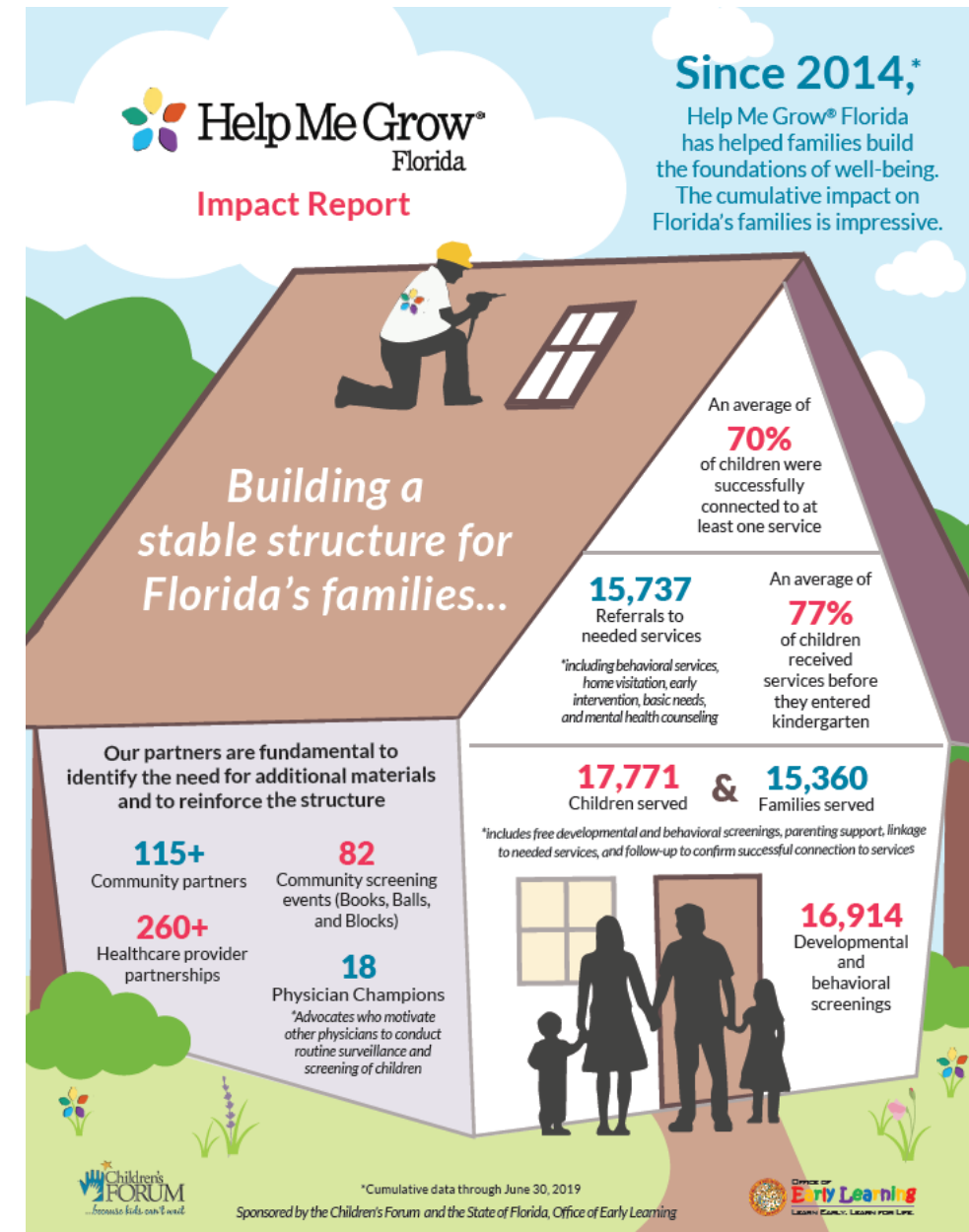
ASQ Enterprise account:

- Set-up and manage local affiliate site accounts within Enterprise account
- Collect all ASQ-3 and ASQ:SE-2 screening data
- Most of our local HMG sites are included in our Enterprise account



Annual & Impact Reports:

- Data is analyzed and used to create annual Impact Reports
- Reports are used for advocacy efforts, outreach, and legislative discussions.
- Affiliate impact reports



4. Coordinates efforts to enhance spread of system across the state

- Seek additional funding
- Conduct state-level legislative advocacy for increased system awareness and state funding
- Onboard new affiliates

5. Develops and fosters state-level partnerships

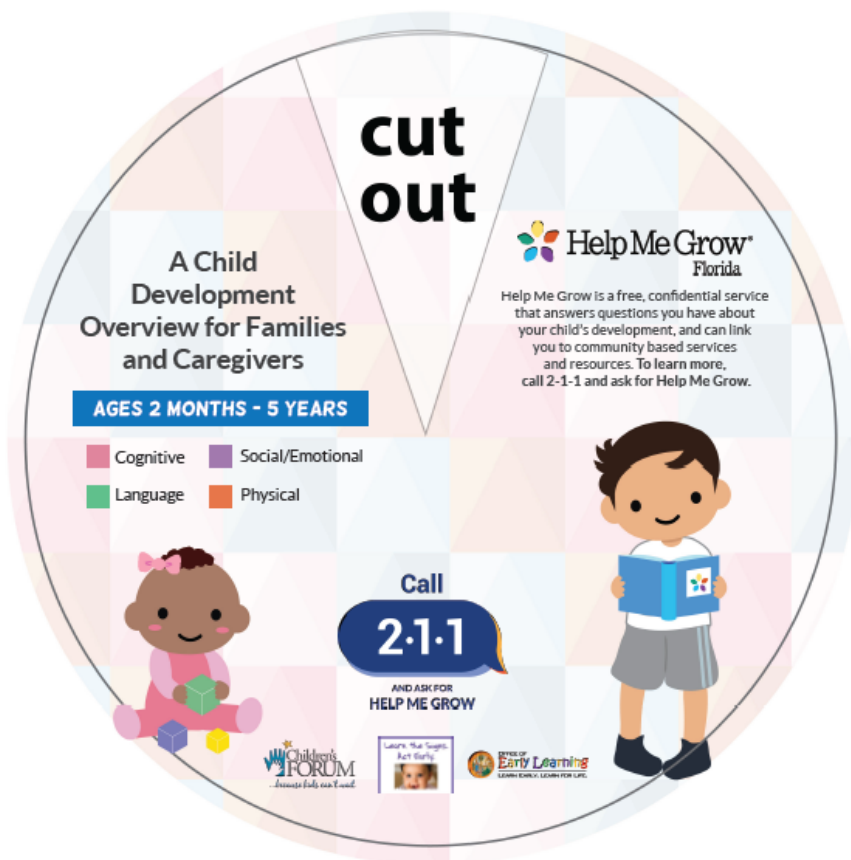
- That can trickle down to local partnerships

6. Hosts annual statewide meeting for HMGF affiliates and stakeholders

- Opportunity for professional development and networking

7. Development and procurement of outreach materials

- **Development**
 - SCO and Children's Forum Outreach team develop content/language for materials
 - Children's Forum graphic designer creates artwork
 - Local affiliate logos
- **Purchasing/Procurement**
 - Comply with state policies for making purchases with state funds
 - Contact vendors for quotes
 - Lead communication with vendors
 - Purchase printing and shipping of all materials
- **Shipping/delivery**
 - Organize shipping locations and tracking



Milestone wheels



Affiliate logos



Help Me Grow® Florida

Help Me Grow® Florida is a FREE over-the-phone resource that helps connect children, families, and caregivers with local services and supports to help them thrive.

- Answer any questions and concerns about your child's development
- Guide you through our free developmental and behavioral screenings
- Provide parenting tips, activities, and other useful information
- Follow-up support to ensure your child receives the right services

Interested in Help Me Grow?

Is your child:

☐ A Florida resident?

☐ Between the ages of birth through eight?

Call 2-1-1
Get Connected. Get Help.™

and ask for Help Me Grow!



Did You Know...

skills like standing up, scribbling, babbling, and pointing to body parts are developmental milestones!

Children reach many developmental milestones in their early years!

Flip this page over for a quick glance at some of these important milestones!

www.helpmegrowfl.org

@HelpMeGrowFlorida @HelpMeGrowFlorida @HelpMeGrowFL

Developmental Milestones at a Glance



YOUR CHILD'S AGE	SOCIAL-EMOTIONAL	LANGUAGE/COMMUNICATION	COGNITIVE (LEARNING, THINKING, PROBLEM-SOLVING)	MOVEMENT/PHYSICAL DEVELOPMENT
6 Months*	Knows familiar faces; Likes to look at self in mirror	Responds to name; Strings vowels together when babbling ("ah," "eh," "oh")	Brings things to mouth; Looks around at things nearby	Begins to sit without support; Rolls over in both directions
1 Year*	Cries when mom or dad leaves; Has favorite things and people	Uses simple gestures, like shaking head "no" or waving "bye-bye"; Says "mama" and "dada" and exclamations like "uh-oh!"	Explores things in different ways, like shaking, banging, throwing; Follows simple directions	May take a few steps without holding on; Pulls up to stand; May stand alone
2 Years*	Shows more and more independence; Copies others; Gets excited when with other children	Says sentences with 2 to 4 words; Knows names of familiar people and body parts	Begins to sort shapes and colors; Might use one hand more than the other; Builds towers of 4 or more blocks	Stands on tiptoe; Kicks a ball; Begins to run; Makes or copies straight lines and circles
3 Years*	Dresses and undresses self; Shows affection for friends; Shows a wide range of emotions; Takes turns in games	Talks well enough for strangers to understand most of the time; Follows instructions with 2 or 3 steps	Does puzzles with 3 or 4 pieces; Copies a circle with pencil or crayon; Turns book pages one at a time	Climbs well; Pedals a tricycle; Walks up and down stairs, one foot on each step
4 Years*	Plays "Mom" and "Dad"; Cooperates with other children; Is more and more creative with make-believe play	Tells stories; Can say first and last name; Knows some basic rules of grammar	Uses scissors; Starts to understand time; Draws a person with 2 to 4 body parts	Catches a bounced ball most of the time; Pours, cuts with supervision, and mashes own food
5 Years*	Wants to please friends; More likely to agree with rules; Likes to sing, dance, and act	Speaks very clearly; Tells a simple story using full sentences; Uses future tense; Says name and address	Counts 10 or more things; Copies geometric shapes; Knows about things used every day, like money and food	Can do a somersault; Uses a fork and spoon; Can use the toilet on her own; Swings and climbs
6 - 8 Years	Thinks about the future; Is concerned for others and his/her friendships; Displays increased independence	Understands more complex grammar and vocabulary	Increased reading abilities; Holds and uses a pencil easily; Copies designs, shapes, letters and numbers	Rides a 2-wheel bicycle; Skips; Plays jump rope; Walks on a straight line



I know the signs of healthy child development.
Learn the Signs. Act Early.
www.cdc.gov/learn/actearly

*Please note that this is only a guide developed from the Center for Disease Control's (CDC) "Learn the Signs. Act Early" campaign. All children develop differently. If you have additional questions, want to complete a developmental screening, or need further information regarding developmental questions, contact your local Help Me Grow initiative.

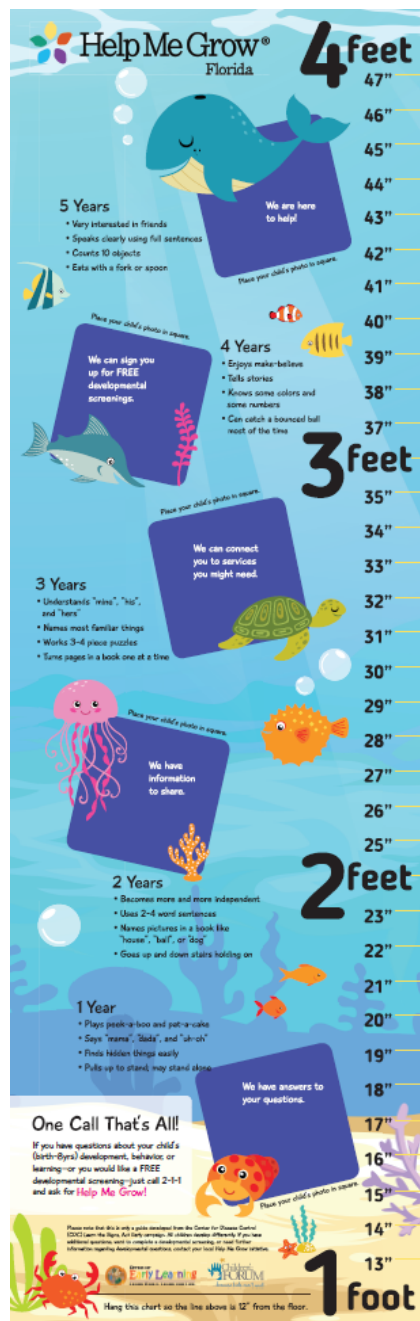


OFFICE OF Early Learning

LEARN EARLY. LEARN FOR LIFE.

Sponsored by the Children's Forum, Inc., and the State of Florida, Office of Early Learning.

Milestones flyer





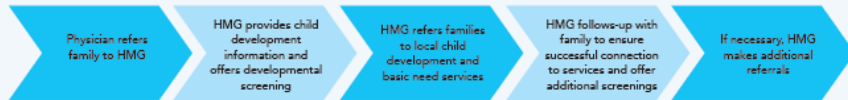
How Can Help Me Grow Support You and your Practice?

As a healthcare professional, you understand the critical importance of early detection and intervention in the patients you serve. Help Me Grow supports you in caring for your patients by providing the following services:

- ♦ Free developmental and behavioral screenings
- ♦ Parenting tips, activities, and useful information
- ♦ Referrals and connections to available community resources
- ♦ Follow-up with families to ensure children receive the services they need
- ♦ Shared outcomes of our care coordination efforts to strengthen the relationship between you and your patient



How does HMG work?



DID YOU KNOW?

The American Academy of Pediatrics (AAP) recommends that developmental surveillance be incorporated into **every** well child visit.

Children see the doctor up to **12** times during the first two years of life for well care.

Research shows **12-16%** of children are at risk for developmental and/or behavioral problems which can impact their health and wellness.



Developmental surveillance and screening together are more likely to identify the **1 in 6** children with a developmental disability than either one alone.

The AAP recommends that standardized developmental screening tests be administered to all children at the **9, 18**, and either the **24** or **30** month visits.

www.helpmegrowfl.org

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@HelpMeGrowFlorida

@HelpMeGrowFL

Does Your Practice Promote Developmental Monitoring and Surveillance?

Help Me Grow's milestone checklists make developmental surveillance easy.

Our checklists:

- ♦ Utilize CDC's *Learn the Signs. Act Early.* milestones, based on milestones from the American Academy of Pediatrics (AAP)
- ♦ Help you systematically conduct developmental surveillance as recommended by the AAP
- ♦ Correspond with health supervision visits for ages 2 months to 5 years
- ♦ Are completed by parents, preparing them for more accurate responses to developmental screenings



Does Your Practice Offer Developmental Screenings?

Yes!

Help Me Grow can assist with...

- ♦ Follow up support for families
- ♦ Updated resource directory for referrals and connections to services
- ♦ Enrollment assistance for families
- ♦ Parenting tips, activities, and other useful information
- ♦ Trainings for staff on developmental monitoring/screening

Not Yet!

Help Me Grow can assist with everything mentioned PLUS...

- ♦ Incorporating developmental monitoring in well-child visits
- ♦ Assistance in conducting developmental and behavioral screenings on-site
- ♦ Establish a formal screening process for the practice



How can you connect your patients to HMG?

INSTRUCT a family to call 2-1-1/Help Me Grow during a well-child visit.

CALL 2-1-1 and ask for Help Me Grow. Our Care Coordinators will then contact the family.

SEND a referral form through our website (www.helpmegrowfl.org, "Request a Screening")

WRITE a "prescription" to call 2-1-1 and ask for Help Me Grow after the visit.



We'd love to support you to achieve our shared goal of promoting healthy development for every child in Florida.

Sponsored by the Children's Forum, Inc. and The Florida Department of Education, Office of Early Learning



Physician Flyer



Help Me Grow[®]
Florida

What are developmental milestones?

- ★ Things most children can do by a certain age.
- ★ Important clues about your child's development
- ★ Milestones include how your child plays, learns, speaks, acts, and moves.

Do you have concerns about your child's development or milestones?

We can help.
Call 2-1-1
and ask for **Help Me Grow**

www.helpmegrowfl.org

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  @HelpMeGrowFlorida
  @HelpMeGrowFL

Is your child's development on track?

Try our virtual milestone checklist
...because milestones matter!

- ★ Milestone checklists for 2 months to 5 years
- ★ Receive a summary of your child's milestones
- ★ Download, print, and save summary to your desktop and/or mobile device
- ★ Automatically send summary results to Help Me Grow[®] Florida for a follow-up



Developmental Milestones

Skills such as taking a first step, smiling for the first time, and waving "bye-bye" are called developmental milestones. Children reach milestones in how they play, learn, speak, act, and move (crawling, walking, etc.).

Check out these milestones that represent typical development. If you have any questions or concerns about your child's development, please feel free to contact us today by dialing 2-1-1.

Please print and use these checklists to monitor your child's development as they grow and learn.

[Developmental Milestones Checklist \(English\)](#)
[Developmental Milestones Checklist \(Spanish\)](#)


 U.S. Department of Health and Human Services
 Centers for Disease Control and Prevention

To complete a milestone checklist, visit:
<https://www.helpmegrowfl.org/complete-a-checklist/>



Milestone Checklist postcard

TIPS TO PREVENT THE SPREAD OF COVID-19*

Wash hands regularly



Avoid close contact with others



Cover your cough



Eat a balanced and healthy diet



Get a flu vaccine



www.helpmegrowfl.org

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@HelpMeGrowFL

COVID-19 AND YOUR CHILD

DEPT OF Early Learning LEARN EARLY. LEARN FOR LIFE.

FLORIDA FORUM

Help Me Grow Florida



We understand that COVID-19 has disrupted your daily lives.

These disruptions pose a risk to the health and development of your child.

Call 2-1-1

AND ASK FOR HELP ME GROW

Help Me Grow can help your family through COVID-19.

- ✓ Connect you to essential services (finding food, rent/mortgage payment assistance, diapers, health insurance, unemployment benefits, home access to internet, SNAP/food stamps, mental health and crisis)
- ✓ Provide FREE developmental and behavioral screenings for your child
- ✓ Offer parenting tips and developmentally appropriate activities to do with your child
- ✓ Provide ongoing support

Your child might exhibit the following changes in behavior*:

- Increased crying, whining, fussiness, or temper tantrums
- Increased clinginess
- An increase in self-soothing actions like thumb sucking, rocking, or needing their pacifier
- An increase in hitting, biting, spitting, or scratching
- Becoming quiet or withdrawn
- Changes in eating, toileting, or sleeping

If you see any of these behaviors, call 2-1-1 and ask for Help Me Grow today!

*Sources available upon request



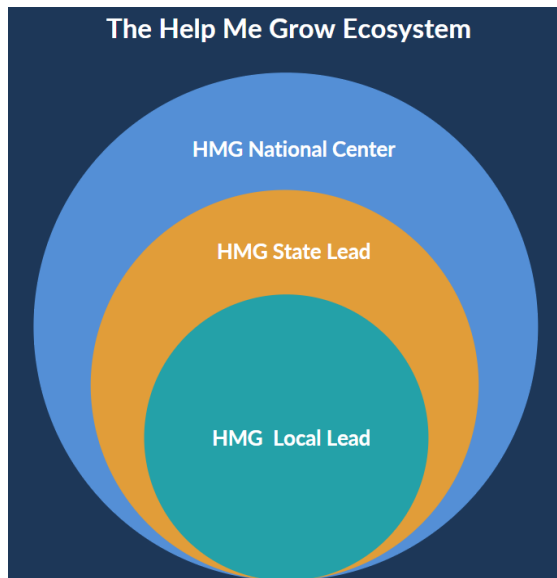
HMG COVID-19 tri-fold brochure



Liliana Gonzalez
Help Me Grow Coordinator
First 5 Contra Costa



Local Help Me Grow Leadership



Funding & Sustainability

- Supports program leadership in relation to grant applications and data collection
- Frames HMG value proposition to the local community
- Collective innovation within community partnerships

Policy & Advocacy

- Tells the story of the community to advocate for policy change, services, and funding
- Active and close collaboration with community partners to advocate for families

Onboarding, Training, & Technical Assistance

- Provides technical assistance and professional development opportunities to HMG contractors, and HMG staff (e.g. Care Coordinators and Outreach personnel)
- Provides training to community-based child health care providers
- Conducts networking events for community-based early childhood organizations

Spread & Scale

- Develops protocols and procedures to ensure high quality service delivery
- Develops and maintains community-level partnerships
- Coordinates planning and expansion efforts of HMG system at community-level
- Assists in contract development and executes contracts (e.g. developmental playgroups, Child Health Care Provider Outreach, Centralized Access Point, Marketing, evaluation, etc.)

Data Collection & Use

- Maintains and synthesizes information, data, and records
- Reports key data to HMG National Center via the Fidelity Assessment
- Evaluates and reports on the effectiveness of current programs and services
- Identifies system barriers with community-level partners
- Shares data with community partners including policy change leaders
- Recommends programmatic improvements



Help Me Grow

Contra Costa



F5 Contra Costa

Early Intervention
Officer

Program Coordinator
(internal)

Evaluations &
Comms Team
(Internal)

CAP (external)

Health Provider
Outreach (external)

Playgroup (External)

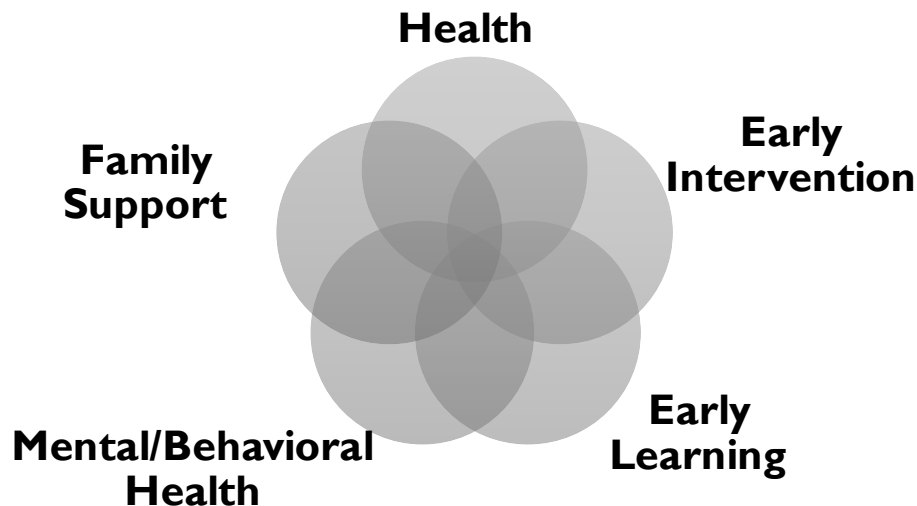
Call Center Manager
Database Manager
2 FTE-Call Specialist

1-Pediatric Outreach
Staff

2-Contractors

1. Cultivation and Facilitation of Community Partnerships and Stakeholder Engagement

- **Developing and maintaining county-level and cross-sector partnerships**
 - Direct outreach
 - Attend local interagency meetings and collaboratives
 - Host and facilitate HMG Networking cafes
- **Identify opportunities for collaboration, funding and advocacy**
- **Facilitate better collaboration and networking of different sectors, agencies and service providers**



2. MOU and Contract Monitoring

- **Develop, implement, and monitor MOUs with local partners**
 - Routine quarterly meetings

3. Data Collection and Reporting

- **Monitor and ongoing review of data collection process**
 - Data from CAP, HMG Developmental Playgroups, external developmental screening efforts
- **Collect data and synthesize information for reporting**
 - Internal commission reports
 - External partners meetings
 - HMG CA and HMG National
- **Identify trends, system barrier, and opportunities for system improvement**



4. Champion Early Identification and Intervention

- **Provide training and technical assistance for implementation of developmental screening**
 - Co-Facilitate and co-host training sessions with Health Provider Outreach contractor and early childhood educator partners
 - Ongoing technical assistance
- **Identifying and promoting promising/best practices and strategies**

5. Communications and Messaging

- **Disseminate research and best practices/strategies**
 - local partners and contractors
 - local government and stakeholders
- **Develop outreach material and content, and ensure alignment with National and State level framing and messaging efforts**

EARLY IDENTIFICATION GUIDE

IMPLEMENTING DEVELOPMENTAL SCREENING AND SURVEILLANCE INTO PRIMARY CARE

DID YOU KNOW?



The medical home is the ideal setting for developmental screening



California ranks 30th in the country for screening infants and toddlers

44th for screening children living below the federal poverty level



Only 28.5% of children in California receive timely developmental screenings

1 in 4 children under the age of 6 in California



are at moderate- or high- risk for developmental, behavioral, or social delays



1 in 68 children are at risk for an autism spectrum disorder

Too often developmental delays go undetected. Developmental screening at AAP recommended well-child visits will catch delays earlier, making treatment more effective.



HELP ME GROW
Providing child development information, follow-up support, resource connections, outreach and care coordination



Help Me Grow supports children, families, providers, and communities with information, resources, and support to help children succeed. Referring a family? Call Help Me Grow at 2-1-1

For program information: helpmegrow@first5coco.org
www.helpmegrowcoco.org

HERE, AND HOW TO REFER



WHEN A CHILD SCREENS POSITIVE ON A VALIDATED SCREENING TOOL



WHEN A CHILD'S PARENT HAS A DEVELOPMENTAL DISABILITY

HOW to REFER

ANYONE can refer to Early Start with parental consent for further evaluation



800-515 BABY earlystart@dds.ca.gov
www.dds.ca.gov/earlystart

PARENTS must request an evaluation to determine eligibility



Contact the child's local school district office or SELPA

Visit www.dds.ca.gov/RC for Regional Center office locations

ANYONE may refer a family to Help Me Grow

Visit www.helpmegrowca.org to contact HMG systems where available

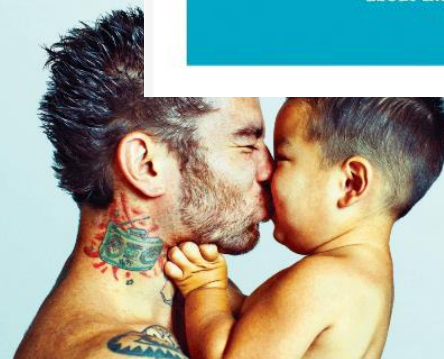


From Tantrums to Talking

No questions too big or too small.
Help Me Grow Contra Costa can answer the questions parents have about their kids ages 0 to 5.

Reached and share at every visit.

- ☐ Says sentences with 2 to 4 words
- ☐ Gets excited when with other children
- ☐ Follows simple instructions
- ☐ Kicks a ball
- ☐ Points to things or pictures when they're named
- ☐ Copies adults and friends (like running when other children run)
- ☐ Carries on a conversation using 2 to 3 sentences
- ☐ Climbs well
- ☐ Plays make-believe with dolls, animals and people
- ☐ Shows affection for friends without prompting



- ☐ Says several single words
- ☐ Walks alone
- ☐ Knows what ordinary things are for, for example, telephone, brush, spoon
- ☐ Plays simple pretend, such as feeding a doll
- ☐ Points to show others something interesting



- ☐ Hops and stands on one foot for up to 2 seconds
- ☐ Would rather play with other children than alone
- ☐ Tells stories
- ☐ Draws a person with 2 to 4 body parts
- ☐ Plays cooperatively

These are just a few of many important milestones to look for.
For more information, call 211 or text "hmgcoco" to 898211 and ask for a Help Me Grow specialist.



6. Actively engage with HMG California Network

- **Yearly fall HMG CA Affiliate Network convening**
 - Attend, facilitate sessions, present, and support planning efforts
- **Network, share and troubleshoot with other network affiliates**
 - Promising practices, successful efforts and strategies
 - Challenges and barriers
- **Develop common policy agenda and alignment across state network and National Center**
 - Participate in Learning Communities from National Center
 - Participate in state Advocacy Day – legislative visits and outreach



PROPOSITION 10

Established state and local infrastructure to support the development of comprehensive early childhood systems building in California



...coordinated by

the



on...

...in partnership
with

First 5
Californi
a...



The First 5 Network!

FIRST  **5**



THANK YOU!

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