

Help Me Grow System Model Core Components & Key Activities

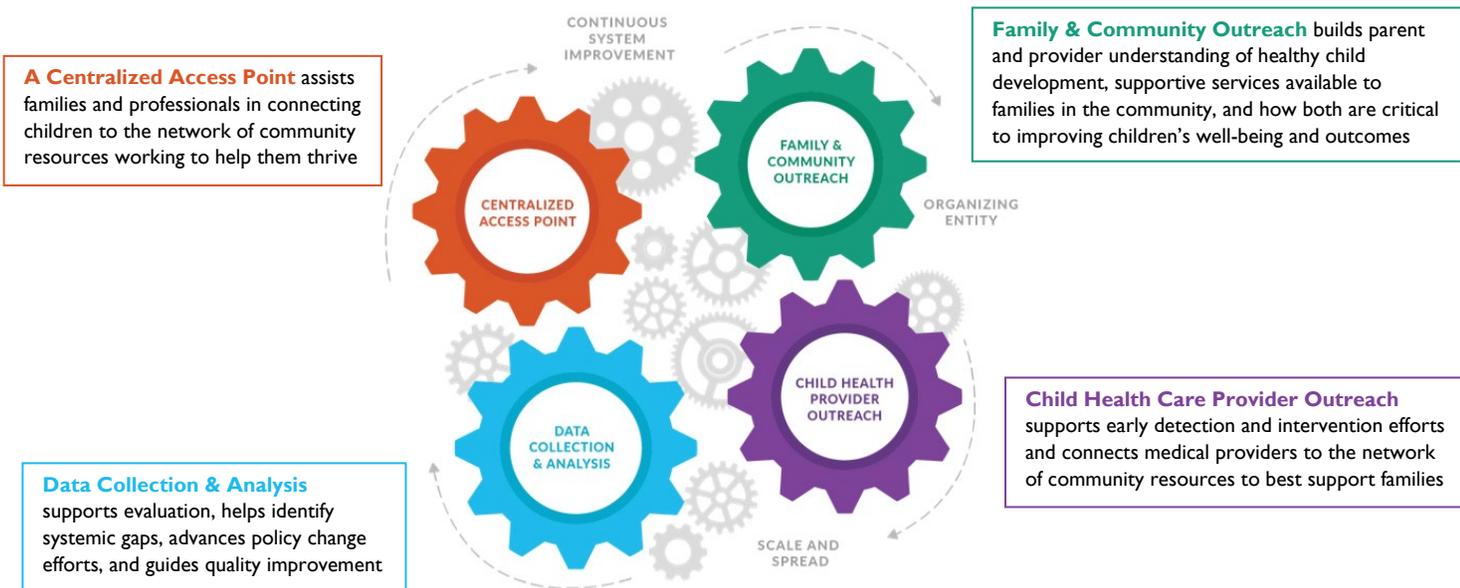
The Help Me Grow (HMG) Model is the only evidence-based early childhood system model existing nationwide and provides a unique framework to implement comprehensive, cross-sector, coordinated, effective early childhood systems that promote equity and strengthen family resilience and protective factors.

The HMG Model helps states and communities leverage existing resources to advance an equitable, integrated, cross-sector system that:

- Promotes positive developmental outcomes for all young children through the implementation of targeted strategies.
- Coordinates various programs, services, initiatives and funding streams with the goal of supporting all families with young children into a seamless network.
- Provides care coordination/family navigation support via a Centralized Access Point.
- Integrates pediatricians and child health providers into the broader early childhood system.
- Collects, tracks and analyzes data at the child, family, system, and state-level that guide community change and continuous improvement.
- Works in partnership with families by prioritizing parent and caregiver goals for their children's well-being.
- Collaborates with parents and caregivers to follow and observe children's' development.
- Partners with families to recognize concerns and needs among families with young children early on.
- Links families to community-based resources.
- Follows-up with families as well as their service and health care providers to ensure a synergistic approach to support

The HMG Model includes four interdependent, cooperating Core Components.

THE HELP ME GROW MODEL



Each of the four Core Components requires four Key Activities.

| Core Component | Four Key Activities |
|-------------------------------------|---|
| Centralized Access Point | <ul style="list-style-type: none"> • Specialized child development line • Linkage & follow-up • Researching resources • Real-time directory maintenance |
| Family & Community Outreach | <ul style="list-style-type: none"> • Engage community partners • Networking • Community events & trainings • Marketing |
| Child Health Care Provider Outreach | <ul style="list-style-type: none"> • Physician champion • Training on surveillance & screening • Training on linkage and referral • Closing the feedback loop |
| Data Collection & Analysis | <ul style="list-style-type: none"> • Data monitoring • Data sharing across partners • Continuous system improvement • Community change through data |



Centralized Access Point

The HMG Centralized Access Point typically takes the form of a call center that serves as a coordinated portal of entry for family members, child health providers, and other professionals seeking information, referrals, follow-up, and ongoing support for children. The Centralized Access Point connects children and their families to needed services through the efforts of HMG Care Coordinators. Care Coordinators work to provide education and support to families around specific developmental or behavioral concerns or questions, help families recognize typical developmental milestones, provide referrals to community-based supports, and follow-up to ensure successful linkages.



Helpful resources to start with:

- Review the Centralized Access Point [Key Activities and resources](#)
- [Get to know three different HMG affiliates' approaches to the Centralized Access Point](#)
- How does a community new to HMG decide how their CAP is going to look? See how two did it [here](#).
- Get to know the basics of what we mean when we talk about [HMG Care Coordination](#).
- Sometimes a family's needs aren't black and white. See how three affiliates go about identifying needs when they aren't so clear [here](#).



Family and Community Outreach

The Family and Community Outreach Core Component is essential to promoting HMG, uptake of its services, and providing networking opportunities among both families and community-based service providers. Personnel supporting HMG Family and Community Outreach work to engage families by participating in and/or leading community meetings, forums, public events, and fairs, as well as helping families learn about child development and the services of HMG. This community presence encourages partnership with HMG and facilitates efforts to gather and update resource directory information. Further, parent engagement is critical to ensuring that the types of services and supports to which HMG Care Coordinators refer families reflect a family-led agenda.

FIDELITY TO THE FAMILY & COMMUNITY OUTREACH CORE COMPONENT



Utilize Community Partners

Identify partners for HMG Family & Community Outreach using criteria established by the HMG National Center



Networking

Facilitate at least two HMG meetings to support networking among programs and agencies



Community Events & Trainings

Provide outreach to increase awareness of HMG at least twice a year



Marketing

Utilize marketing opportunities including social media to promote HMG

Helpful resources to start with:

- Review the Family and Community Outreach [Key Activities and resources](#)
- Get to know two different HMG affiliates' approaches to [Family & Community Outreach](#)
- Be sure to read (and use) the [HMG Framing Toolkit](#), a [presentation](#) about the Toolkit, and see how one affiliate is [using the Framing Toolkit](#) to build partners among community-based providers
- Three affiliates' approaches to [HMG networking meetings](#)



Child Health Care Provider Outreach

Child health care providers are uniquely positioned to identify developmentally vulnerable children as they have near universal access to young children that provides ongoing monitoring of children's developmental status, as well-child health care includes developmental promotion and early identification through periodic screening. However, child health care providers often face challenges in identifying early signs of developmental or behavioral concerns, and even when needs are recognized, keeping comprehensive and updated information on community-facing services is difficult and lastly, successful connection to those programs is time-consuming. The formidable challenges of facilitating connections to needed services can be daunting for busy practitioners and potentially discourage early detection efforts.

The HMG system supports community-based pediatricians by enhancing their effective developmental promotion and early detection activities for all children and families. This support is provided through educating and motivating providers to conduct systematic surveillance and screening of young children, as well as providing community-based pediatricians with access to a centralized access point that can serve as a care coordination arm for busy pediatric primary care practices. In doing so, HMG partners with pediatricians to ensure effective linkage to appropriate programs and services.

FIDELITY TO THE CHILD HEALTH CARE PROVIDER OUTREACH CORE COMPONENT



Physician Champion

Identification of a physician that advocates for HMG in the broader medical community



Surveillance and Screening

HMG staff conduct targeted outreach to child health care providers through education, trainings, or workshops on effective developmental surveillance and screening



Physician Training

HMG staff conduct targeted outreach to child health care providers through education, trainings, or workshops on referral and linkage through HMG



Feedback Loop

HMG Care Coordinators close the feedback loop by sharing information about screening and/or referral outcomes with referring child health care providers in at least 75% of instances

Helpful resources to start with:

- Review the Child Health Provider Outreach [Key Activities and resources](#)
- A recent and robust [overview of HMG Child Health Provider Outreach](#)
- Get to know two different HMG affiliates' approaches to [Child Health Care Provider Outreach](#)
- What does it mean to include [child health providers as key partners](#) in an early childhood system
- Hear the HMG National Center's [philosophy that screening](#) is only helpful if it is embedded in an efficient, effective early childhood system



Data Collection & Analysis

Data Collection and Analysis ensures ongoing capacity for continuous system improvement, a key structural requirement of HMG. Data are collected through and around Child Health Care Provider Outreach, Family and Community Outreach, and the Centralized Access Point.

The collection of a set of shared metrics across the HMG National Affiliate Network advances understanding of collective impact, informing the national narrative regarding the impact of HMG on children and families across the country. The collection of locally-sourced metrics enables HMG systems to benchmark progress, identify areas of opportunity and systemic gaps, determine potentially advantageous partnerships, and guide strategic quality improvement projects.

FIDELITY TO THE DATA COLLECTION AND ANALYSIS CORE COMPONENT



Reporting

Submit Impact Indicators and local use reports to the HMG National Center



Sharing Data Across Partners

Share HMG-specific data across partners, such as through regular reporting, ad hoc requests, or targeted evaluation projects



Continuous System Improvement

Identify opportunities to conduct quality improvement projects using HMG-specific data



Community Change Through Data

Leverage HMG-specific data, such as identification of systemic barriers, to generate community change

Helpful resources to start with:

- [Measuring Fidelity to Help Me Grow](#)
- Two examples of sophisticated, local, evaluative HMG analysis: one from a [long-standing affiliate](#) and one from a relatively [new affiliate](#)
- An incredible example of one affiliate using data collected through [HMG to guide system-level change](#)
- [HMG National Center's 2021 Building Impact annual report](#) (also a great resource to get a better sense of how affiliates across the Network are implementing the Model)