

Help Me Grow

Community Health Worker Summit
April 2024





A Solution to Help Young Children Shine

Help Me Grow is a central access point designed to connect families to information and services.

In partnership with 211 Maine caregivers and providers can contact Help Me Grow for additional support. Help Me Grow will listen, link families to information about child development and community resources and provide follow-up both caregivers and referral sources.

HMG Maine is an affiliate of the National Help Me Grow Network



HOW IT WORKS

Centralized Access Point

We assist caregivers and child health providers in connecting children to the grid of existing community and State resources that can help them thrive, through a “warm hand-off” from families to resources.

Developmental Screening

We promote working with families to recognize developmental milestones and utilize the Ages & Stages Questionnaires (ASQ)[®] to assess development. If concerns are identified in the screening process, we work with families to connect to early intervention professionals for further assessment.

Resources

We help support a network of connected service providers, that can effectively serve families in Maine who have a variety of needs.

Eligibility

We are available at no cost to all Maine children, birth to eight and their families / caregivers. Parents can also call for assistance during pregnancy.



Help Me Grow Maine Team



- Program Manager
- Four Family Support Specialists, including cultural broker
- Program Specialist for data/program evaluation
- Outreach Specialist
- Screening Specialist
- Part-time administrative assistant
- Early Intervention Contract Specialist

When to Refer and What to Expect

Consider referring a family when:

- You are unsure what services a family might be eligible for but know they need additional support.
- Want to connect families with additional support outside of your program.
- Want a family to receive information and resources while on a waitlist.
- Want a child to have a developmental screening.

After you share a referral with us, we will:

- Call the family within three business days.
- Talk with them to determine their needs and priorities.
- Empower the family to access resources and support them by making connections directly.
- Make follow-up calls to the family at 5, 25, and 60 days after initial contact, to ensure processes have begun and the family has the support they need.
- Follow up with you and any other providers, ensuring you are informed about whatever resources were offered/accessed by the family.

Ways to Refer



By email:

HelpMeGrow@maine.gov

By phone:

(207) 624-7969

By fax (download form on the website):

(207) 624-7994

The easiest way to refer is via online referral:

[Help Me Grow Maine Website](http://www.helpmegrowmaine.org)

You can also access helpful resources!

Refer a Family

If you know a family who may need support, please refer with their permission by using our online referral form, dialing (207) 624-7969 or completing a [referral form](#) and faxing to (207) 624-7994.

[Click here to Complete a Confidential Referral](#)

Resources and Information Sheets

Post Cards

[\[English\]](#) [\[Arabic\]](#) [\[French\]](#) [\[Haitian Creole\]](#) [\[Khmer\]](#) [\[Lingala\]](#) [\[Portuguese\]](#) [\[Somali\]](#) [\[Spanish\]](#) [\[Vietnamese\]](#)

A Family's Journey: A resource that will guide anyone through the process of Help Me Grow Maine.

[\[English\]](#) [\[Arabic\]](#) [\[French\]](#) [\[Haitian Creole\]](#) [\[Khmer\]](#) [\[Lingala\]](#) [\[Portuguese\]](#) [\[Somali\]](#) [\[Spanish\]](#) [\[Vietnamese\]](#)

Gaps, barriers, and initiatives

- **Most common needs/concerns:**

- ❖ Basic needs (diapers, strollers, clothing, etc.)
- ❖ Developmental and behavioral delays
- ❖ Child care needs

- **Most common barriers:**

- ❖ Waitlists and CDS Unmet Needs
- ❖ Language barriers
- ❖ Eligibility barriers

- **Collaboration to address barriers:**

- ❖ Attend Behavior App pilot program
- ❖ Cultural Broker; Reach My Teach
- ❖ System for direct referrals of all ineligible children from CDS
- ❖ Car seat training for staff
- ❖ Partnering to find diapers from others

Other important initiatives

- **Ages and Stages Developmental Screenings in cultural contexts**
- **Educating parents about monitoring for potential delays at home**
- **Making materials clearer and simpler**
- **Addressing mistrust of the medical community among some cultures**
- **Strong connection between HMG Maine and the Community Care Team at the Office of Population Health Equity**
- **Promoting understanding of individual cultures and historical contexts within the immigrant population**
- **Partnering with ethnic community-based organizations to ensure representation from all populations**



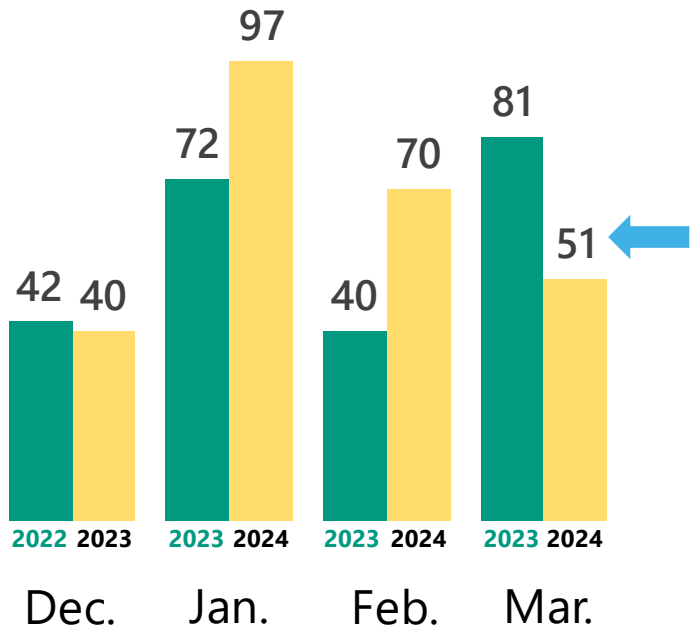
Help Me Grow Data Update



51 children were served by HMG in March 2024.

35% of these children live in homes where English is not the primary language.

Children served by HMG per month



1,011

total children served
11/1/22 - 3/31/24



Car Seat Distribution Plans

Four HMG Staff will be trained by Maine's Child Passenger Safety Program (CPS) to educate and assist families with their child safety seats. This will allow HMG to verify safe utilization of the seats and distribute car seats to families in need at HMG community events, and by appointment.



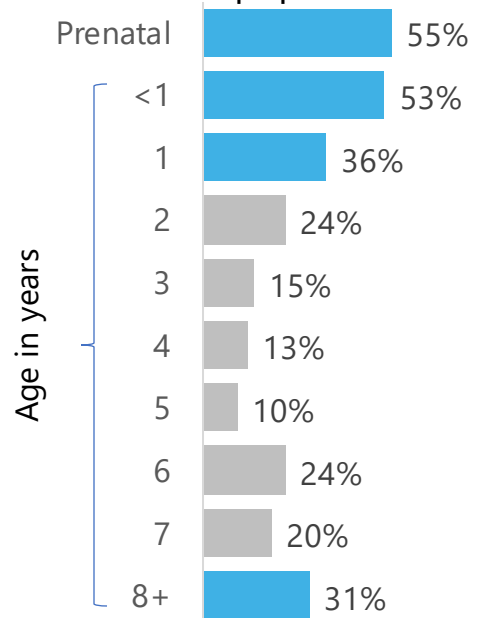
Outreach Update – In March, Help Me Grow exhibited at 4 conferences throughout the state:

- Maine Recreation and Parks Association Conference
- Maine AAP Conference
- Maine Parent Federation Conference
- Early Care and Education State House Day

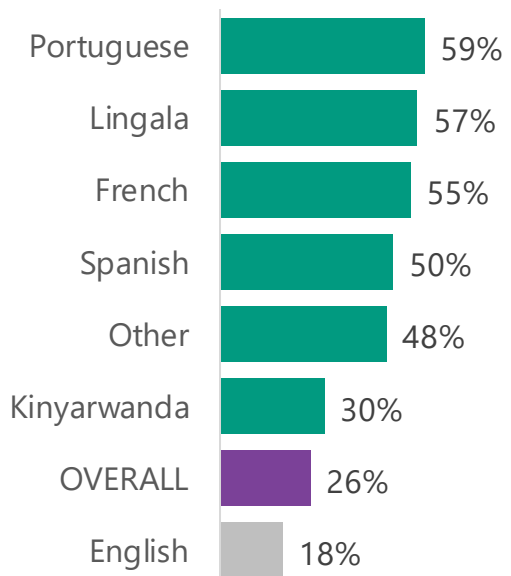


To date, **26%** or **1 in 4 cases overall** have reported needing help with **basic needs** as the reason for contacting Help Me Grow. When you disaggregate the data, **the need for help with basic needs is greater for some populations.**

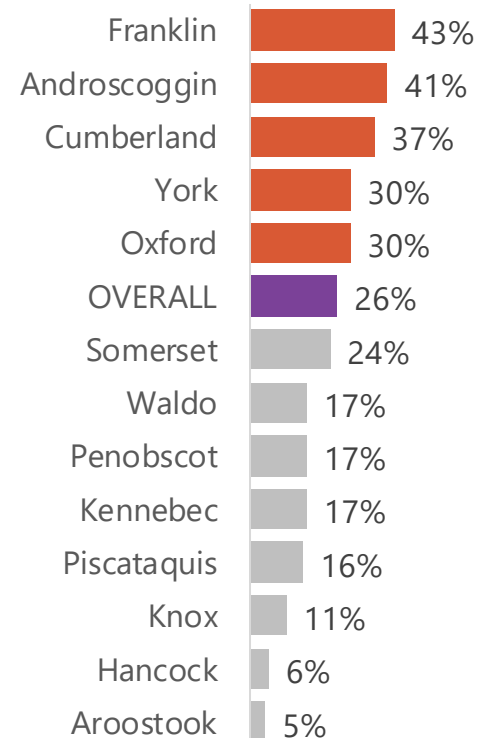
Over half of cases involving **pregnant people & infants** are seeking help with **basic needs**. Cases involving **1-year-olds** and children **8 and older** are also seeking help with **basic needs** at a **higher proportion** than the overall HMG population.



Cases involving children living in homes that speak a **language other than English** are seeking help with **basic needs** at a **higher proportion** than the overall HMG population.



5 counties have a **higher proportion** of cases with concerns about basic needs compared to the overall HMG population.





Questions? Discussion....

What resources do you see the most need for in your work with families of young children?

What creative solutions have you seen, or wish you could see implemented?



Help Me Grow

Maine

www.maine.gov/dhhs/ocfs/support-for-families/child-development

<https://www.facebook.com/HelpMeGrowMaine/>

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