

Help Me Grow Washington Accomplishments

Jan-Jun
2021

Mid-Year Update



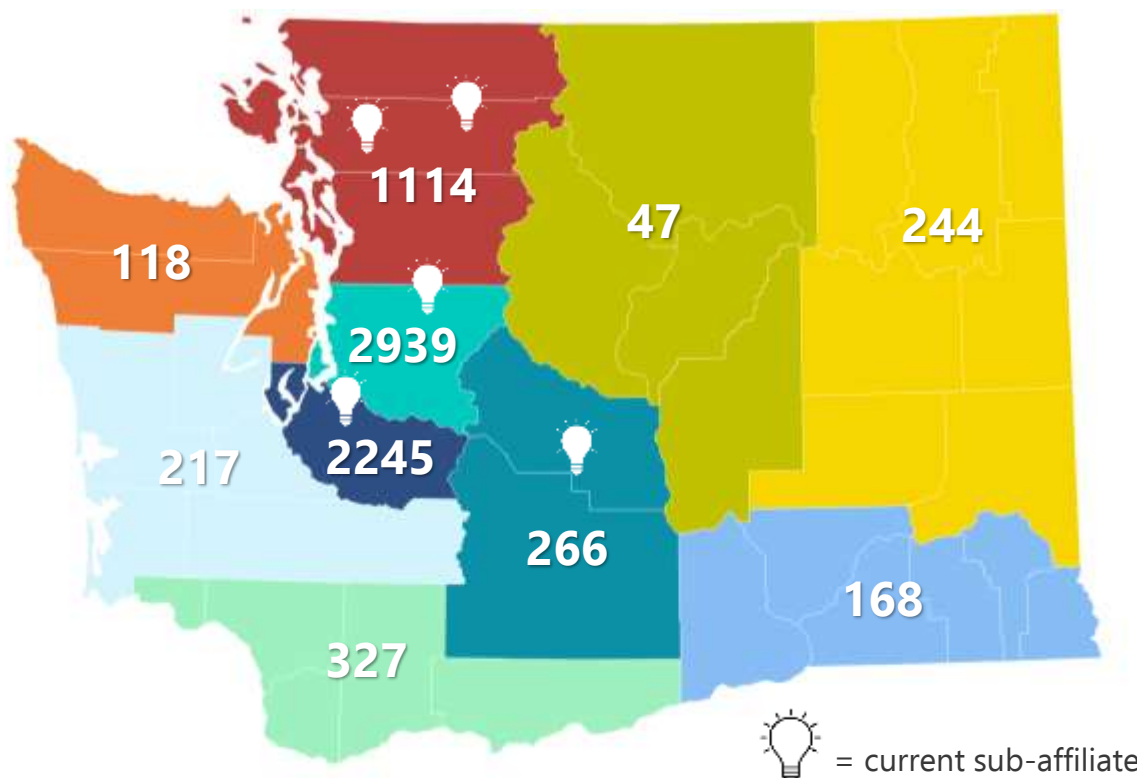
Help Me Grow Washington Mid-Year 2021 Accomplishments

Help Me Grow (HMG) is a community-driven, resource and referral linkage system that connects young children and their families to appropriate services and community supports. Parents, caregivers, early learning, health and other service providers can call, text, or email Help Me Grow and connect to caring people who are highly trained in child development. The resource navigators listen to families' needs and link them to the most appropriate services.

Help Me Grow Washington is supported by a Core Team that includes representatives from WithinReach, Washington Communities for Children, and the Washington State Department of Children, Youth, and Families. Washington became a Help Me Grow affiliate in 2010, and the Help Me Grow Washington network has grown rapidly in recent years.

As of June 2021, the network included a statewide contact center that helps families across Washington navigate health and social service resources, as well as five sub-affiliate regions that work to strengthen connections to local resources and provide localized support to families. Help Me Grow Washington continues to connect with regions who are interested exploring how the Help Me Grow system model aligns with their communities.

From Jan-Jun 2021, Help Me Grow Washington responded to **7,685** requests for support across 10 Regions



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Residents across Washington have continued to be deeply affected by the COVID-19 pandemic.
In response, Help Me Grow Washington...



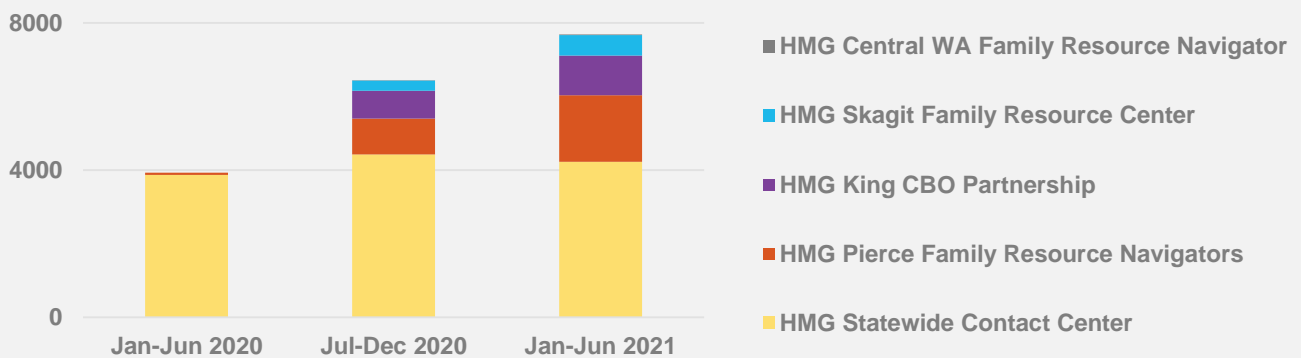
Staffed and managed a 12-person **COVID-19 Quarantine/Isolation Support Team** to ensure exposed families had supplies and resources during their isolation or quarantine.



Increased families served across Pierce, King, Yakima, and Kittitas counties by piloting several new Family **Resource Navigation models**.



Expanded Help Me Grow Washington's Coordinated Access network, which helped a **growing number of Washington families** access and navigate health and social services



Expanded Help Me Grow Diaper Bank Networks across Pierce and Skagit counties that collectively distributed...



281,240
Diapers



3,161
Packs of Wipes

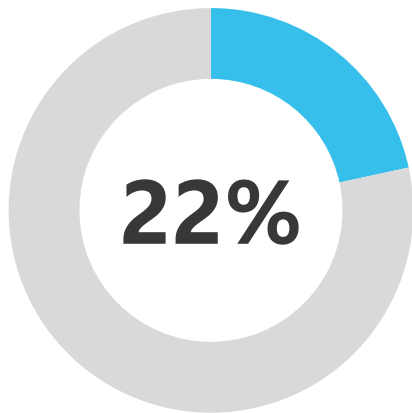


75
Cans of
Formula

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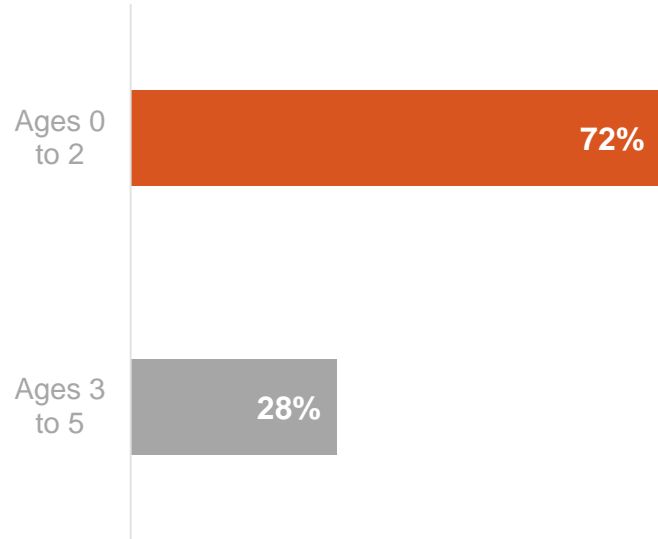
Help Me Grow Washington contact centers fulfilled **7,685** requests for support, serving **7,029** children and **1,146** pregnant people

About 1 in 5 people preferred a language other than English*



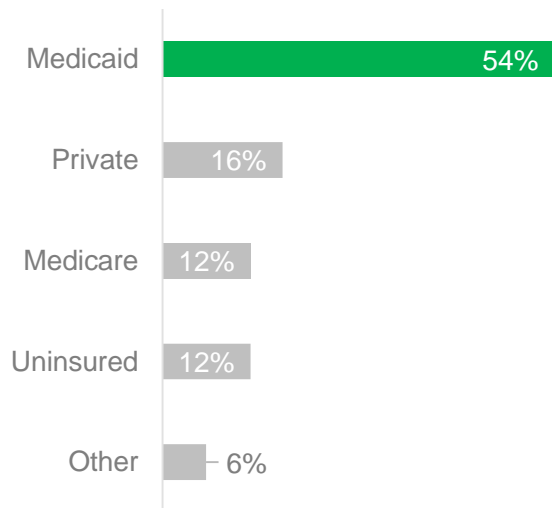
(n = 6,208) *Families that accessed Help Me Grow represented 29 different languages

Most children were under age 3



(n = 4,355)

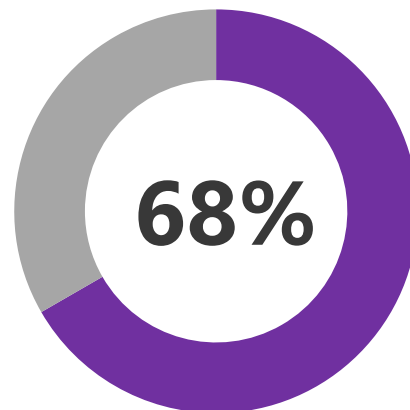
More than half of the people requesting support reported Medicaid as their insurance



(n = 4,355)

The majority of HMG clients identified their race or ethnicity as BIPOC*

*BIPOC = Black, Indigenous, or Person of Color

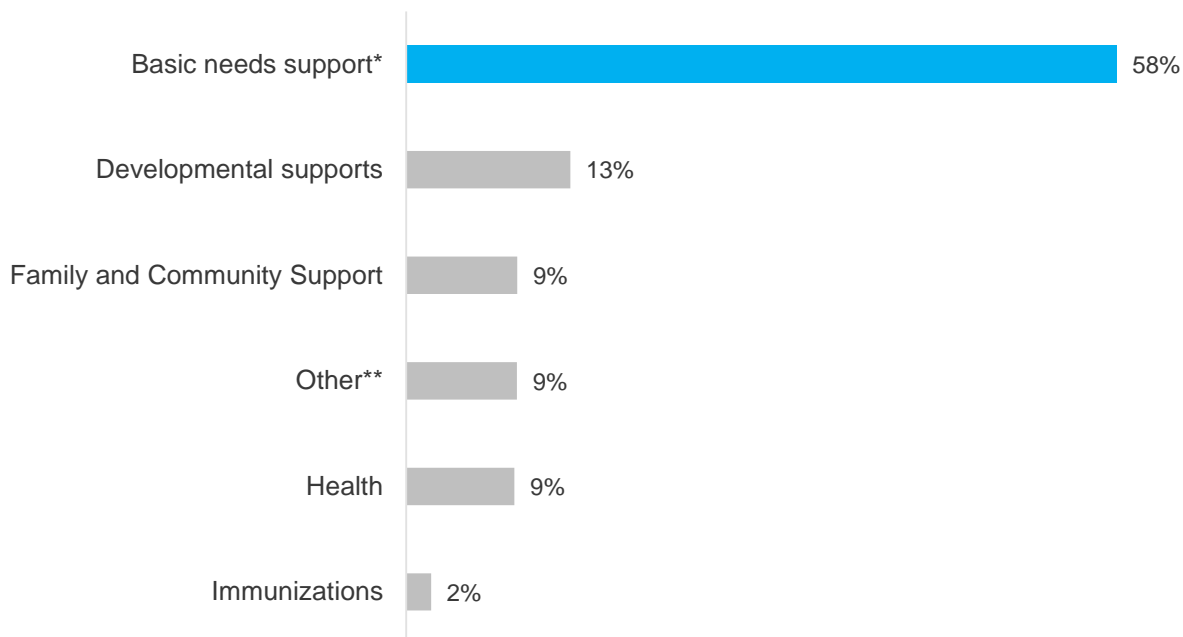


(n = 5,056) American Indian/Alaska Native (2%), Asian (9%), Black/African American (18%), Latinx (25%), Multiple races/ethnicities (6%), Native Hawaiian/Pacific Islander (3%), Other (4%), White (32%)

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Help Me Grow Washington provided **16,236** referrals

Basic needs support was the most common type of referral



*(n=16,236) | *Basic needs supports include food, WIC, financial, housing, or utility assistance, clothing, diapers, and transportation*

***Other includes a wide variety of resources such as childcare, emergency assistance, legal services, and financial/employment services*

Together, Help Me Grow Washington leadership and regional sub-affiliate outreach efforts expanded the Help Me Grow Washington resource and referral network



Provided **108** trainings to medical staff on developmental screening, linkage, and referral through Help Me Grow



Reached **2876** individuals representing community agencies through Help Me Grow events and trainings



Met **5213** parents and caregivers at events across Washington to promote Help Me Grow awareness and healthy child development

Help Me Grow Washington Mid-Year 2021 Accomplishments

HMG Washington also focused on strengthening systems development across Washington state. Our accomplishments include...



Began developing a **statewide HMG messaging toolkit** informed by a state-wide survey focused on historically marginalized audiences



Selected a **new data system** to track statewide contact center data



Released our first semi-annual **HMG accomplishments data** brief



Hired staff to expand and support Help Me Grow infrastructure: Family Resource Navigators, State Action Team Leads, Regional Leads, and Technical Assistance providers



Released **Help Me Grow 101** video for Help Me Grow Washington partners



Welcomed Northwest Early Learning as our **newest HMG WA sub-affiliate**



Launched bi-monthly **shared learning events** for HMG WA sub-affiliates and convened six HMG WA **action team meetings** per month



HMG King County coordinated access network successfully increased services to **traditionally marginalized communities**



HMG Pierce County piloted two new programs: **Family Connects** which provides postpartum nurse home visits, and **Plan of Safe Care** which creates a pathway from birthing hospitals to Help Me Grow for newborns with substance exposure



HMG Skagit and HMG Central WA focused on outreach and relationship building with **local families and local service providers**



HMG Washington and HMG Pierce received **legislative funding** to expand the reach of HMG. Help Me Grow Washington was also included in the **Fair Start for Kids Act** (SB 5237) as a goal and allowable expense

Help Me Grow Washington Mid-Year 2021 Accomplishments

Pierce County Spotlight

Year joined: 2018

Lead Agency: [First 5 FUNdamentals](#)

Key Successes from first half of 2021:

- Added a bilingual Community Outreach Specialist to expand outreach to families and community providers and co-lead the Family & Community Outreach team.
- Added a 3rd Family Resource Navigator to increase capacity at the 2-1-1 call center.
- Launched Family Connects in March
- Started accepting Plan of Safe Care referrals from birth hospitals in June.

What's on the horizon?

- Working to improve relationships with the Puyallup Tribe to determine ways to support indigenous callers
- Looking at opportunities to expand the provider diversity, increase language access, and contract with consistent translators for the Family Connects services.

Central Washington Spotlight

Year joined: 2019

Lead Agency: [Yakima Valley Community Foundation](#)

Key Successes from first half of 2021:

- Added a Program Coordinator to provide support for providing updates in both English and Spanish on website and social media.
- Provided HMG trainings to health providers at Memorial Hospital's Children Village and Yakima Pediatrics.
- Distributed HMG promotional materials to organizations in the Central Valley.

What's on the horizon?

- Planning to increase promotional activities in order to create awareness about HMG services and increase the Family Resource Navigator's referral numbers.
- Providing more trainings to health providers.

King County Spotlight

Year joined: 2019

Lead Agency: [Public Health — Seattle & King County](#)

Key Successes from first half of 2021:

- Expanded Coordinated Access by convening the Help Me Grow King County Collaborative Community Based Organization Partnership
- 93% of family members served by HMG King County identified as BIPOC.
- 3 out of 4 family members served (77%) spoke a language other than English at home.
- Provided 1,368 referrals, with the most being basic needs, education, & developmental supports.
- 98% of caregivers surveyed were satisfied with services in terms of language and culture match, feeling respected and feeling confident about next steps.

What's on the horizon?

- Continuing to build the HMG King County Collaborative Community Based Organization Partnership.
- Working with the Collaborative Community Based Organization Partnership to understand gaps and expand reach.

Skagit County Spotlight

Year joined: 2020

Lead Agency: [United General District 304](#)

Key Successes from first half of 2021:

- The Skagit Family Resource Navigator position was posted and interviews were conducted.
- The Children's Council hosted its first HMG Action Team meetings with the broader group.
- A Physician Champion was brought on board to support child health outreach work.
- Hosted a Family Palooza to-go event, promoting HMG to families.

What's on the horizon?

- The Family Resource Navigator will be taking calls from families soon.
- Continuing to grow local Action Teams.
- Being a part of a regional sub-affiliation to strengthen the local work, especially in the areas of equity and advocacy.
- Taking part in a regional equity workgroup to create tools to use in the local equity work.

Help Me Grow Washington Mid-Year 2021 Accomplishments

Help Me Grow Washington is grateful to all of the partners who contributed data, expertise, funding, and time to make this report possible:

Cardea Services ♦ Children's Village ♦ First 5 FUNdamentals
Public Health Seattle and King County - Help Me Grow / Best Starts for Kids
Skagit County Public Health ♦ Tacoma Pierce County Health Department
United General District 304 – Children's Council ♦ Washington Communities for Children
Washington State Department of Children, Youth, and Families
WithinReach ♦ Yakima Valley Community Foundation

The thousands of caregivers who shared demographic data about themselves and their children, and the Family Resource Navigators, Specialists, and Care Coordinators who supported these families and took the time to document their work

