

Help Me Grow Washington 2020 Accomplishments



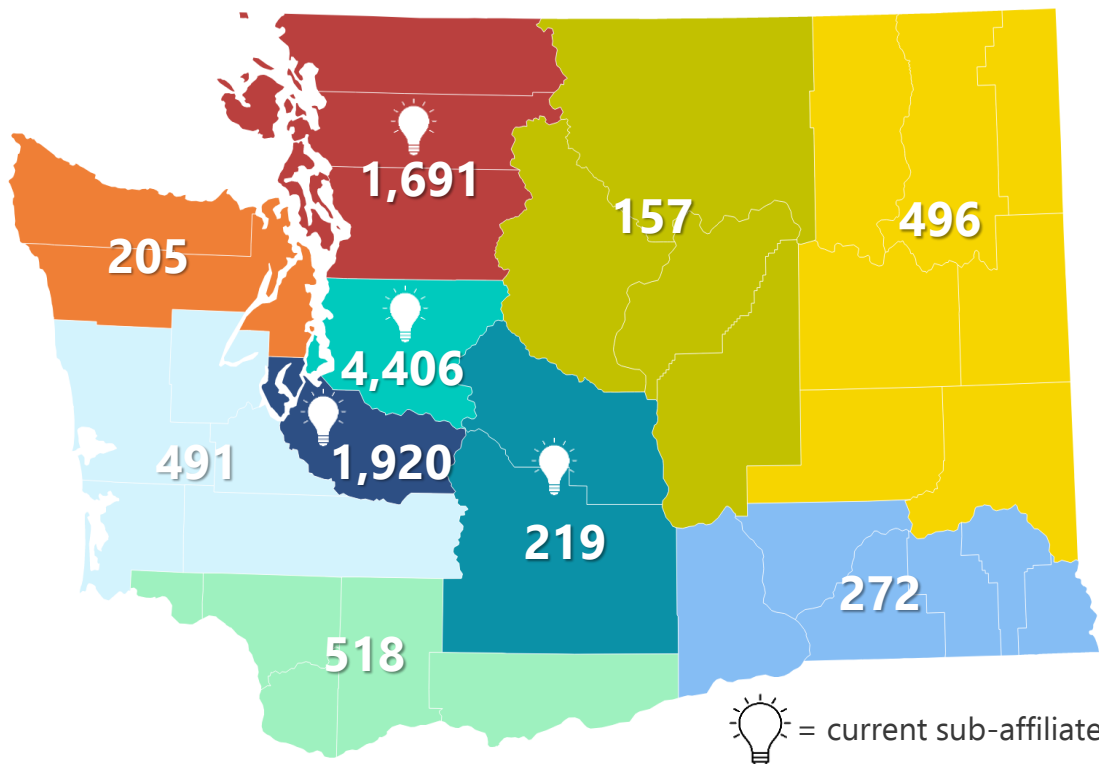
Help Me Grow Washington 2020 Accomplishments

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. Since becoming a Help Me Grow affiliate in 2010, the Help Me Grow Washington network has grown rapidly.

At the end of 2020, the network included a statewide contact center that helps families across Washington navigate health and social service resources, as well as four sub-affiliate regions that work to strengthen connections to local resources and provide localized support to families. In the coming years, Help Me Grow Washington plans to expand its regional sub-affiliate network to all 10 Washington Communities For Children regions of Washington.

Help Me Grow Washington responded to **10,384** requests for support across 10 Regions



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Beginning in March 2020, residents across Washington were deeply affected by the COVID-19 pandemic and Governor Inslee's *Stay Home, Stay Healthy* order. In response, Help Me Grow Washington...



Answered **double** the number of calls from families during March and April, and continued to support **25%** higher call volume than normal through the end of the year.



Connected over **80%** of callers to **food resources**.



Hired **three nutrition resource specialists** to support families experiencing food insecurity.



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

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



202,930
Diapers



5,459
Packs of Wipes

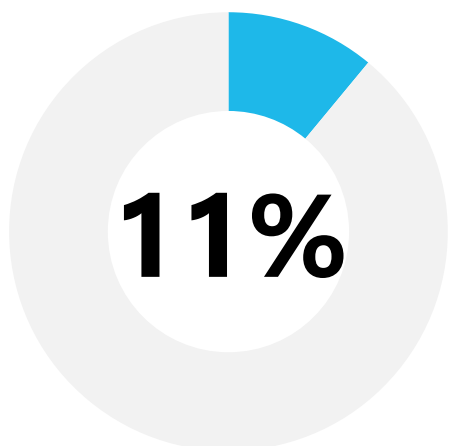


3,500
Ounces of
Formula

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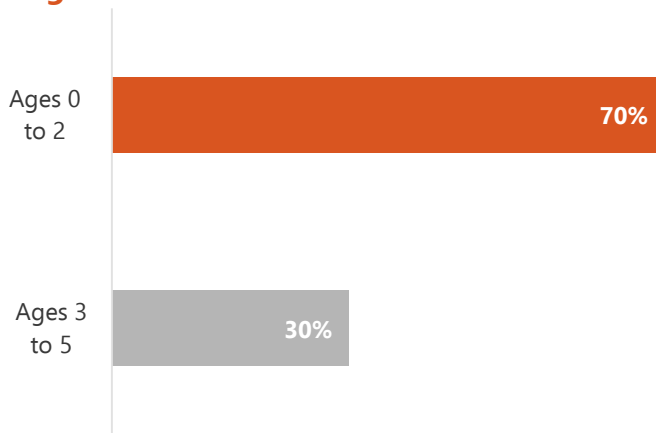
Help Me Grow Washington, fulfilled **10,384** requests for support, serving **9,230** children under age 6 and **2,015** pregnant people

About 1 in 10 people requesting support preferred a language other than English



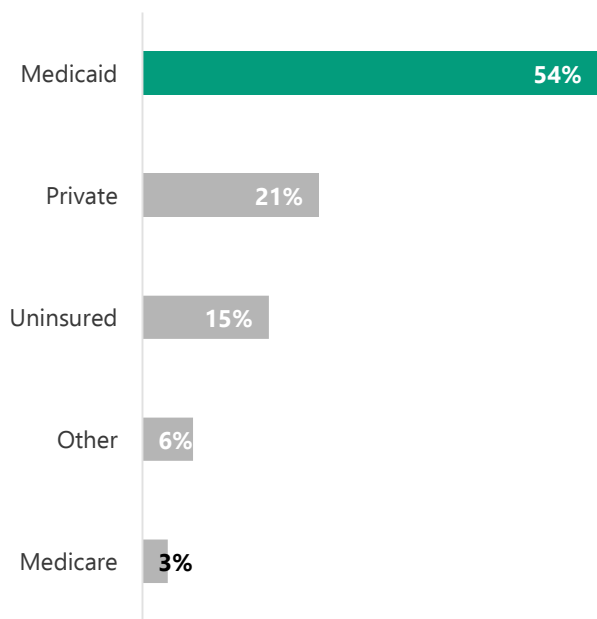
(n=8,140)

The majority of children supported were under age 3



(n=6,838)

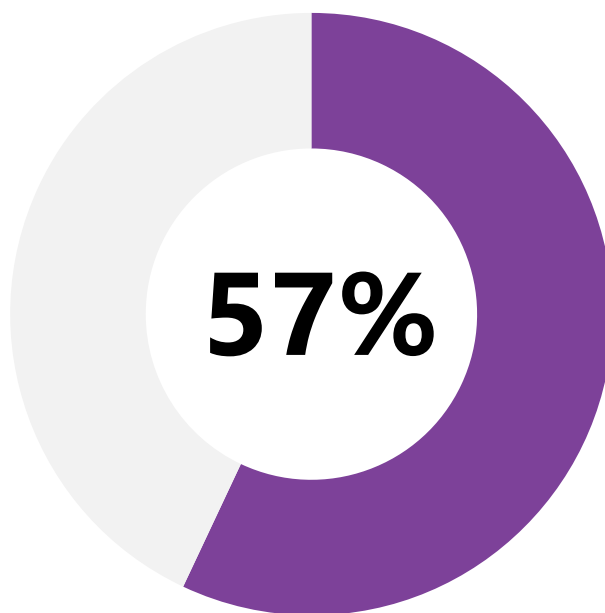
More than half of people requesting support reported Medicaid as their insurance



(n=5,310)

More than half of HMG clients identified their race or ethnicity as BIPOC*

*BIPOC = Black, Indigenous, or Person of Color

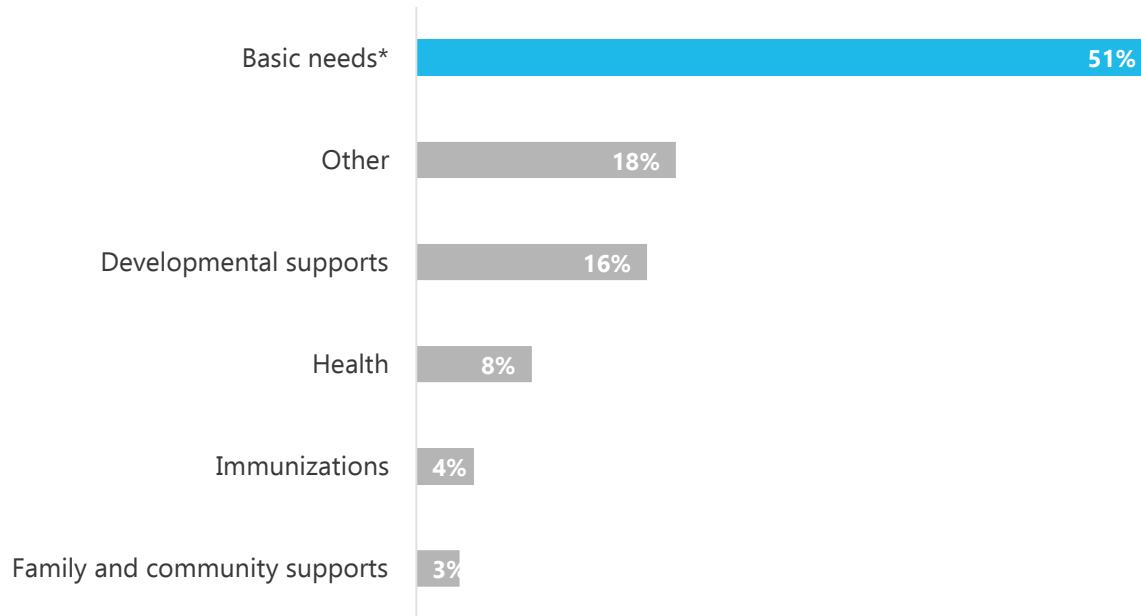


(n=7,099) | American Indian / Alaska Native (2%), Asian (9%), Black / African American (16%), Latinx (21%), Multiple races (3%), Native Hawaiian Other Pacific Islander (3%), Other (5%)

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Help Me Grow Washington provided **23,557** referrals

Basic needs support was the most common type of referral



(n=23,557) | *Basic needs supports include food, WIC, financial, housing, or utility assistance, clothing, diapers, and transportation

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



Provided **55** trainings to medical staff on developmental screening, linkage, and referral through Help Me Grow



Reached **1,031** individuals representing community agencies through HMG-coordinated or HMG-led events



Met **26,293** parents and caregivers at events across Washington to promote Help Me Grow awareness and healthy child development

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



Convening stakeholders to determine how HMG Washington will **center racial equity** and **commit to antiracism** in partnership with the National Equity Project



Supporting communities through **COVID-19 response efforts**



Launching HelpMeGrowWA.org website in English and Spanish, as well as a HMG Washington newsletter



Providing **virtual meetings and presentations** throughout the year to engage diverse stakeholders



Formalizing partnerships for the HMG Washington Core **Leadership Team Structure**



Engaging current sub-affiliates and Washington Communities for Children regional **partners to co-design the structure for technical assistance** and integrating feedback in partnership with Cardea Services



Convening **caregivers and agency staff** across Washington to inform priorities for **family-centered Help Me Grow data systems**, in partnership with Child Trends



Expanding **staff capacity** to support sub-affiliates with regional HMG implementation through several new hires



Developing **Core Component Action Teams** and recruiting **130 team members**



Participating in **Regional Action Teams** across the four regional sub-affiliates



Launching a local **Family Resource Navigator model** in Central Washington



Piloting a program in Pierce County to **connect pregnant people with substance use disorder to HMG**



Awarding funds to **27 community-based organizations** to support HMG in King County



Developing a **virtual interactive map** of supportive services in Skagit County

Help Me Grow Washington 2020 Accomplishments

Pierce County Spotlight

Year joined: 2018

Lead Agency: [First 5 FUNdamentals](#)

Key successes this year:

- Launched the call center with 2 Family Resource Navigators (FRN)
- Started a Diaper Bank Network for families with 10 locations across the county
- Pivoted to virtual webinars to inform providers of HMG during COVID-19
- Increased the frequency of Action Team meetings to identify emerging family needs during COVID-19 and brainstorm solutions to meet these needs

What's on the horizon?

- Hire a Community Outreach Specialist
- Offer outreach materials in more languages
- Integrate HMG messaging at Diaper Banks
- Broaden use of health provider referral form
- Provide additional nurse support to families with newborns

Central Washington Spotlight

Year joined: 2019

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

Key successes this year:

- Welcomed the first Family Resource Navigator (FRN) to Central Washington through a partnership with WithinReach! The Family Resource Navigator is from the Yakima Valley and is a great resource for families
- Engaged with community partners to coordinate interests regarding resource and referral systems and data platforms

What's on the horizon?

- Hire a Coalition Coordinator to support both Help Me Grow as well as the Investing in Children Coalition which will be a great boost to both efforts.

King County Spotlight

Year joined: 2019

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

Key successes this year:

- Awarded 27 community based organizations to connect families to culturally and linguistically specific resources and early learning supports.
- Launched the Help Me Grow King County Collaborative Community Based Organization Partnership to build and expand a coordinated access network.
- Aligned services and program referrals with prenatal to 5-year-old services across developmental promotions support, Early Support for Infants and Toddlers, home-based services and early parent and infant supports

What's on the horizon?

- Integrating family and community engagement tools and resources in the King County Collaborative CBO Partnership to promote coordinated access.

Skagit County Spotlight

Year joined: 2020

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

Key successes this year:

- Signed the sub-affiliate agreement
- Built capacity to hire a local Family Resource Navigator in partnership with WithinReach
- Launched a Family Resource Center where families could call for local resource navigation or make an appointment to receive concrete supports, such as diapers and other basic needs.
- Continued to engage providers remotely during COVID-19

What's on the horizon?

- Launch all core component Action Teams
- Develop and launch local Family Resource Navigator role

Help Me Grow Washington 2020 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

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