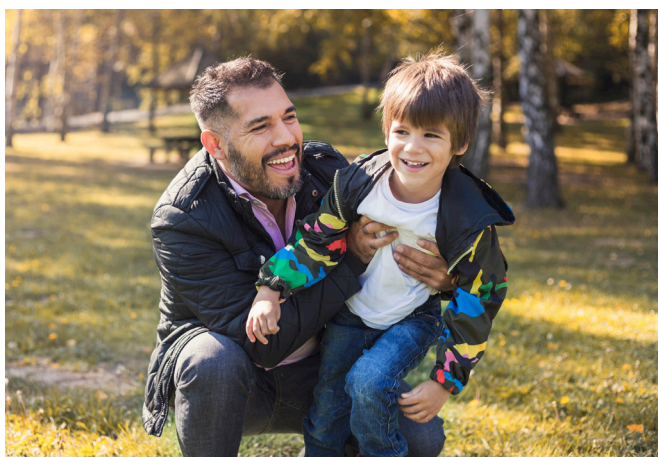


Help Me Grow Washington Accomplishments 2022

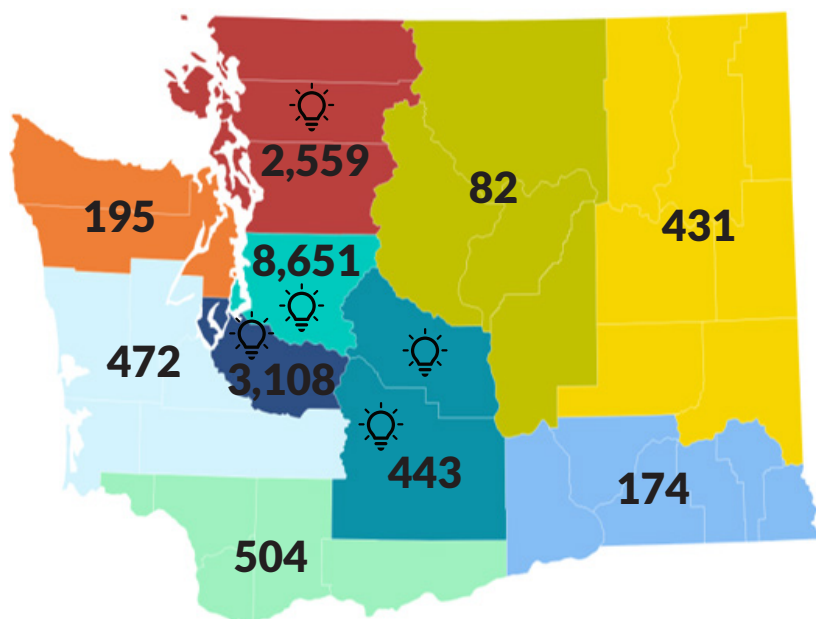



Help Me Grow (HMG) is a community-driven, resource and referral linkage system that connects young children and their families to a wide range of supportive services. Parents, caregivers, early learning, health and other service providers can call, text, or email Help Me Grow and connect to caring people who are highly trained in child development and early childhood services. The resource navigators listen to families' needs and link them to the most appropriate services. In addition to family support, Help Me Grow offers a shared foundation for system coordination and navigation to facilitate multi-entry points and warm handoffs through workforce and technology infrastructure.

Help Me Grow Washington is supported by a collaborative of representatives from WithinReach, Washington State Department of Children, Youth, and Families, Washington State Department of Health, and many community partners. Washington became a Help Me Grow affiliate in 2010, and the Help Me Grow Washington network has grown rapidly in recent years.

By the end of December 2022, the network included five sub-affiliate organizations, a statewide contact center, and is in the process of developing new partnership roles. These sub-affiliates work to strengthen connections to local resources and provide localized support to families, and the statewide contact center helps families across Washington navigate health and social service resources. Help Me Grow Washington continues to connect with organizations interested in exploring how the Help Me Grow system model aligns with their communities.

In 2022, Help Me Grow Washington responded to **16,999*** requests for support across Washington State...



 = current sub-affiliate

*County not specified for 80 requests

Residents across Washington continue to navigate the COVID-19 pandemic and economic instability. In response, Help Me Grow Washington...

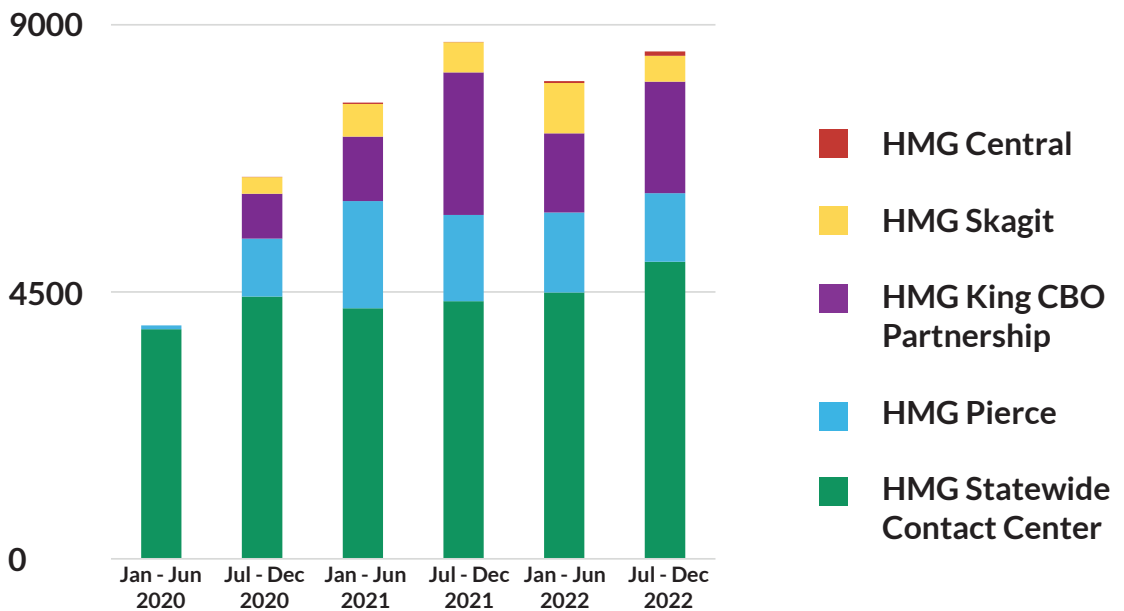


Staffed and managed a 14-person **COVID-19 Quarantine/Isolation Support Team** that connected over **2,834 families** to supplies and resources during their isolation or quarantine



Helped a growing number of Washington families access and navigate health and social services through Help Me Grow Washington's coordinated access network

Number of Families Served



Pierce County Diaper Bank distributed...



411,145
Diapers



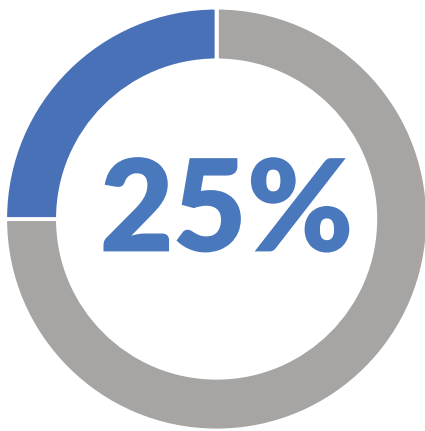
7,391
Packs of Wipes



52
Cans of Formula

Help Me Grow Washington contact centers fulfilled **16,999** requests for support, serving **12,850** children and **1,456** pregnant people

1 in 4 people preferred a language other than English*



(n = 12,375) *Families that accessed Help Me Grow represented 45 different languages

Most children were **under age 3**

Ages 0 to 2



Ages 3 to 5



(n = 8,661)

About half of the people requesting support reported Medicaid as their insurance

Medicaid **49%**

Uninsured **21%**

Medicare **15%**

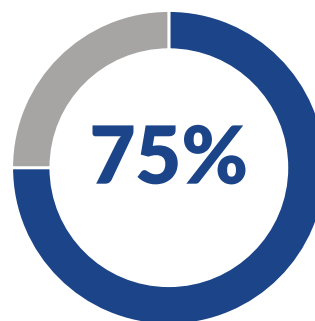
Private **13%**

Other **3%**

(n = 5,339)

The majority of Help Me Grow clients identified their race or ethnicity as BIPOC*

*BIPOC = Black, Indigenous or Person of Color

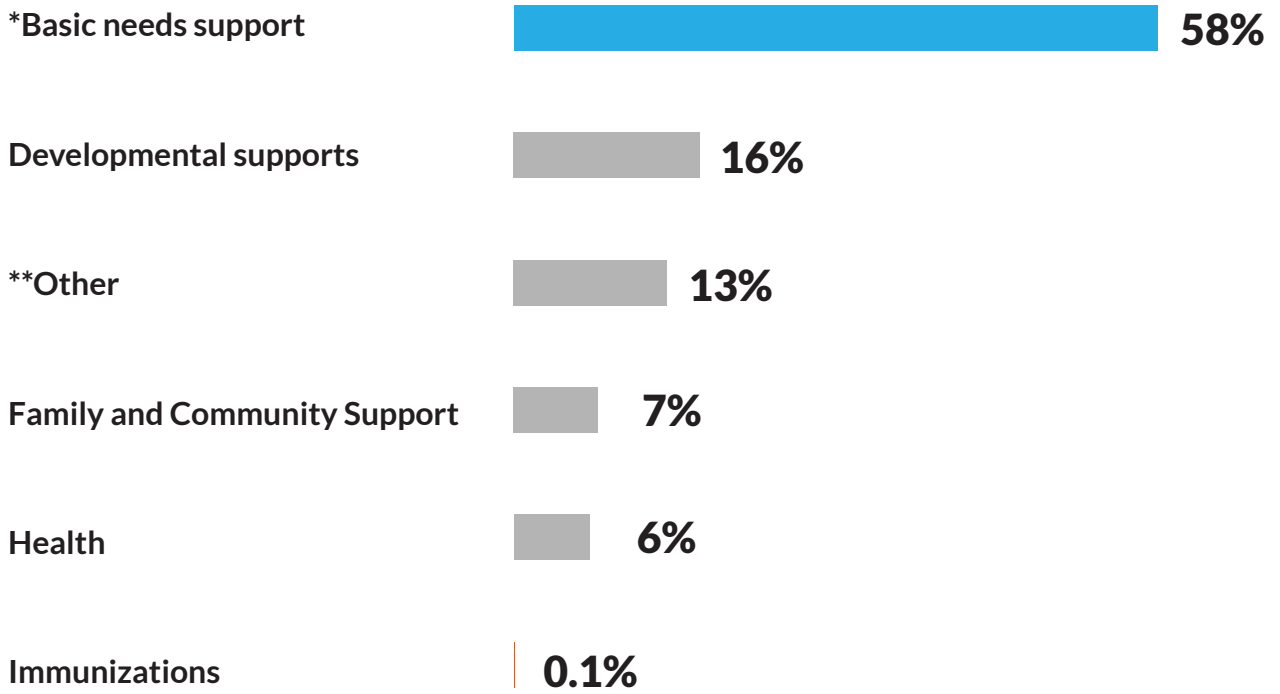


(n = 9,940)

- American Indian/ Alaska Native (1%)
- Asian (10%)
- Black/African American (22%)
- Latinx (26%)
- Multiple races/ ethnicities (9%)
- Native Hawaiian/ Pacific Islander (3%)
- Middle Eastern or North African (2%)
- Other (2%)
- White (25%)

Help Me Grow Washington provided **41,913 referrals**

Basic needs support was the most common type of referral



(n=41,913) *Basic needs support includes food; special supplemental nutrition program for women, infants, and children (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

Help Me Grow Washington continued to expand its resource and referral network by...



Providing **185** trainings to medical staff on developmental screening, linkage, and referral through Help Me Grow



Reaching **9,360** individuals representing community agencies through Help Me Grow events and trainings



Meeting **15,461** parents and caregivers at events across Washington to promote Help Me Grow and healthy child development

Help Me Grow Washington also focused on strengthening systems development statewide. Our accomplishments include...



Helping to identify families and **distribute government funds** to immigrants who were ineligible for previous rounds of COVID-19 relief funding.



Starting the HMG WA Network **strategic planning process** to co-design strategy and structure and articulate a shared vision for the network's growth for the next five years.



Launching **tribal adaptation foundation** work, which involves engaging with consultants to determine how the HMG model can be adapted to tribal communities.



Developing two **Continuous Quality Improvement projects**: The Follow-up Referral Pilot offered more insight to HMG families' experiences when being connected to resources. The Family Resource Navigator Report will be used to help determine if the Family Resource Navigator model is a good fit for potential sub-affiliates. Results forthcoming in 2023.



HMG Skagit County and HMG Central Washington launched an **online provider referral form**, which provides easy access for providers to refer their patients to Help Me Grow.



Island and San Juan counties collaborated with early learning coalitions to explore **local resource directory** options and opportunities.



HMG Pierce County continued to have interest from other health care facilities around adding a **referral form process** to Family Resource Navigators into their workflow.



HMG Skagit County **received funding** for the HMG - Skagit Family Resource Center (FRC), which will be used to hire a director, expand support to families, build a shared database and launch mobile services.



Help Me Grow King County partners transitioned to **participant-level data reporting**, resulting in more efficient methods to measure how communities are served.



The Help Me Grow Central Washington Family Resource Navigator experienced an **increase in call volume** as a result of a food gift card campaign.

Pierce County

Central Washington (Kittitas and Yakima counties)

King County

Year Joined: 2018

Lead Agency: [First 5 FUNdamentals](#)

Year Joined: 2019

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

Year Joined: 2019

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

2022 Key Successes

- Strong engagement from the health care community in the Health Provider Voice Team meetings. Medical Providers are consistently the second most common referral source to Pierce County families calling Family Resource Navigators (FRNs).
- Continued to have interest from other health care facilities around adding a referral form process to Family Resource Navigators into their workflow.
- Diaper banks continued to gain use in Pierce County and provide an opportunity for families to both access basic needs support and learn about FRNs and other community resources.
- Hosted first Early Learning Conference, which provided training sessions on Equity, Policy & Advocacy, Family Engagement, and Behavioral and Mental Health.
- The FRN experienced an increase in call volume as a result of a food gift card campaign, which has continued to increase
- HMG Central WA promotional materials have been improved to better meet the needs of parents and caregivers.
- Continued to build up the data collection and analysis Core Component. CBO partners participated in participant-level data reporting and additional trainings to ensure data quality assurance.
- CBO partners continued to provide referrals for what families and children need when they need it.
- Conducted monthly check-ins to ensure CBOs are supported to keep delivering services to the community.

What's on the Horizon?

- The Family Voice Team has begun planning meetings for Spanish-speaking families called "Voces de Familia" which launched in February 2023.
- Family Connects Pierce County and Baby Lounges also continue to gain momentum and are planning to expand to serve all of Tacoma General hospital births in 2023.
- Develop a partnership with the "Teens and Tots" program at Yakima Pediatrics.
- Increase parent engagement through family and community outreach events, and through a Parent Leadership Group if there is capacity.
- Increase family and community outreach efforts with a focus in Kittitas County.
- Starting in April 2023, a new cohort of HMG King County partners will start their contracts. New partners will receive data and evaluation training, culminating in the creation of a Performance Measurement Plan for each grantee.

Year Joined: 2020

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

Year Joined: 2021

Lead Agency: [First 5 FUNdamentals](#)

2022 Key Successes

- Received funding for the Family Resource Center (FRC), which will be used to hire a director of the FRC, offer more supports to families, build out a VisionLink workflow for the FRC, and start mobile services.
- Co-hosted the bi-annual FamilyPalooza event at the Children's Museum, which brought in a much larger crowd compared to previous in-person FamilyPalooza events.
- Outreach efforts included sending out the HMG newsletter for perinatal and pediatric health care providers, as well as hosting Continuing Medical Events (CME) events. Each event includes information on local resources and how to connect to the Family Resource Navigator.
- Increased engagement with health providers and community organizations across the region.
- Increased knowledge-sharing around the HMG referral and linkage processes.
- All counties participated in HMG strategic planning listening sessions
- Island County Public Health became an HMG thought partner on the San Juan County/Island County system work.
- Island and San Juan Counties continued joint community asset mapping with local early learning coalitions and partners to inform resource directory infrastructure development.
- Snohomish County engaged in exploratory conversations around HMG resource directory utilization and integration with local resource access systems (e.g., 211).
- Whatcom County continued to develop a local open-source resource directory model with engaged HMG partners.

What's on the Horizon?

- WithinReach will build a shared database for the HMG-Skagit Family Resource Center (FRC), which will provide more seamless support for families by making referrals between the Family Resource Navigator and FRC.
- Started conversations with WithinReach, Skagit, Island and San Juan Counties about the potential of training local staff in the WithinReach Family Resource Navigator model.
- The Action Team has planned a series of CME events around Child Development.
- Explore shift from HMG sub-affiliate to HMG partner to better support local HMG infrastructure development at the local level.
- Integrate [Vroom](#), science-based activity tips for parents with children 0-3 that focuses on supporting early brain development through everyday activities.
- Explore opportunities for collaboration with other early childhood development tools and partners.
- Strengthen the Equity Workgroup by revisiting the purpose, equity priorities, and integration with local/regional Help Me Grow system building across the region
- Prioritize regional advocacy and sustainability agenda.

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

**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
Washington State Department of Health**

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.

