



Help Me Grow

WASHINGTON

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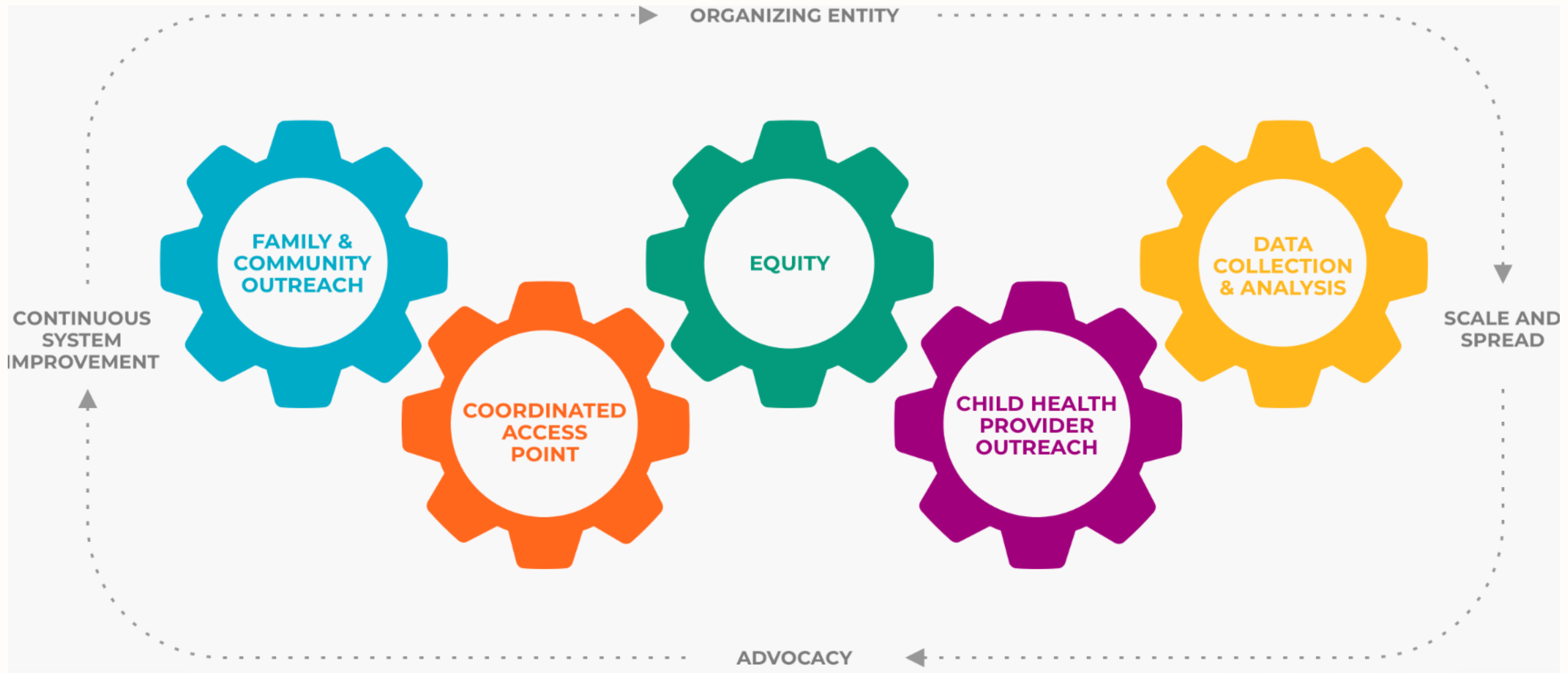
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Help Me Grow System Model

What is Help Me Grow?

Help Me Grow is a nationally recognized resource and referral linkage system model that connects young children and their caregivers to the services they need, when they need them and how they need them.

Our Story



HELP ME GROW (HMG) WASHINGTON NETWORK TIMELINE



2010: Launch of HMG WA

- WA State adopts HMG as a model to increase child developmental screening and connection to services
- WithinReach selected as State Affiliate



2010 - 2014: Early Implementation

- HMG WA adopted the ASQ-3 and ASQ:SE-2 tools, focused on building a developmental screening program
- Existing WithinReach statewide hotline expands to serve as the HMG statewide access point
- Key partnerships included WA State Department of Health (DOH), Department of Early Learning, and University of Washington



2014 - 2017: Systems Building

- HMG WA broadened the supports offered beyond child development to be holistic of other social and health needs
- Focus on utilizing statewide infrastructure to support local pathways
- Began serving as the Central Referral line for King County ESIT (2015)
- Launched home visiting referral pathway for King County families enrolled in DSHS's TANF program (2016)



2018: Interconnected State and Local Expansion

- Sub-affiliate structure created for local HMG systems with technical assistance provided by State Affiliate
- Pierce County became a HMG WA Sub-Affiliate
- Expanded home visiting referral pathways into Snohomish, Skagit, Whatcom, and Island counties through DSHS's TANF program
- Rebranded the statewide hotline from Family Health Hotline to Help Me Grow Washington Hotline



2019: Expansion Through Spread and Scale

- Central Washington and King County/Best Starts for Kids became a HMG WA Sub-Affiliate
- Partnership with Dept of Children, Youth, and Families (DCYF) to work on a coordinated systems approach
- Explored shared leadership structure with Washington Communities for Children, DCYF, and WithinReach



2021: Expanded Referral Pathways

- Funding from Early Childhood Comprehensive Systems (ECCS) grant, in partnership with DOH, increases integration of health sectors into early childhood systems
- Launched Plan of Safe Care referral pathway
- Increased supports and service linkages to mental and behavioral health resources
- Northwest Early Learning Coalition becomes a HMG WA Sub-Affiliate



2020: Development of Different CAP Models and Key Funding

- Funding from Preschool Development Grant (PDG), catalytic to the growth of the network
- Skagit County became a HMG WA Sub-Affiliate
- Created three Coordinated Access Points (CAP) models to allow for greater community customization
- Piloted local Family Resource Navigators (FRN) in Central WA (Kittitas/Yakima Counties) and Skagit county as community-based satellite CAP



2022: Strategic Planning

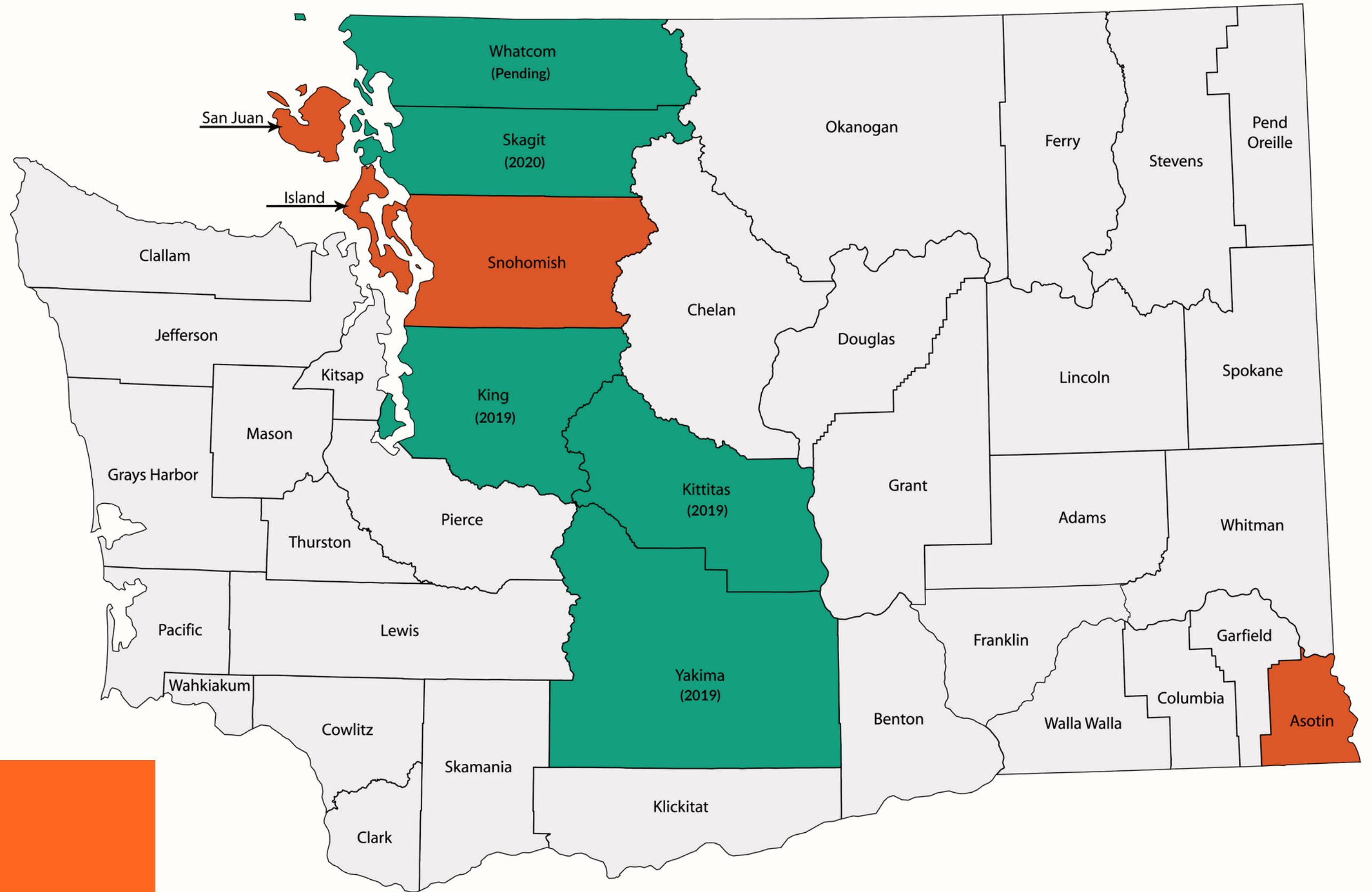
- HMG set of CAP Essential Services adopted
- HMG Tribal Adaptation work launched
- Expanded home visiting referral pathway statewide
- HMG WA network began a 5-year strategic planning process
- Creation of a more formal governance structure
- Creation of a HMG cost model for local to state interconnectivity

Current Local HMG Systems

- HMG Central WA
- HMG Seattle-King County
- HMG Skagit
- HMG Whatcom (Pending)

Emerging Local HMG Systems & Partners

- Asotin County
- Island County
- San Juan County
- Snohomish County



**Our Story-
Help Me Grow
Washington Network
(July 2023)**

Background

The HMG WA system has experienced rapid growth in the last couple of years, thanks in part to the Preschool Development Grant received in 2019. Beginning in September of 2022, we embarked on an 9-month strategic planning process to examine and co-design strategy and structure while articulating a shared vision for the network's growth for the next five years.

Objective

To develop a 5-year strategic plan for Help Me Grow Washington rooted in a systems-approach, racial equity and social justice that places those most impacted at the center of the system.

Principles

- Equitable Project Design: Applying a human-centered design (HCD) with racial equity and social justice principles
- Targeted Universalism: Setting a simple and universal success outcome (e.g., all children ages 0-5 are safe and health in WA) while creating targeted programs and initiatives with more specific outcome metrics for unique populations
- The Delphi Approach: A participatory leadership method with an iterative engagement model

Our Story - Strategic Plan Process



Listening

Oct - Dec 2022: Conducted 14 focus groups and 20 1:1 interviews - Perspectives included early childhood coalitions, providers, organizations that provide cross-referrals, state and regional agencies and programs, key partners, and current Help Me Grow state and local systems.



Learning

Here are a few of the key learnings from the Listening Sessions.

- The HMG WA system as a concept serves a unique unmet need for families.
- There is currently not a comparable statewide coordinated system that can support families with young children across Washington state.
- Community leaders want to be able to co-design a flexible model that adapts to the needs of their local communities and its sub-populations.
- Health care providers see significant value-add in connecting to HMG state and local navigators with a warm handoff.
- Current HMG WA partners saw significant value in 1) the national fidelity model frameworks & processes, 2) the state affiliate providing peer learning networks, and 3) access to statewide data on families' requests and needs.
- There is a need for the HMG WA system to establish connection points with partners who meet the needs of distinct family populations.
- There is excitement and timeliness around the HMG WA strategic planning effort, highlighting the need for strategic communications, clarity on governance & decision-making, and establishing priorities & success metrics.

Our Vision



Vision: Families have access to what they need when they need it, specifically access to essential services (e.g., basic needs, health care, developmental supports, and family supports) in a timely and appropriate manner.



Help Me Grow

WASHINGTON

Purpose: The HMG Washington Network weaves together state and community systems, providers, and resources to offer a full spectrum of supports to all Washington state families with young children through a coordinated network of entry points.

We are a growing system of nonprofit organizations, tribal nations, regional and county level health and social service organizations, providers and provider organizations, and state agencies all working together to serve families in Washington.

WHAT IS HELP ME GROW WASHINGTON?

We weave together state and community systems, providers, and resources to offer a full spectrum of supports to all Washington state families with young children through a coordinated network of entry points. We are a growing system of nonprofit organizations, Tribal nations, regional and county level health and social service organizations, providers and provider organizations, and state agencies all working together to serve families in Washington.

For more information, please contact:
HMGWA@withinreachwa.org

WHAT DO WE DO?

With families



- Coordinate access to the essentials (food security, medical care, child development, and family supports)

With communities



- Provide access to funding, data, and resources to connect to other systems and test innovative ideas

With partners and funders



- Build cross referral & specialized pathways, resource directories, and data system connections through partnerships
- Advocate on behalf of families, communities and our partners to build for a better future

WHO DO WE WORK WITH?

Families with young children

First and foremost, we serve all families in Washington and provide them access to support services when they need them

Community & local organizations

Early childhood & learning coalitions, local health care providers, caregivers and social service providers & navigators, and others

Regional & statewide, and Tribal partners

Regional and statewide agencies and initiatives focused on health, child welfare, early learning and development, and family supports¹

Advocacy & funders efforts

Coordinate funding requests from regional and local systems; align goals and narratives to reflect localized needs to communicate with funders and legislature



1. Local health jurisdictions (LHJs), county-level Accountable Communities of Health (ACHs), regional Family Resource Centers (FRCs), and early learning coalitions

WHAT IS OUR PLAN?



EQUITY-BASED TARGETED UNIVERSALISM

- Based on universal goal that all families in WA have access to what they need when they need it
- Identify targeted populations that experience racial, systemic, or structural barriers to accessing these services



SPECIALIZED REFERRAL PATHWAYS

- Design outreach, navigation, and support services to meet the unique needs of targeted populations
- Develop statewide partnerships to support pathways



COMMUNITY-LED & TRIBAL PARTNERSHIPS

- Build community-level and Tribal community systems to help families access localized essentials
- Coordinate access with connection points to regional and statewide resources, when needed



GOVERNANCE & COMMUNICATIONS

- Build a governance model with community partners, parent and caregiver voices, and state/regional leaders
- Establish two-communication channels, peer learning networks, and deep listening



SPECIAL PROJECTS FUNDING

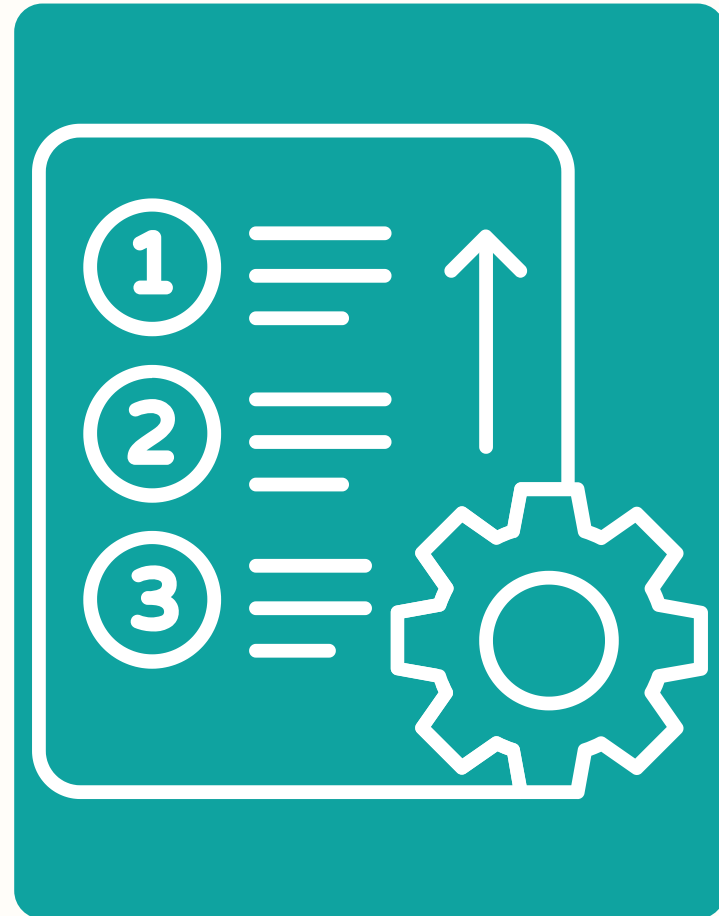
- Build a process for communities to access catalytic funding, resources, and support to develop local systems (e.g., navigation support, resource directories, outreach efforts)



COORDINATE REQUESTS

- Work with communities to highlight local gaps & needs
- Coordinate a systems wide request for funding based on local, regional, and statewide plans

Our Priorities





• **Establish governance**



• **Define goals & targets**



• **Establish new partnerships** ★



• **Specialized referral pathways** ★



• **Strategic communications & conversations**



• **Technology & reporting build-out (infrastructure)** ★



• **Analysis & evaluation**



• **Special projects funding**



• **Funding & advocacy**



Help Me Grow
WASHINGTON

**Our Priorities -
2023-2028
Strategic Initiatives**



**Our Priorities -
Establish New
Partnerships**





Priority Highlight:
Establish interoperability guidance (i.e. resource directories) across new/existing data systems to achieve scale

**Our Priorities -
Shared technology**



Plan of Safe Care's Community-Based Pathway

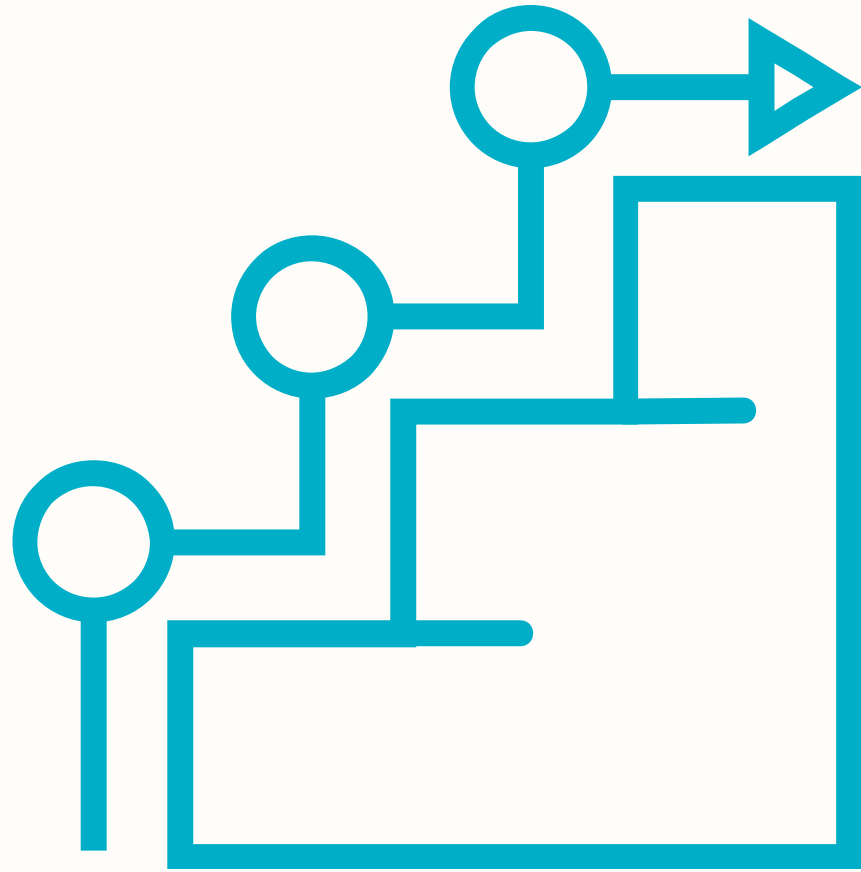
Offering voluntary supports to infants with prenatal substance exposure and their families

Our Priorities -
Specialized referral
pathways

Our Horizon



Highlights of What We Are Working On First (2023-2024)



- Establishing HMG WA's governance structure
- Setting state-level metrics through a Targeted Universalism approach
- Exploring referral pathways and/or systems connections with system partners
- In partnership with DOH, exploring approaches to "coordinate the coordinators" through HRSA Early Childhood Developmental Health Systems Grant

Our Horizon -
Next Steps



The Help Me Grow Washington network includes parents, caregivers, service providers and professionals.

We welcome all who are interested in joining us and who support building an organized system of community resources to help children grow up healthy.

Help Me Grow WA Newsletters

Stay up to date on news and get helpful resources by signing up for our HMG WA Newsletter

<https://helpmegrowwa.org/join-the-network>

Interested in your community joining the Help Me Grow Washington system?

Reach out to us so that we can connect with you to learn more about your community's goals and how the Help Me Grow Network help support.

Stay tuned for future updates!

Attend future Lunch and Learns to hear about progress made on our strategic priorities

**Our Horizon -
Invitation to Join Us!**



Questions?

For more information, please contact:

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