Help Me Grow Washington Essential Services

Essential Services are the services and supports that are core to the Help Me Grow system. The Help Me Grow Washington network prioritizes these Essential Services and works together to ensure all families have access to this set of resources and services when engaging with Help Me Grow. Essential Services are focused in four areas: medical care, food security, child development, and family stability.

■ = Enrollment: Help Me Grow can assist with the enrollment process into that program or benefit.
♦ = Screening: Help Me Grow is equipped to help a client understand if they meet the eligibility requirements for a program.
▲ = Referral: Client will be connected to that resource by a referral to an external service provider.

Access to Adult & Pediatric Medical Care

Local community supports & resources
- Medicaid transportation services
- Community clinics & immunization clinics
- Birth & breastfeeding
- Healthcare – prescription assistance & eye care
- Dental clinics that accept Apple Health (Medicaid) & offer a sliding fee scale or a reduced rate program
- Behavioral & mental health
- Birth control & family planning

State benefits, programs & services
- Medicaid & qualified subsidized health plans
- Medicaid/Children’s Health Insurance Plan (CHIP)
- Access to Baby & Child Dentistry (ABCD)

Access to Improve Food Security

Community supports & resources
- Summer meals
- Food banks

State benefits, programs & services
- Basic Food/SNAP
- Women, Infants & Children (WIC) Nutrition Program

Access to Child Development Supports

Local community supports & resources
- In-home family & pregnancy services
- Parenting classes and programs
- Play & Learn groups
- Early learning programs
- Developmental evaluation
- Therapeutic services
- Services & supports for families with children with disabilities &/or developmental delays
- Resources for families with children with autism
- School & Medical Autism Review Team (SMART)

State benefits, programs, & services
- Ages & Stages Questionnaire (ASQ)
- Early Supports for Infants & Toddlers (ESIT) (Part C/Birth to Three Services/Early Intervention)
- Preschool special education (Part B/ChildFind)
- Children & Youth with Special Health Care Needs (CYSHCN)
- Early Childhood Education & Assistance Program (ECEAP)

HMG Essential Services – Reviewed and approved by HMG sub-affiliates and partners, August 2022