

Finding Help is Hard – Help Me Grow Makes It Simple

The Problem: Navigating a Fragmented System

When a parent has concerns about their child’s development, knowing where to turn can be challenging. 1 in 5 children in Washington experience some sort of developmental or behavioral delay that puts them at risk of falling behind. And yet only half of these kids are having these issues identified and addressed before they start school. Knowing there is a delay is half the battle – finding the appropriate services and supports can also be incredibly daunting. The systems of available services are siloed and difficult to navigate. It’s far too easy for families, especially those who are most vulnerable, to slip through the cracks.

The Solution: Help Me Grow

Help Me Grow addresses these issues by coordinating an effective system that improves access to services and supports for at-risk children and families. By leveraging existing programs and community-based resources, we can create a more efficient way to support children so that they are ready to learn and thrive.

Help Me Grow is a nationally-recognized, evidence-based model that builds collaboration across sectors, including health care, early learning, and community-based social supports. The model includes four core components - provider outreach, community outreach, data collection, and a centralized access point.

The Central Access Point

The cornerstone of the Help Me Grow model is the central access point. This is one phone number where anyone – families, doctors, community providers – can go to seek out services available in their community.

The central access point utilizes best practices to successfully connect families to programs – going the extra step to provide thorough screening, eligibility information, application assistance, and follow-up to ensure that families are actually getting what they need to be healthy.

Expanding Help Me Grow in Washington

While WithinReach serves as the central access point for Help Me Grow in Washington, the current capacity is very limited. In order to build it out statewide there needs to be more collaboration, coordination, and awareness. Statewide expansion of Help Me Grow will require additional investments and support from state agencies.

