

# Help Me Grow Partnership

Creating connections between systems  
that support young children,  
families, and their communities



# Opening in a Good Way



Greeting and introductions



# Who is Help Me Grow Washington?

The HMG Network weaves together state and community systems, providers, and resources to offer a **full spectrum of supports** to all 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.**





# HMG WA Network Partnerships

## HMG Local Systems

- HMG Island County
- HMG Skagit
- HMG King County
- Help Me Grow Central WA/Ayúdame a Crecer

## System Partner

- ChildCare Aware of WA
- TANF-Home Visiting
- WA State Hospital Association
- Paid FMLA (ESD)
- WA Chapter of the American Academy of Pediatrics
- DCYF
- DOH

## Emerging Community

- Whatcom County
- San Juan County
- Grays Harbor County
- Spokane County

## Connected Community

Communities connect to and use resources via HMG WA Network

- Asotin County
- Clark County
- \* Grant County
- \* *Beginning Conversation*: Port Gamble S'Klallam Tribe



# What is Help Me Grow Washington?

**Help Me Grow (HMG)** free service that connects families and communities to resources and support. Whether it's understanding your child's development, food assistance resources, free or low-cost health insurance, or pregnancy and parenting resources, we are here to help.





# HMG Essential Services



## Adult & Pediatric Medical Care

Enrollment support and referral to free or low-cost vaccines



## Family Stability Supports

Referral to pregnancy supplies and home visiting support programs



## Food Security



Application assistance for Basic Food/SNAP and referral for WIC program

## Child Development



Referral for early support services for infants and toddlers



# How Does Help Me Grow Work?

Our Family Resource Navigators will help guide you every step of the way. They will:



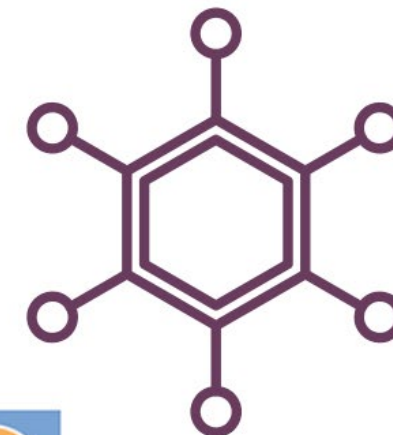
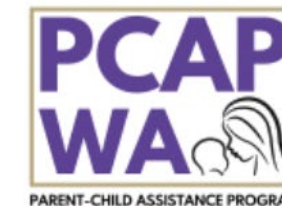
# Specialized Referral Pathways: Connection and support for people using substances during the perinatal period

- **Plan of Safe Care Community-Based Pathway (Help Me Grow Washington)** is for **infants with specific substance exposure** and **no safety concerns** are referred to Help Me Grow.

Dept of Children, Youth, & Families (DCYF)



- **Pregnancy Support Pathways (HUB)** is for **pregnant people using substances**.



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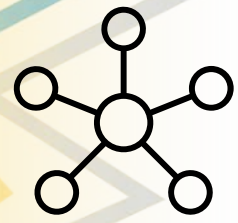
## Connecting with tribal communities

Beginning in 2022, HMG Washington has been intentionally listening and learning from tribal communities as to what partnership, support, or integration into existing services could look like.





# Ways HMG could partner with tribal communities



**Connection** to statewide early child resource and **referral** linkage system to:

- Resource directory
- Referrals and connections between local and state systems
- Application assistance and or enrollment support for public benefits (e.g., SNAP and Medicaid)
- Technology (e.g., Ages and Stages)
- Community-based HMG Family Resource Navigator (HMG Local System)
- Support for non-tribal members





# Example: ParentHelp123 Resource Finder



Part of the WithinReach family

[Home](#) [Favorites](#) [Main Site](#)

[Submit feedback](#)

[English](#)

## ParentHelp123 Resource Finder

Q Search Resources in Washington State

City, state, zip, etc...

Any

Use my location

Search

## Categories



### Basic Needs

- Clothing & Supplies
- Financial Assistance
- Employment
- Social Security
- Transportation
- Legal/Tax
- Housing



### Child Development

- Special Health Care Needs
- Play & Learn
- Youth Services
- Screening & Diagnosis
- Tutoring & School Services
- Early Learning
- In-Home Support



### Food

- Food Vouchers
- Women, Infants, and Children (WIC)
- Supplemental Nutrition Assistance Program (SNAP)
- Electronic Benefit Transfer (EBT)
- School Meals
- Meals

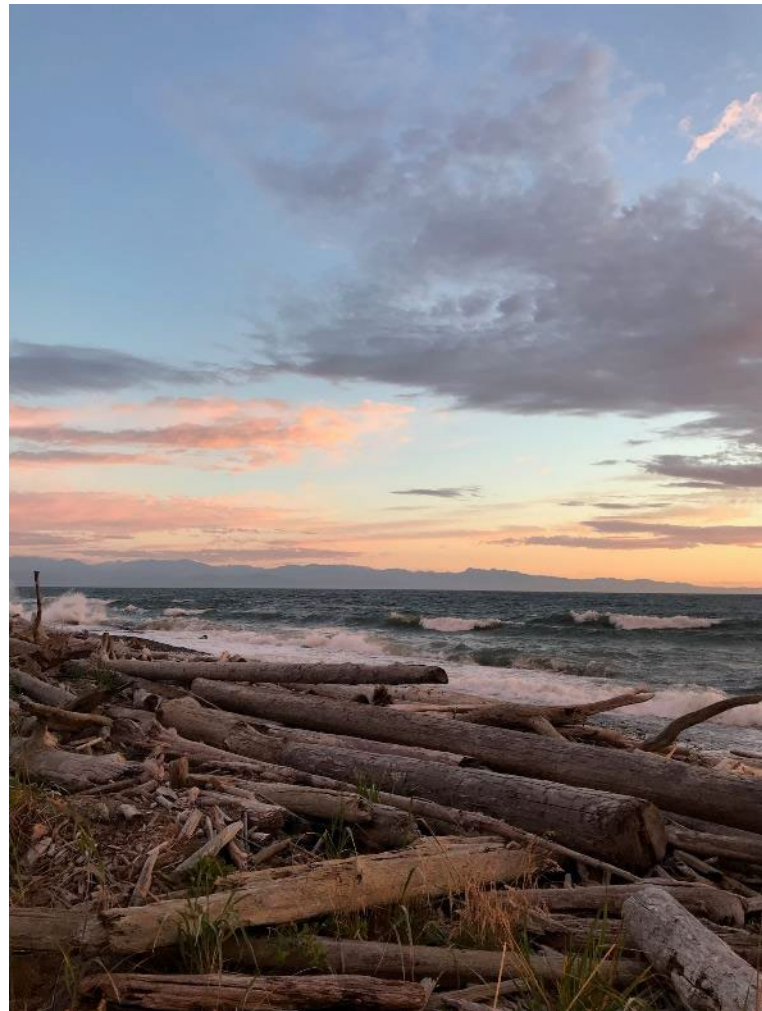


### Health

- Screenings
- Paid Family & Medical Leave
- Vaccines
- Insurance
- Specialty Care
- Dental Care
- Community Clinics



# Welcoming of Ideas



## Wonderings, Reflections & Closing

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For more information, please contact:  
Lark Kesterke  
Director of the Help Me Grow Washington  
Network  
WithinReach  
[larkk@withinreachwa.org](mailto:larkk@withinreachwa.org)



*Gratitude given to Kauffman & Associates for their support in the creation of this presentation slide deck.*








Thank you!



# Addendum – Additional information to share





**Help Me Grow (HMG)** is a statewide, community-driven **family and community resource and referral linkage system** that guides families through the complex web of services through a behind-the-scenes coordinated systems approach.

HMG provides information, **care coordination/ system navigation and linkage** to community-based supports for **all families and communities with children (prenatal – age 5)**.



# HMG Resources and Supports

## HELP ME GROW HOTLINE



There are currently three HMG hotlines in Washington State:

- Statewide Help Me Grow: 800-322-2588
- Skagit County: 360-630-8352
- Kittitas and Yakima Counties: 509-490-3009

## PROVIDER REFERRAL



Providers can make a referral to an HMG WA system through secure email, fax, or using an online portal depending on which system you're trying to contact.

## SCREEN FOR BENEFITS



Self-referral portal on [Parenthelp123.org](https://parenthelp123.org)  
or you can  
Text "WIC" to 96859  
Text "FOOD" to 96859

## SEARCH FOR SERVICES



[Parenthelp123.org](https://parenthelp123.org) is a tool of Help Me Grow Washington. It can connect children and families to over 6,000 services and supports throughout Washington state.

## CELEBRATING CHILD DEVELOPMENT



Help Me Grow Washington offers child developmental screening using the Ages and Stages Questionnaire. This can be completed online or with one of our family resource navigators.