



Help Me Grow is a system for early identification of developmental, behavioral, educational and health concerns that links children and their families to community-based services and supports.

OVERVIEW: WHAT IS **HELP ME GROW**?

Help Me Grow is part of a national initiative that is designed to help parents, health professionals, and early educators identify and address concerns they may have about a young child's development, behavior, health, or learning in the first eight years of life. It also supports early detection and treatment of health or developmental concerns. *Help Me Grow Florida* is funded through a recurring allocation by the Florida Legislature to the state Office of Early Learning.

The goal of *Help Me Grow* Florida is to promote healthy development for every child in Florida. This is accomplished through the use of trained care coordinators who take the calls of parents, teachers, or healthcare providers who have questions about children's health, development, behavior, or learning. They are knowledgeable about community resources and will connect children and families to helpful resources in their own communities.

The central component of *Help Me Grow* Florida is a call center located within a local 2-1-1 program. *Help Me Grow* also provides outreach to healthcare providers and offers office-based education, trainings, and workshops. These trainings help physicians and other providers develop or improve surveillance and screening procedures for their practices.

How to use *Help Me Grow*

If you or a parent has a concern or wants more information about a child's development, you can contact *Help Me Grow* in any of the following ways:

- Call 2-1-1 and ask for *Help Me Grow*
- Pediatricians can instruct a family to call 2-1-1/*Help Me Grow* during a visit or meeting
- Physicians can write a "prescription" to call 2-1-1/*Help Me Grow* to obtain help with finding services
- Fax or email a referral form to *Help Me Grow*— Call 211/*Help Me Grow* for forms
- Visit website for more information at helpmegrowfl.org

Why and when to use *Help Me Grow*

- If screening identifies a developmental, behavioral, or learning concern.
- If a child or family needs connection to resources or more support.
- If a child needs a developmental screening or assessment.
- If the parent wants more information about a child's development, behavior, health, or learning.
- If you see a need for parenting education, such as information on developmental milestones.
- If you need assistance to help patients access services and supports.

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WHO WILL ANSWER THE CALL?

Trained professional Help Me Grow care coordinators will answer the call and they:

- Have been specially trained to work with families.
- Can work with many languages through tele-interpreters.
- Will find appropriate services and supports for children and families.
- Will stay in touch until families are successfully connected to those services and supports.
- Will also loop back to the child's medical home with information.

Help Me Grow care coordinators will quickly return your call or contact the family.

SERVICES PROVIDED

The 2-1-1 call center and Help Me Grow staff provide education and support to families around specific developmental or behavioral concerns that have been identified. Supports could include:

- Exploring what has been tried before and what has and has not worked.
- Having families enroll their children in a developmental monitoring program, such as the Ages and Stages Child Monitoring Program.
- Providing referrals to parenting and support programs.
- Providing followup and advocating for families as needed.
- Enrollment assistance for families to access services.
- Providing information about parenting, child wellness, and other topics.

