



## HELP ME GROW IS HERE TO HELP Information for Pediatricians, Family physicians and other healthcare practitioners

Patients turn to you for direction and advice. In today's busy offices, it can be hard to find time to locate appropriate resources for issues related to child development, behavior, and learning. Help Me Grow is here to help.

What is Help Me Grow (HMG)?

Help Me Grow (HMG) is a national effort that promotes a comprehensive, coordinated system for early identification and referral to services for children at risk of developmental and behavioral concerns. It is also a hub for parents who have questions or concerns about how their child is growing, learning, speaking or behaving. It was started in 1997 in Connecticut and exists currently in 31 states. California became a national affiliate in 2011, and currently 30 counties have a Help Me Grow system or are in the planning phase of launching.

Help Me Grow Butte is a no-cost program. The program is available all Butte County residents regardless of income through a collaborative partnership with First 5 Butte, Butte County Office of Education, Northern Valley Catholic Social Services, and Butte 211.

How to make a referral? To refer to Help Me Grow, the child must be under 6 years old and living in our service area. For Pediatricians/Family physicians/Health Practitioners:

1. Fax your referral form with specific concern or routine enrollment request, with the patient's contact information /demographics, and pertinent documents if available (ASQ, ASQ-SE) with a signed parent consent to share information between your office and HMG (may use ROI, HMG Form, etc.) via Fax 530-345-1685.
2. Parents/other non-health care Providers can directly refer a child by calling Butte 211 or by visiting HMG website at <https://www.helpmegrowbutte.org/> that has English and Spanish links for self-refer portal. Parents can complete an ASQ or ASQ-SE on-line through the website. (see patient's flyer). The on-line information will ask for primary care provider information in order to provide information back to the medical home. (Contact Help Me Grow if your name is not in the list)

What happens next :

Help Me Grow will then contact the family within seven days with a phone call and/or by regular mail. The care coordinator will provide the most current resources available in the county, contact information, and within one week will follow-up on the progress of the referral to ensure that the family got connected to the service. A written report and follow-up to the referring pediatrician or healthcare provider's office will faxed and/or mailed to the office if authorized by the parent. Keeping you informed of the referrals made to your patients is a Help Me Grow priority. If you have any concerns or a specific request for a patient, please contact the care coordinator direct line at 530-801-1996 (not to be given to the public).

Examples of referrals and resources that Help Me Grow can help with:

- ❖ (Ages 0 - under 3 years old) Early Intervention Services such as Far Northern Regional Center and Early Start
- ❖ (Ages 3-5 years old) Early Intervention Services to the child's home school district
- ❖ Mental Health or Social-Emotional screening and connection with resources case by case
- ❖ Behavioral health
- ❖ Early childhood education- such as Head Start programs, CA State preschools, Child care, resources to help pay for child care through Valley Oak Children's Center, and transitioning to school
- ❖ Parent/child activities
- ❖ Parenting classes/support groups, early literacy, child nutrition programs, etc.