



# Help Me Grow<sup>®</sup>

## North Texas

Presented to the Texas LAUNCH All Community Meeting  
by Laura Kender, MHMR Tarrant, Chief of Early Childhood Services  
August 23, 2019



# A Look Back...

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## Early Childhood Services in a Texas Community

- Closing the Gaps
- Community Collaboration
- Birth to Five Continuum
- Trauma-Informed Care



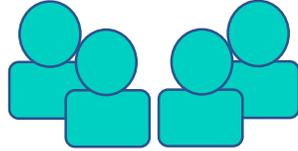
**TEXAS**  
Health and Human  
Services

*Early Childhood  
Intervention*

# Building a coordinated system for developmental screenings, referrals and services



ELA leadership focuses on Infants and Toddlers



ELA developmental screening work group launched



MHMR initiates first HealthySteps evidence-based program in Texas



Tarrant County selected as a national model for early education



ITDSI working to launch Family Connects in Tarrant County

2016

2017

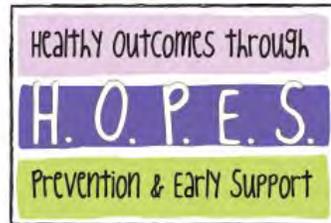
2018

2019

PROJECT LAUNCH



RBA selected as community data platform for measuring impact



Work group administers first developmental screening survey for child care



Tarrant County selected for county NCIT grant, expanding ELA's work group to include new community partners, under the Infant and Toddler Developmental Screening Initiative



City of Fort Worth selected for city NCIT grant



Became the first Help Me Grow Affiliate in the State of Texas

# Early Childhood Services

## Early Childhood Intervention

- 0-3 years
- 12 counties
- In-home services to families with children who have developmental delays and disabilities
- 817-466-8000 or 1-888-754-0524
- [www.ECiofNorthCentralTexas.org](http://www.ECiofNorthCentralTexas.org)



**early childhood services**  
MHMR TARRANT | WE CHANGE LIVES



## Healthy Outcomes through Prevention & Early Support (HOPES)

- 0-6 years
- 4 counties
- In-home services for children & their families
- 844-NTX-KIDS
- Free resources & services
- [www.EarlyIsBestNorthTexas.org](http://www.EarlyIsBestNorthTexas.org)

## Linking Actions for Unmet Needs in Children's Health (LAUNCH)

- 0-8 years
- City of Fort Worth
- In-home services to children and their families
- 844-NTX-KIDS
- Free resources & services



# Still Something Was Missing

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## Typical Referrals

- Trauma
- ADHD
- Challenging behaviors
- Developmental delays past age 3
- Autism past age 3

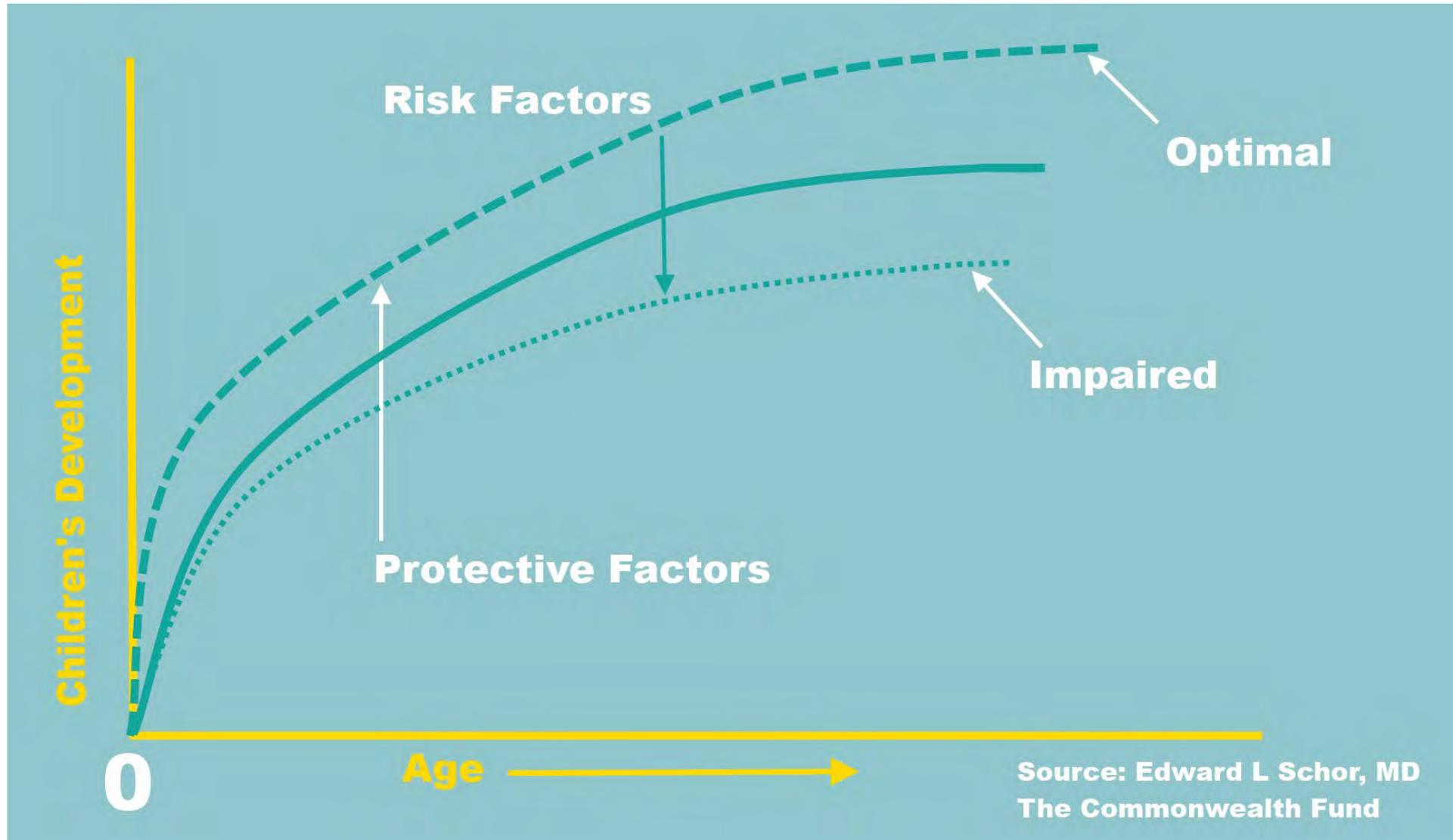
## Intense Intervention - Team 2 & 3

## Very Little - Team 1

- Universal
- Prevention



# A Child's Trajectory Can Be Modified with Interventions



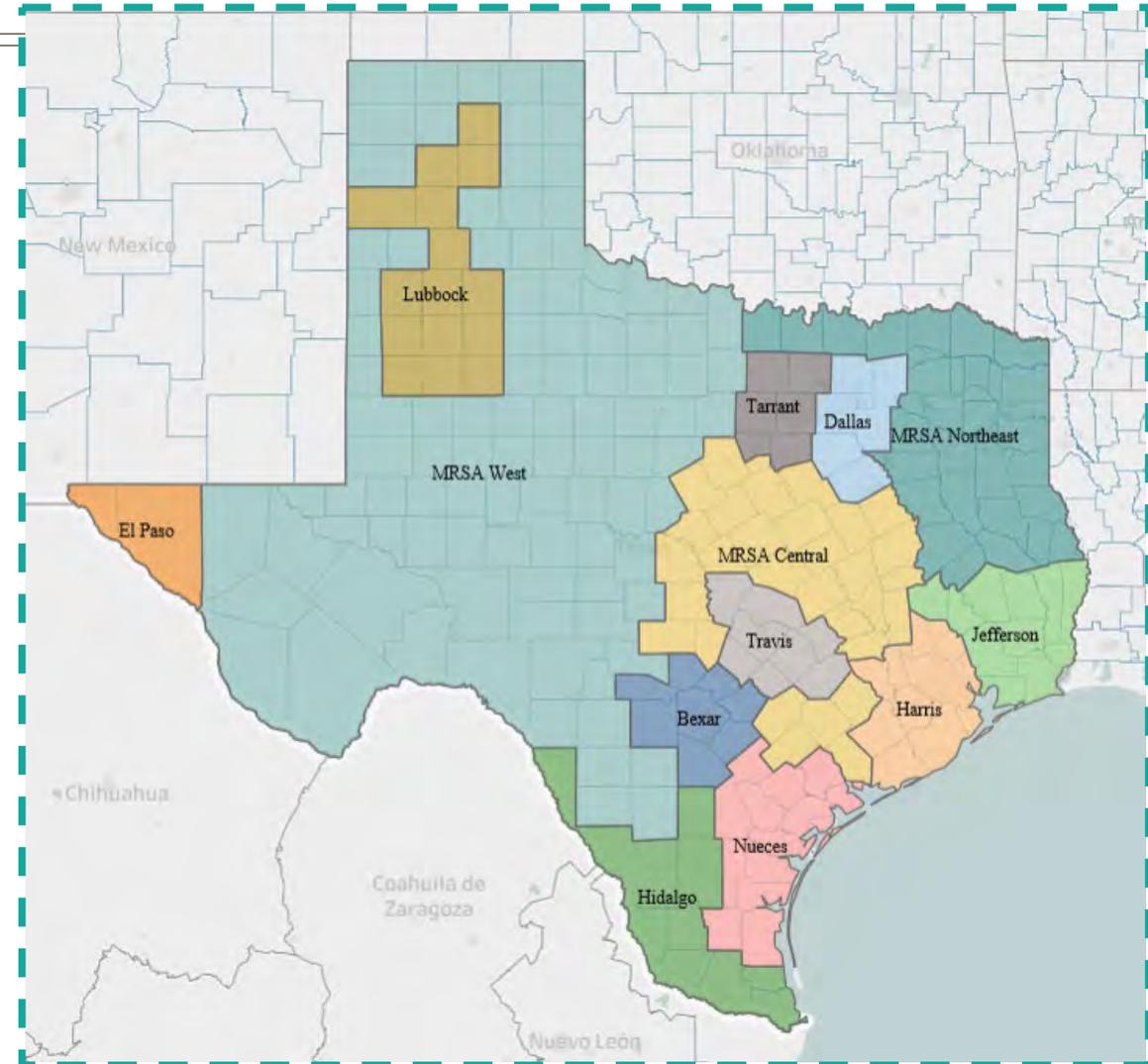
# Tarrant County

## Check-ups & Developmental Screenings for Young Texas

### Managed Care Region: **Tarrant**

Children Enrolled in STAR Medicaid

- 52%** Children under age 3 who were screened for developmental, social, and behavioral delays in the 12 months before their 1<sup>st</sup>, 2<sup>nd</sup>, or 3<sup>rd</sup> birthday  
48% = statewide average 2017
- 96%** Children age 12-24 months who had a primary care visit in the last year (CAP 12-24 months)  
96% = statewide average 2017
- 96%** Children ages 25 months-6 years who had a primary care visit in the last year (CAP 25 months - 6 years)  
94% = statewide average 2017

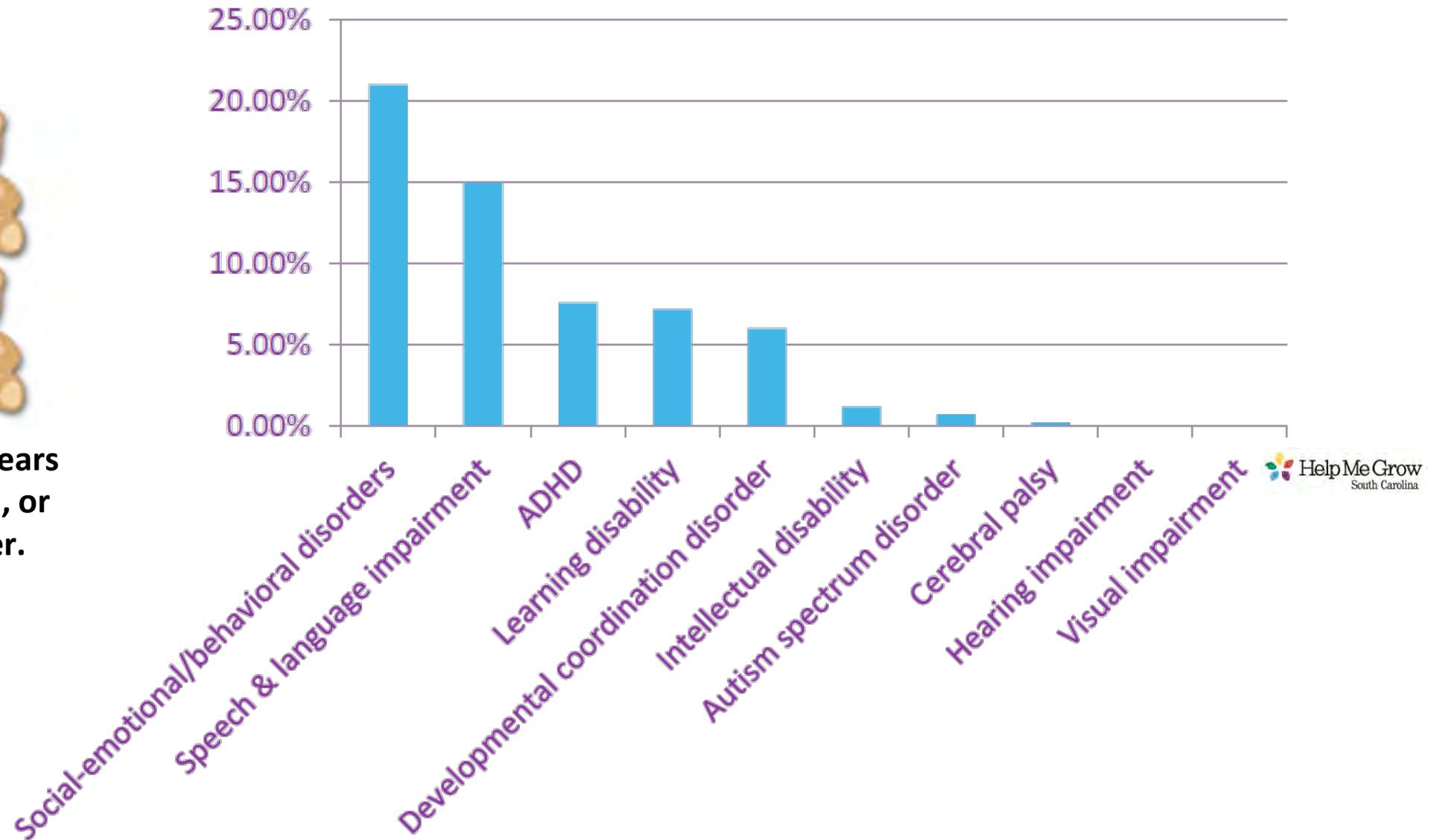


# Prevalence of Developmental-Behavioral Disorders in U.S.



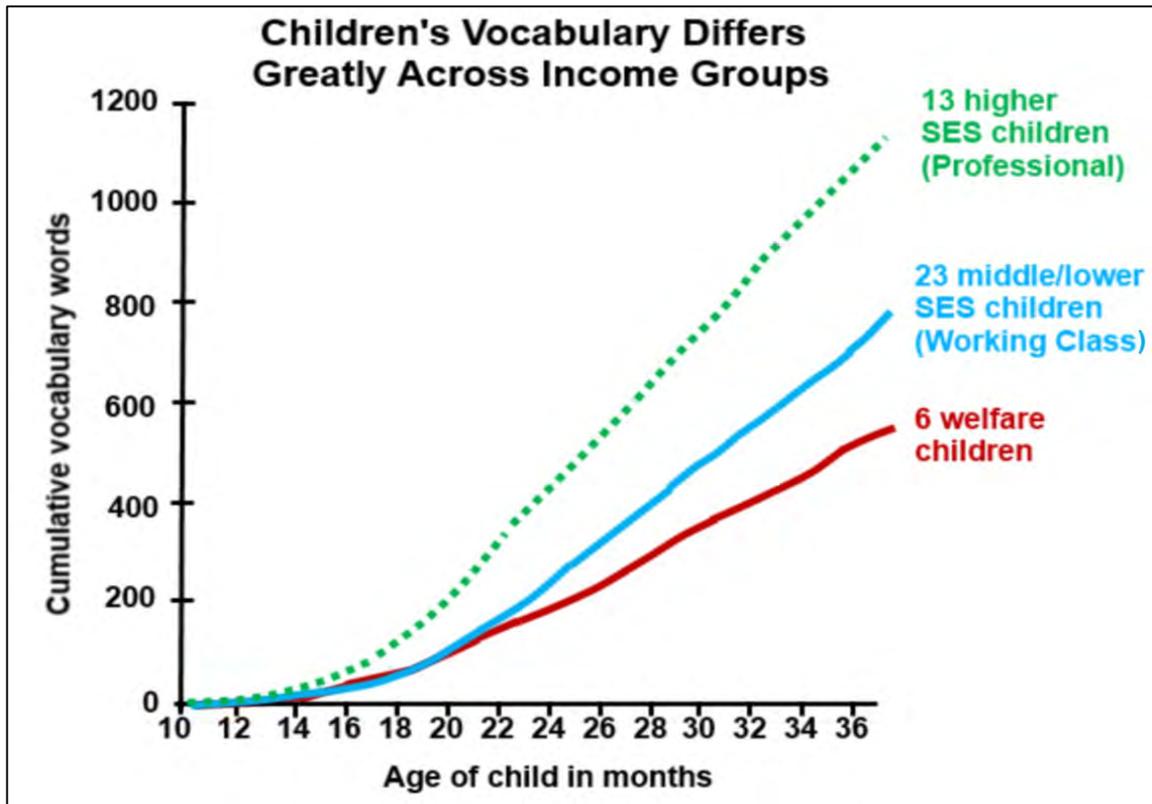
**1 in 6 children aged 2-8 years has a mental, behavioral, or developmental disorder.**

Centers for Disease Control and Prevention (CDC)  
Children's Mental Health



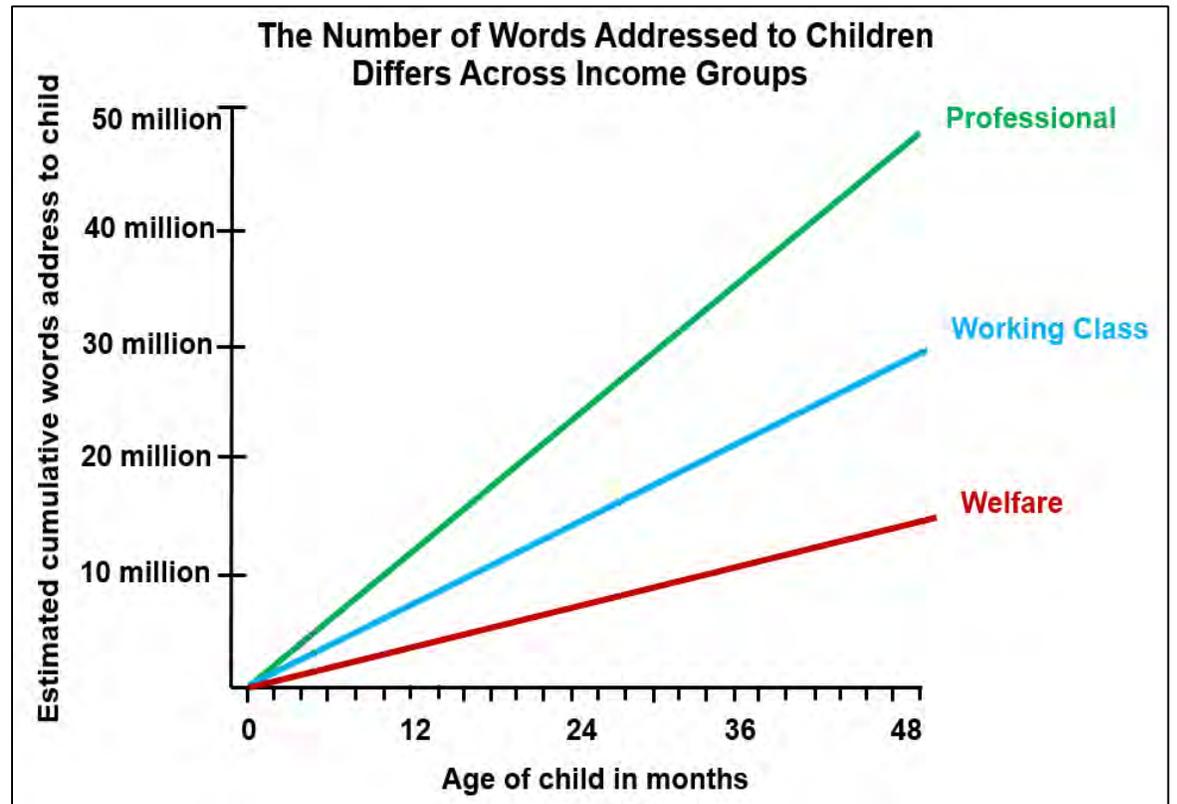
# Left Behind by Kindergarten

Children living in poverty average 15 IQ points below their peers.



## Vocabulary at age 3

Low-income: 525 words  
Working Class: 750 words  
Professional: 1,000 words



Hart, B. & Risley, T.R. "The Early Catastrophe" (2003)

## Exposure to words by age 4

Average child in a family with low-income:

- 13 million fewer words than child in a working class family
- 30 million fewer words than a child in a professional family

# The Vision - “The Rattle”

## Coordinated Screenings

Screenings are facilitated across systems to ensure that universal developmental screening and monitoring of Tarrant County infants and toddlers.

The 3 icons at the top represent these strategic Access Points:

- Health Systems
- Child Care Providers
- Home/Family-Based Programs

## Coordinated Referrals

Screening data is integrated and funneled through a “one door” system where all referrals to further evaluation and services are gathered.

## Coordinated Services

Families are strategically connected to the necessary resources and services to help their infants and toddlers develop optimally and thrive (e.g. to MHMR Early Childhood Services, home visiting, family support organizations, health systems). Agencies delivering services work together in synchrony so all families have access to the services they need.



# Action Plan Outline

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**SMART Goal 1: Screen at least 4,000 at-risk ( $\leq 200\%$  FPL) infants and toddlers (ages 1 month–36 months) with the ASQ-3 and ASQ:SE-2 (when age-appropriate) between October 2018 - December 2019.**



HEALTH SYSTEMS

- 1.1 Increase screening frequency and associated referrals within pediatric offices and Federally Qualified Health Clinics (FQHCs)
- 1.2 Increase access to screening and associated referral for babies being born in Texas Health Arlington and Medical City Arlington hospitals
- 1.3 Partner with prenatal health professionals on the value of infant and toddler screening and connecting families to early childhood services
- 1.4 Target low-income families in Tarrant County by facilitating and promoting screening practices with WIC clinics



CHILDCARE

- 1.5 Equip early childhood care/education providers with the knowledge, skills, and tools to support parents in screening children within the ASQ Enterprise, and in making the appropriate referrals



HOME / FAMILIES

- 1.6 Work with Home Visiting Program to equip them with screening children within the ASQ Enterprise, supporting mothers during the prenatal period, and making appropriate referrals to resources.

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**SMART Goal 2: Capture screening and referral data through the ASQ Enterprise and/or RBA system for at least 4,000 at-risk ( $\leq 200\%$  FPL) infants and toddlers (ages 1 month–36 months) with the ASQ-3 and ASQ:SE-2 (when age-appropriate) between October 2018 - December 2019.**

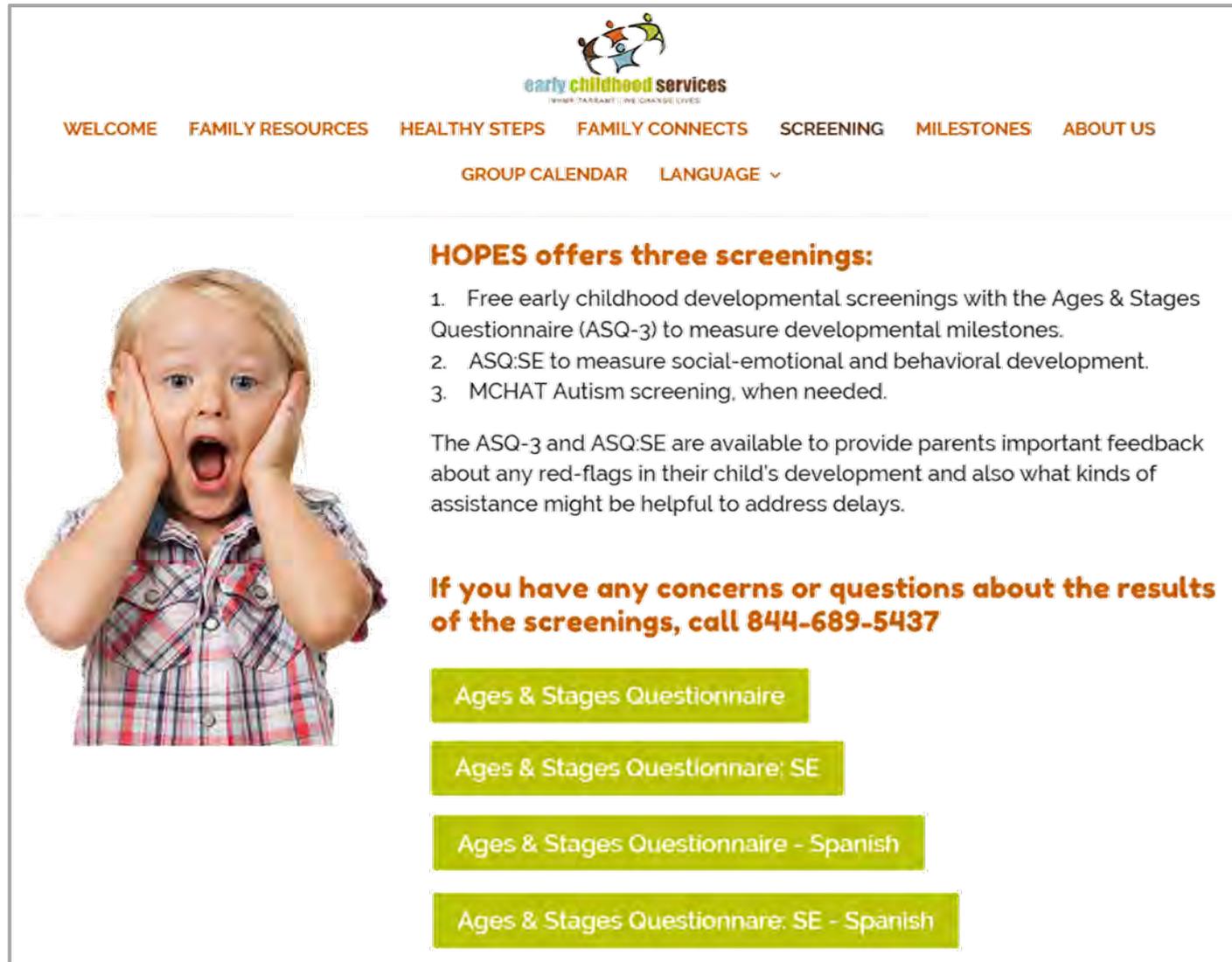


DATA & OUTREACH

- 2.1 Expand and enhance our local data platform by developing a coordinated system for tracking, reporting, and follow-up on continued screening, referrals, and services for children aged 0-3.
- 2.2 Promote the developmental screenings through HelpMeGrowNorthTexas.org directly to families and through organizations in direct contact with Tarrant County infants, toddlers, families, and expectant parents.

# Early Is Best North Texas - Website

www.EarlyIsBestNorthTexas.org



The screenshot shows the homepage of the Early Childhood Services website. At the top, there is a logo for "early childhood services" with the tagline "WHEN TAKING THE FIRST STEPS COUNTS". Below the logo is a navigation menu with the following items: WELCOME, FAMILY RESOURCES, HEALTHY STEPS, FAMILY CONNECTS, SCREENING, MILESTONES, ABOUT US, GROUP CALENDAR, and LANGUAGE (with a dropdown arrow). The main content area features a large image of a young child with a surprised expression, hands on their cheeks. To the right of the image, the text reads: "HOPES offers three screenings:" followed by a numbered list: 1. Free early childhood developmental screenings with the Ages & Stages Questionnaire (ASQ-3) to measure developmental milestones. 2. ASQ:SE to measure social-emotional and behavioral development. 3. MCHAT Autism screening, when needed. Below the list, it states: "The ASQ-3 and ASQ:SE are available to provide parents important feedback about any red-flags in their child's development and also what kinds of assistance might be helpful to address delays." At the bottom, there is a call to action: "If you have any concerns or questions about the results of the screenings, call 844-689-5437". Below this call to action are four green buttons with white text: "Ages & Stages Questionnaire", "Ages & Stages Questionnaire: SE", "Ages & Stages Questionnaire - Spanish", and "Ages & Stages Questionnaire: SE - Spanish".

**early childhood services**  
WHEN TAKING THE FIRST STEPS COUNTS

WELCOME FAMILY RESOURCES HEALTHY STEPS FAMILY CONNECTS SCREENING MILESTONES ABOUT US  
GROUP CALENDAR LANGUAGE ▾

**HOPES offers three screenings:**

1. Free early childhood developmental screenings with the Ages & Stages Questionnaire (ASQ-3) to measure developmental milestones.
2. ASQ:SE to measure social-emotional and behavioral development.
3. MCHAT Autism screening, when needed.

The ASQ-3 and ASQ:SE are available to provide parents important feedback about any red-flags in their child's development and also what kinds of assistance might be helpful to address delays.

**If you have any concerns or questions about the results of the screenings, call 844-689-5437**

Ages & Stages Questionnaire

Ages & Stages Questionnaire: SE

Ages & Stages Questionnaire - Spanish

Ages & Stages Questionnaire: SE - Spanish

# Pediatric Settings

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- Universal access - almost all families take their babies to see a pediatrician
- Parents trust their pediatricians
- Non-stigmatizing setting
- Frequency of well-child visits schedule offers a perfect opportunity for parental learning and a point of entry for additional services

# Tiers of Service Delivery

## TIER 1. UNIVERSAL SERVICES

- ✓ Child developmental, social-emotional & behavioral screening
- ✓ Screening for family needs (i.e., maternal depression, other risk factors, social determinants of health)
- ✓ Child development support line (e.g., phone, text, email, online portal)

## TIER 2. SHORT-TERM SUPPORTS (mild concerns)

All Tier 1 services plus...

- ✓ Child development & behavior consults
- ✓ Care coordination & systems navigation
- ✓ Positive parenting guidance & information
- ✓ Early learning resources

## TIER 3. COMPREHENSIVE SERVICES (families most at risk)

All Tier 1 & 2 services plus...

- ✓ Ongoing, preventive team-based well-child visits (WCV)



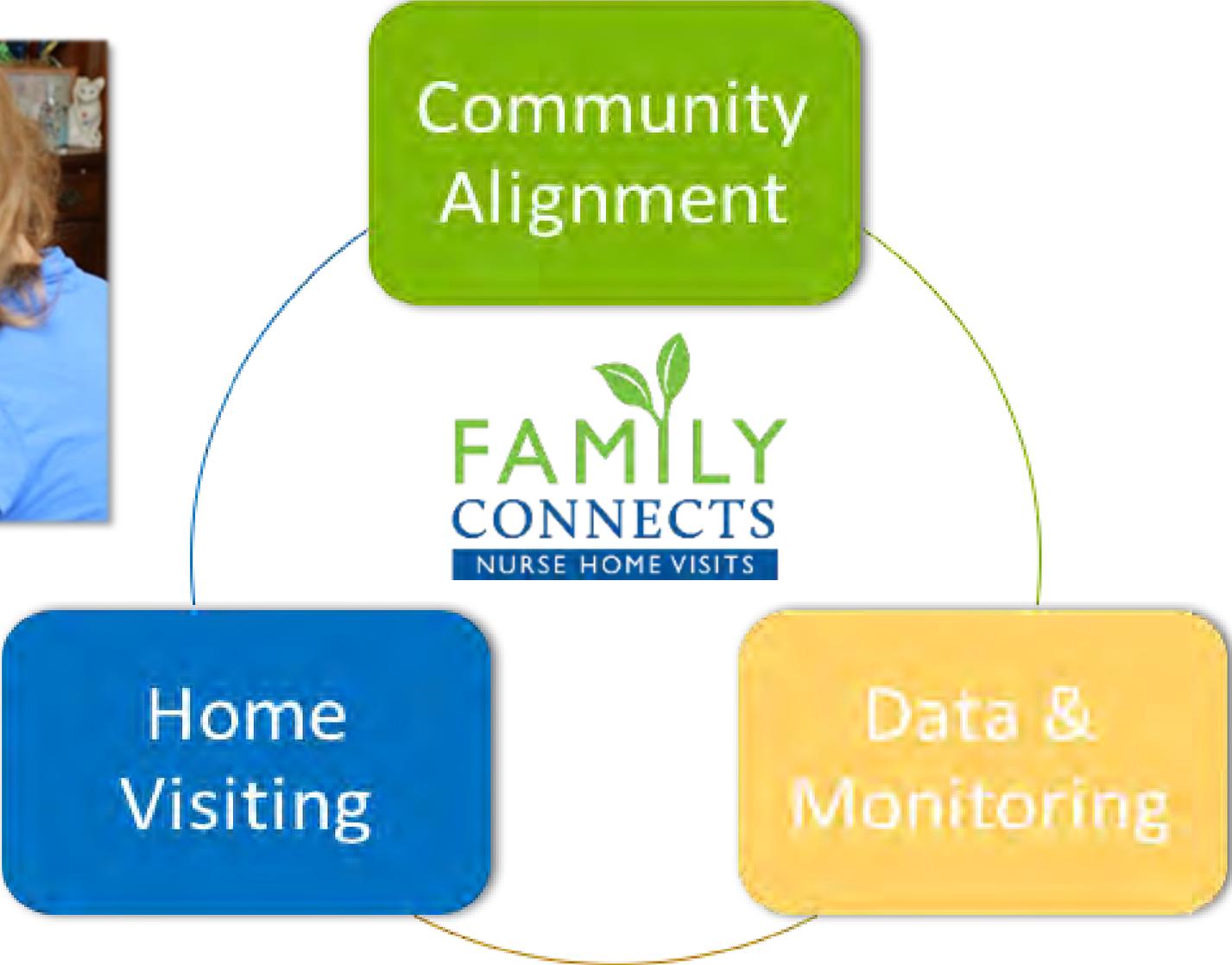
# Family Connects International

[www.familyconnects.org](http://www.familyconnects.org)

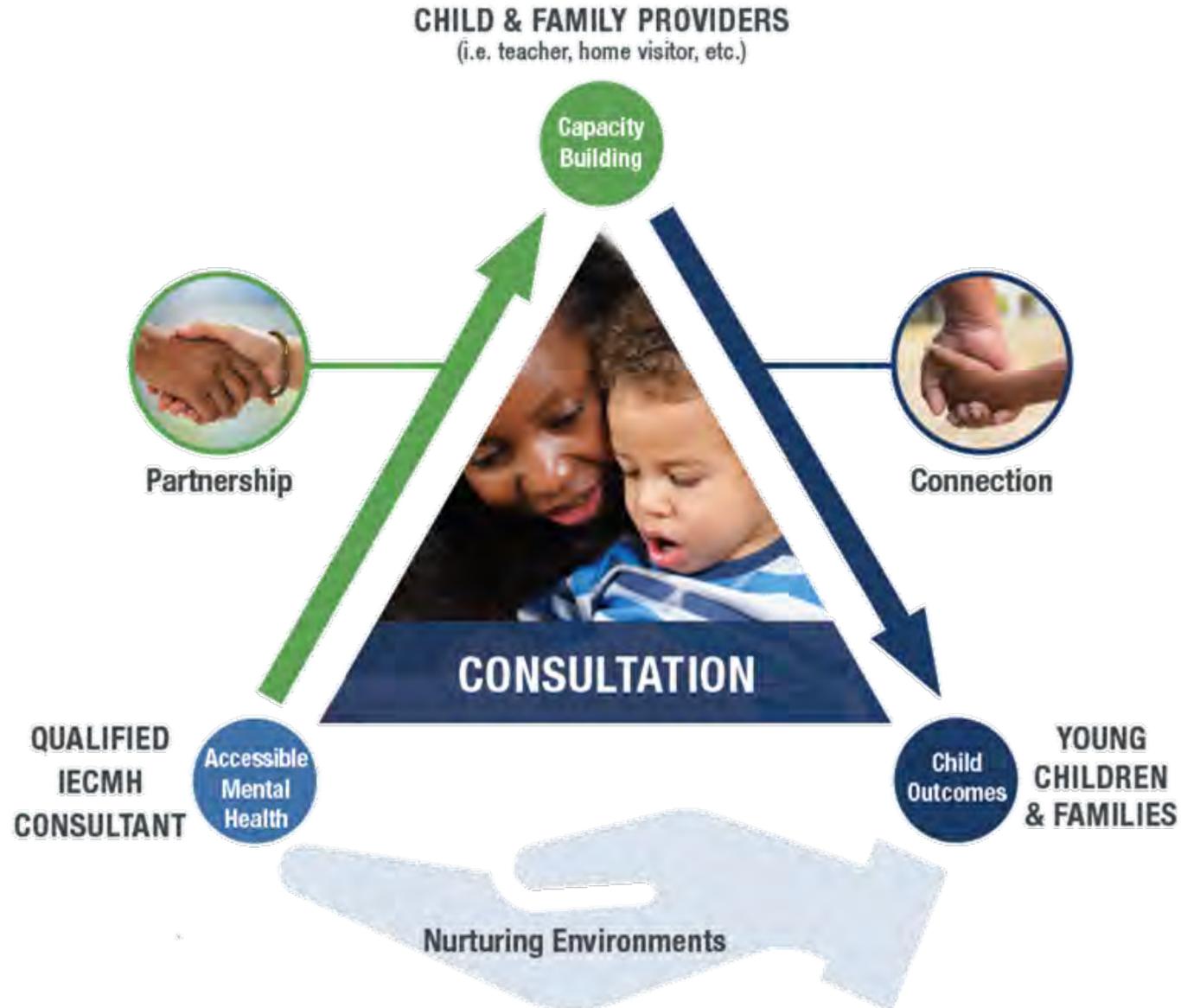


Family Connects® was created by the Duke Center for Child and Family Policy in partnership with the Durham County Department of Public Health, and the Center for Child & Family Health.

# Family Connects



# Infant & Early Childhood Mental Health Consultations



# Infant & Early Childhood Mental Health Consultations

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**Accessible  
Mental  
Health**

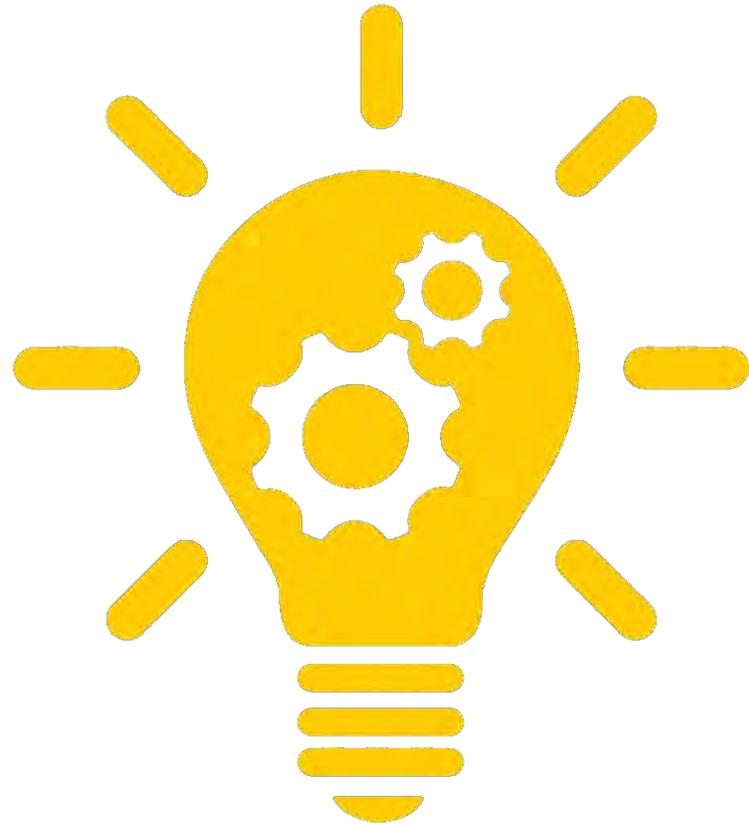
Brings Mental Health supports into natural settings where young children are

**Capacity  
Building**

Builds the capacity of child and family providers to create nurturing environments where young children thrive

**Child  
Outcomes**

Young children succeed in learning and relationships



Activity

# Childcare



Where we started...



Where we are now...

What we have accomplished...



Challenges we are facing...

# Home Visiting



Where we started...



Where we are now...

What we have accomplished...



Challenges we are facing...

# Health Systems



Where we started...



Where we are now...

What we have accomplished...



Challenges we are facing...

# Data



Where we started...



Where we are now...

What we have accomplished...



Challenges we are facing...

# How to remember the 5 PROTECTIVE FACTORS that make your family strong.



Use your Thumb to remember

## **Social & Emotional Competence of Children**

because a "thumbs up"  
is one of the first ways  
we learn to communicate  
our emotions.



## Your Pinky Finger signifies **Concrete Support in Times of Need**

because it is the smallest  
finger and reminds us that we  
all need help sometimes.



## Your Index Finger represents **Knowledge of Parenting and Child Development**

because you are your child's  
1st teacher!

## Your Ring Finger stands for **Parental Resilience**

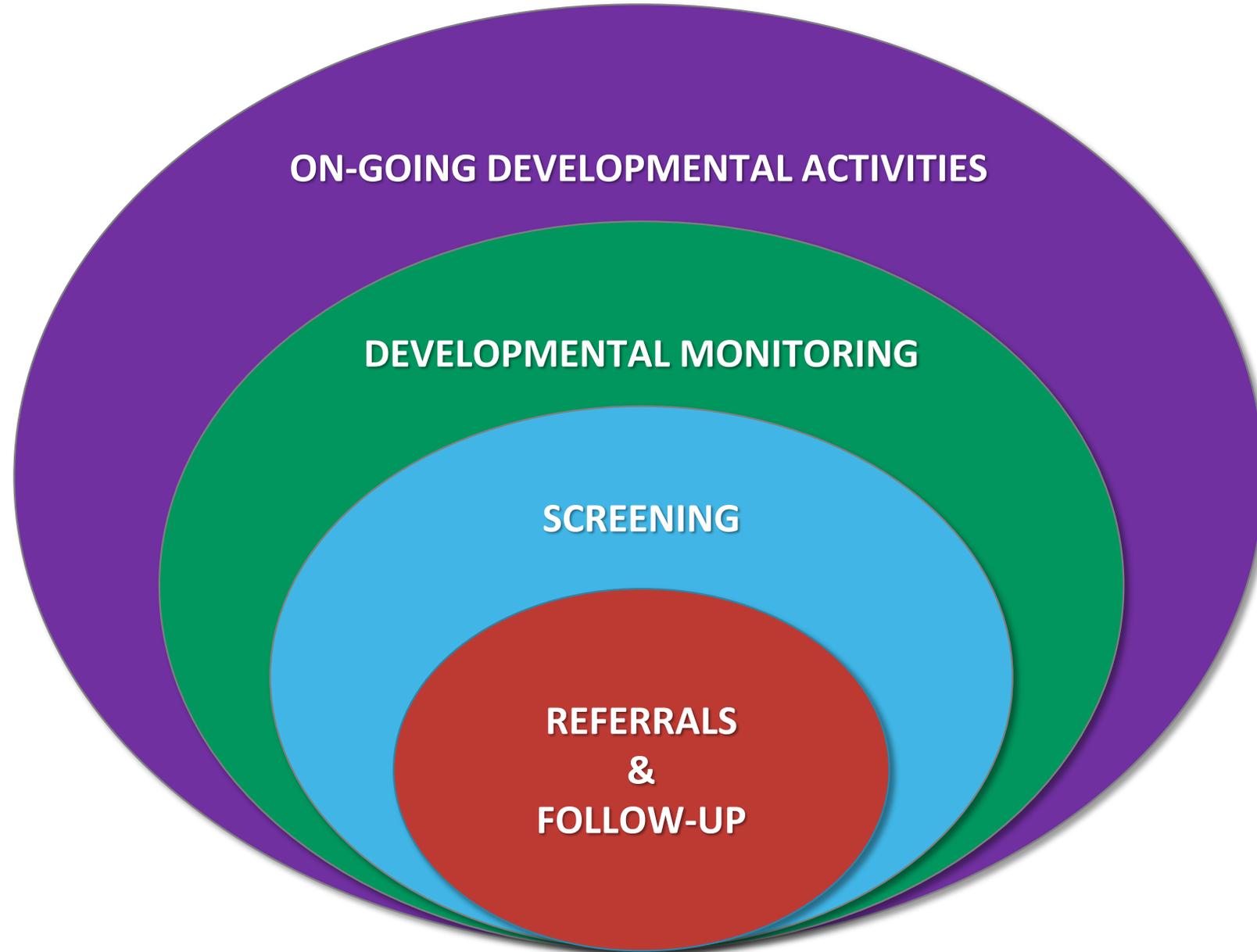
because your first commitment  
must be to yourself in order  
to be strong for others.



Your Middle Finger can  
help you remember  
**Social Connections**  
because it should never  
stand alone! We all need a  
positive social network.

# Developmental Promotion

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# Developmental Screening

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- Uses standardized tool
- Captures what child is able to do at a specific point in time
- Parent/caregiver completes with guidance from knowledgeable professional
- Identifies child's strengths
- Identifies children at-risk for developmental delays/disabilities
- Identifies if extra support would be beneficial
- Enhances the protective factors



# Discussion

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*What are the benefits of having a **parent/caregiver** complete the screenings?*



# Why Parents/Caregivers Complete?

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- Caregivers know their child best!
  - Longitudinal perspective on their child's development
  - See things differently at home than what you see in a different setting
- Caregivers have the right & responsibility to make decisions for their child
- They learn about their child and child development through the screening process
  - Identify activities they can do at home to promote development
- When paired with developmental monitoring, the developmental screening helps increase parent action when concerns exist

# Already Diagnosed?

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*What do you do if a child is **already diagnosed** with a developmental delay or disability?*



# Already Diagnosed with a Disability?

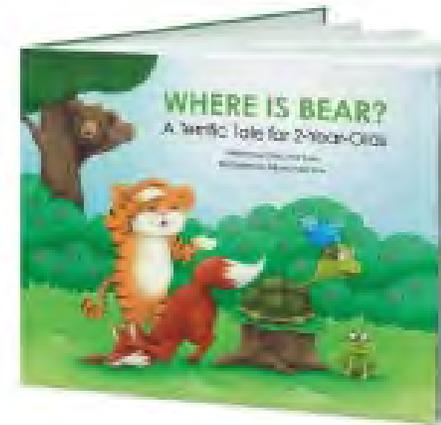
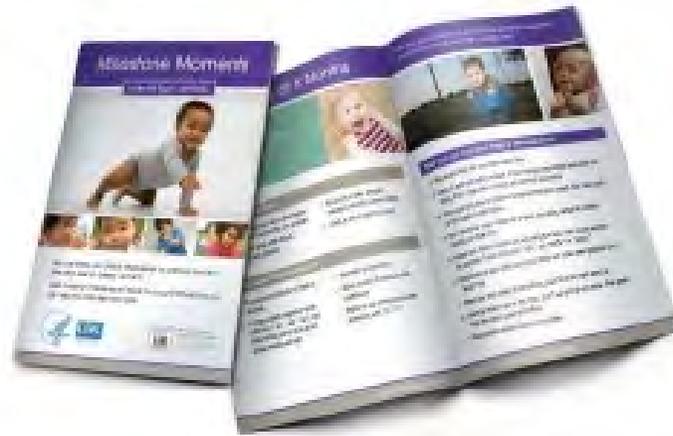
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- Children who are already diagnosed with a developmental disability (e.g. Down syndrome, Autism)
  - Monitor development; but **NO SCREENING**
  - Developmental trajectory should be monitored by healthcare and treatment providers



# CDC's "Learn the Signs. Act Early." Program

- Encourages parents/providers to learn the signs of healthy development
- Monitors every child's early development
- Takes action when there is a concern



Free materials for families and providers



“Learn the  
Signs.  
Act Early.”

One  
Doctor’s  
Story



Centers for Disease Control and Prevention (CDC) Video 1:29

[https://youtu.be/6AZDse\\_c9nA](https://youtu.be/6AZDse_c9nA)

“Learn the  
Signs.  
Act Early.”

One  
Director’s  
Story



Centers for Disease Control and Prevention (CDC) Video 1:34

<https://youtu.be/N1lh708afjA>



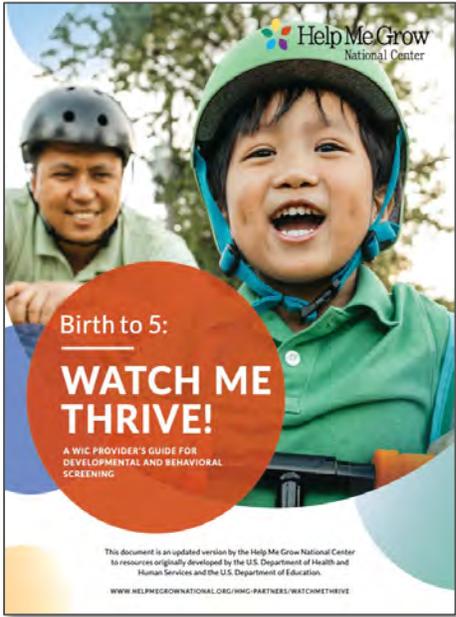
Physician's Guide



Early Childhood & Education Provider's Guide



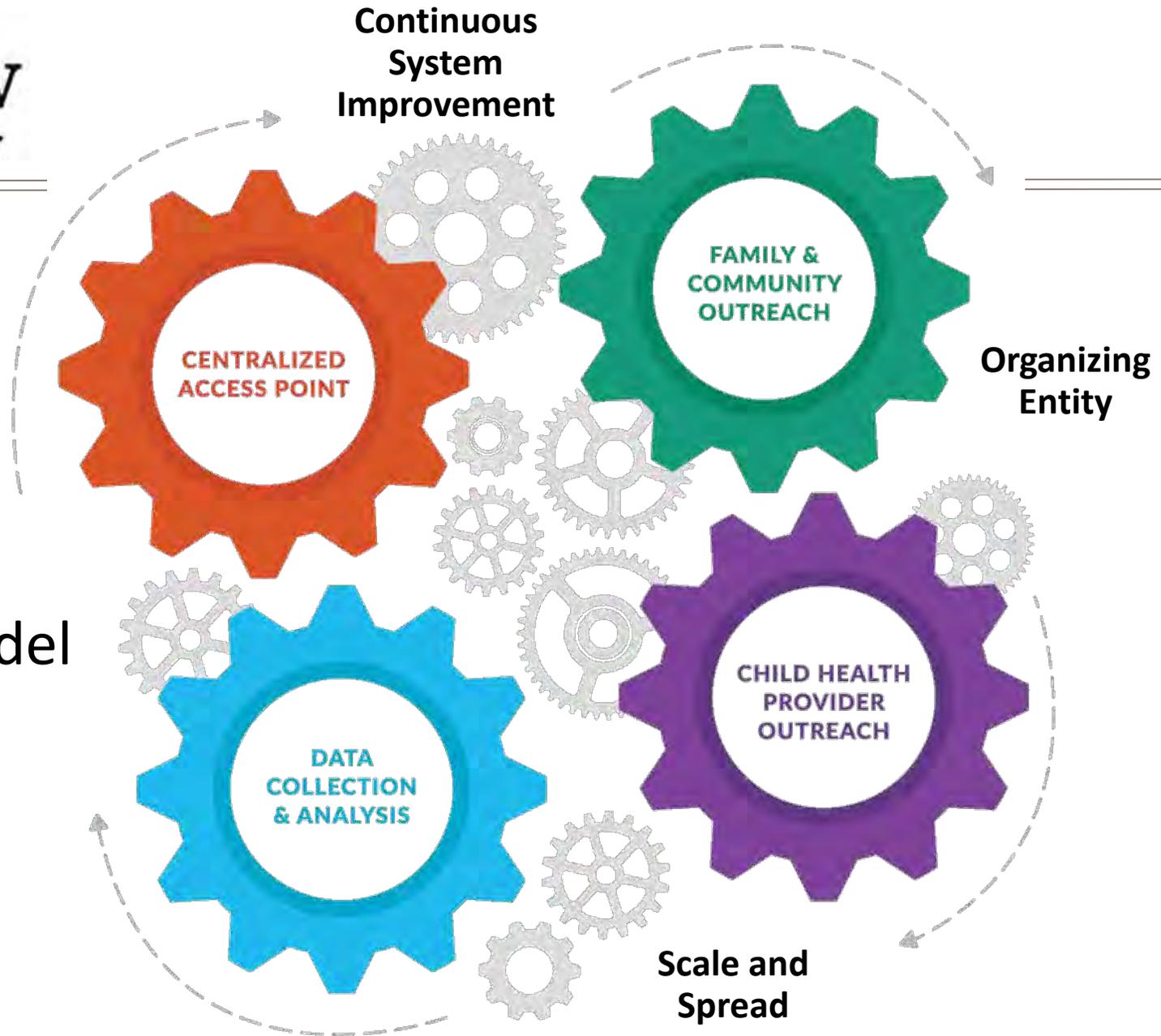
Home Visitor's Guide



WIC Provider's Guide



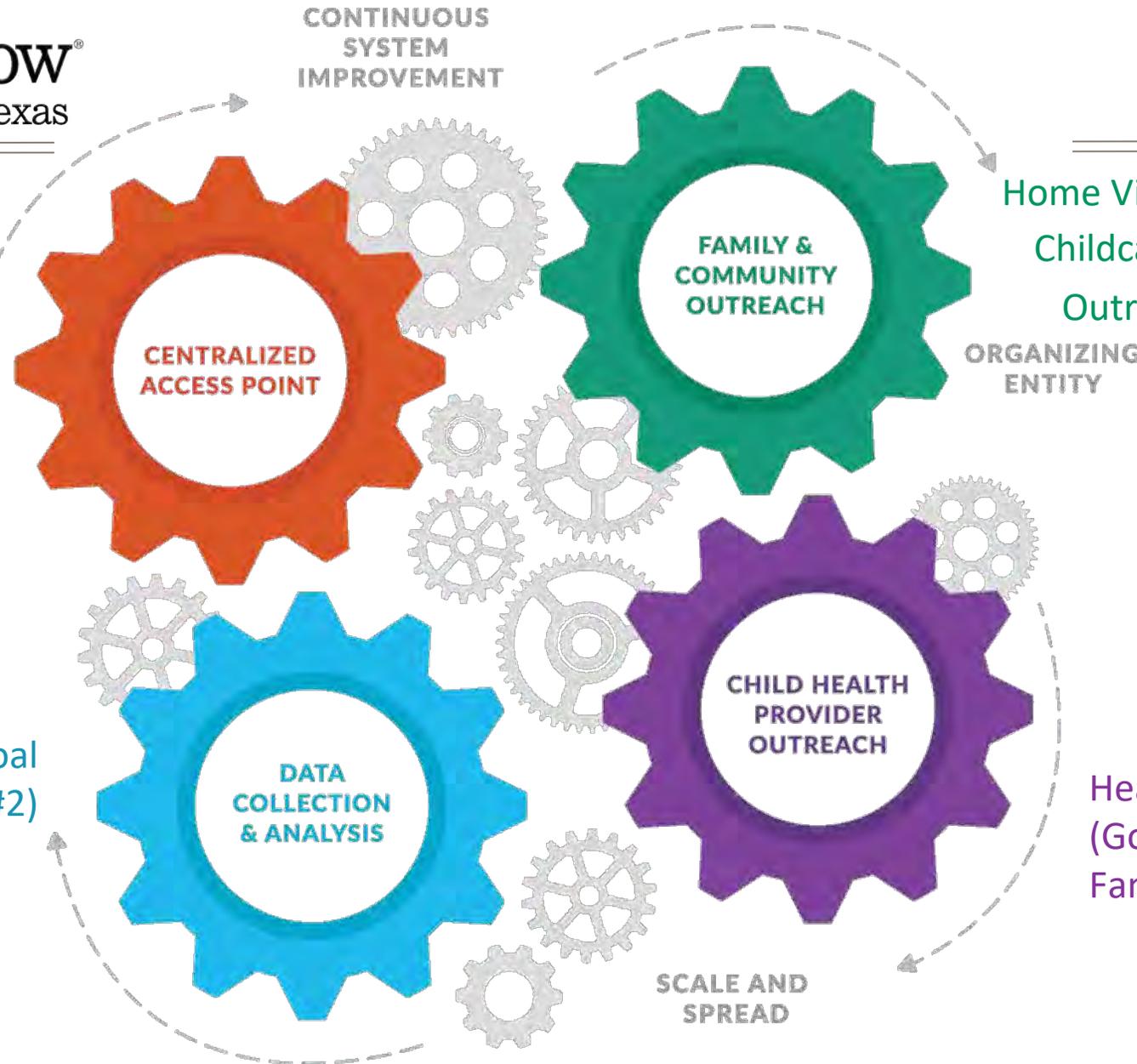
The System Model



Tool for making referrals & follow-through happen

EarlyIsBestNorthTexas.org  
Help Me Grow NTX website  
1-844-NTX-KIDS

Data Goal  
(S.M.A.R.T. Goal #2)



Home Visiting Objective (Goal 1.6)  
Childcare Objective (Goal 1.5)  
Outreach Objective (Goal 2.2)

Health Systems Objectives  
(Goals 1.1 - 1.4: HealthySteps,  
Family Connects, WIC, FQHC)

# Help Me Grow (HMG) Core Components

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- **Centralized telephone access point** for connection of children & their families to services and care coordination



- **Community and family outreach** to promote the use of HMG and to provide networking opportunities among families and service providers



- **Child health provider outreach** to support early detection and early intervention

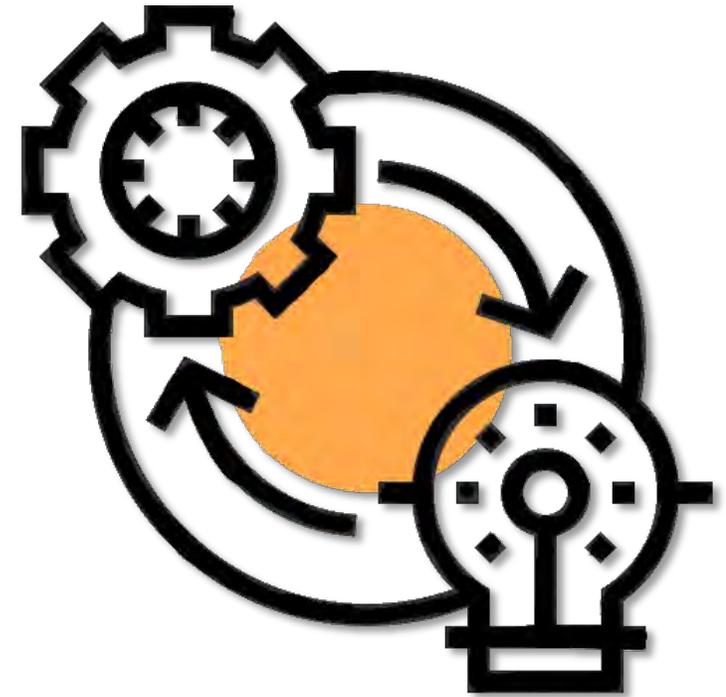


- **Data collection and analysis** to understand all aspects of the HMG system, including the identification of gaps and barriers

# Help Me Grow (HMG) Structural Requirements

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- An organizing entity
- A strategy for expanding statewide over time
- The implementation of a continuous quality improvement plan



# Benefits of Affiliation

- Use of **Help Me Grow** name, logo, and tagline
- **Regional technical assistance** conference calls held quarterly
- Access to the comprehensive **Building a Help Me Grow System Manual**
- Access to resources of **affiliates-only section** of the national website
- Use of common **indicators reports**
- Access to **e-newsletters, research, and webinars**
- **Invitations to participate** in the national forums, regional peer-to-peer activities, and summits
- Support for **federal and state advocacy**, including policy briefs



# Building a Help Me Grow System

## Building the Infrastructure



## Building the System



## Sustaining the System



# Referral Platforms for Assessing Needs & Connecting Families to Resources

**FIND connect**

21 Resources Referred to... 225 Active Navigators 7 in the last 7 days

**Top 5 Referenced Resources**

- SHINE Nurse Program
- Alameda County Community Food Bank - Emergency Helpline
- CalFresh
- 2018 Farmers' Market Guide-Alameda County
- CRECE Youth Soccer League

**Top 5 Enrollment Zip Codes**

Zip	Count
94809	6
94605	5
94544	3

Roll over or tap an area to see stats.

### Help Me Grow Database

Search: [ ] Find Next  
Show Active Show All Items Previous

**Contacts:**

#1 Last Name: 1112 #2 Last Name: [ ]  
 #1 First Name: [ ] #2 First Name: [ ]  
 Relationship: Mother Relationship: [ ]  
 Language: English only

Address: [ ] City: Spanish Fork State: UT Zip: 84600  
 Day Phone: [ ] Evening Phone: [ ] Cell: [ ]  
 Best Time to Contact: [ ] E-mail: [ ]

Parent Permission:  Permission Date: [ ] HMG Worker: Stephanie  
 Health Insurance: Medicaid Insurance Note: [ ]

**Podiatrist/Family Practitioner:** Select the Doctor: 90 Dr. Fax

Doctor Last Name: McCune First Name: Brian Title: MD Dr. Employer: Lith  
 Dr. Work Address: 1305 N. Commerce Dr. #2 City: Slatop Springs State: UT Zip: 84045  
 Phone: 801-407-6500 Fax: [ ] Email: [ ]

Child Name: [ ] Gender: F Birthdate: [ ] Age: [ ] Age in mo: [ ] Early: [ ] Adj. Age in mo: [ ]

Record: 1 of 3

**Family Referrals:**

Issue	Referral	ASQ M	Ref. Date	Follow-up	Why Follow-up
Other	Close File		7/1/2010	7/1/2010	File Closed
Other	Close File		5/10/2010	5/10/2010	Still interest
Hearing	Other		3/17/2010	3/24/2010	Connected to Referral?
Hearing	BYU Comprehensive Clinic 801-422-7759		3/17/2010	3/24/2010	Connected to Referral?

### Reporting Dashboard

General Family Caregiver Child

157 open Enrollments 11 New Enrollments

**PRIORITY OPPORTUNITIES IDENTIFIED**

- 43% Activities
- 18% Food
- 16% Housing
- 11% Diapers
- 9% Child Development
- 8% Legal
- 3% Utilities
- 0% Tobacco Cessation

# Overview

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- Primary Uses and Questions
- Unpacking the data and data coding
  - cross-site comparisons
  - reliability
  - continuous quality improvement
- Common Indicators
- Embedding Help Me Grow within national model
- Looking at impact on families



# Primary Uses and Questions

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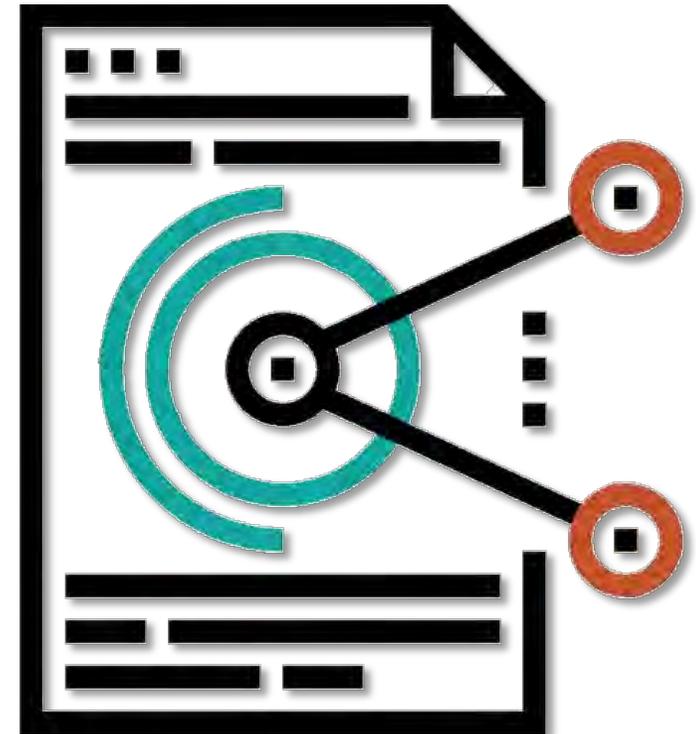
- How much are we doing?
- How well are we doing?
- Are we making a difference?



# Cross-Site Data

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- Decision-Making
- Program Development
- Research Questions



# Help Me Grow National Common Indicators

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- **HMG Demographics**

- Number of children entered into client tracking system (unduplicated per calendar year)
- Who initially contacted HMG on behalf of the child
- Age of child at time of initial entry
- Ethnicity of the child
- How the initial caller learned about HMG
- The state in which the child lives

- **Nature of Presenting Issues**

- Number by type of presenting issues/concerns
- Number of children entered in client tracking system for linkage to services as a result of developmental screening

- **Referrals by HMG to Services/Programs**

- Top 5 types of services to which referrals were made
- Top 5 service/program gaps (i.e. a service/program that doesn't exist to address the need)
- Top 5 barriers that keep children from receiving a service/program that does exist

- **HMG Outcomes**

- Total number of children successfully connected to at least one service
- Total number of children referred for services and are pending the start date



# Embedding Program Models

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## *HMG and Application of Protective Factors Approach*

- **Strengthening Families Approach:**
  - National Model
  - Resilience-Based
  - Reduce the likelihood of child abuse and neglect
  - Identification of 5 Protective Factors
- **Five Protective Factors**
  - Parental Resilience
  - Social Connections
  - Knowledge of Parenting and Child Development
  - Concrete Support in Times of Need
  - Child social and Emotional Competence

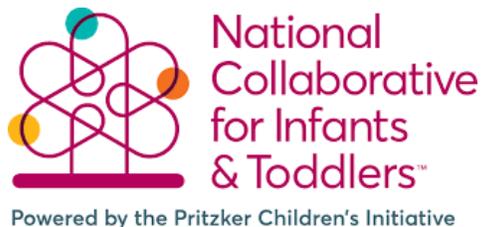
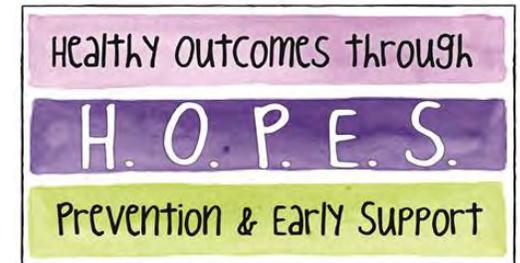


# Family Interview

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- “
- I have a better understanding of my child’s development.
  - I am able to better understand and meet my child’s needs.
  - I have a better understanding of services for me and my child.
  - I am able to access services if I need it.
  - There are people who can provide me with assistance when I need it.
  - I have people I can talk to for advice and emotional support.
  - There is improvement in my family’s day-to-day circumstances.
  - My relationship with my child has improved.
  - My child’s behavior has improved (e.g. mood, attitude, play, relationships with other children).
  - I feel like I can handle things better. ”

# Help Me Grow - North Texas











Help Me Grow<sup>®</sup>