

What is Help Me Grow?

Help Me Grow was started by Dr. Paul Dworkin, Physician-in-Chief at Connecticut Children’s Medical Center. As a pediatrician, he repeatedly confronted the question of where to send at-risk children for help.

Help Me Grow Alabama is a **FREE**, evidence-based information line, connecting families to community resources and child development information. Specifically, Help Me Grow offers:

- Referrals to cross-sector resources, such as early intervention agencies, adaptive activities, family therapy, behavioral issues, parenting classes, etc.
- Universal administration of developmental screenings for children age 0-5.
- Personalized care coordination, including follow-up, to support families as they connect to resources geared to answer their needs.
- Answers to parenting questions families don’t know what to do about.



Who does Help Me Grow serve?

Help Me Grow services are tailored to families with young children (birth to eight years old). However, due to our vast database, we may be able to find resources for all members of the family. We serve all families regardless of income level.

How does the referral process work?

Doctor Refers Family	→	Help Me Grow Enrolls Family	→	Family Receives Resources	→	Family & Doctor Receives Follow-Up
Four ways your office can refer a family: 1. Fax form 2. Email form 3. Mail form		Care Coordinator calls family and verifies: Names, birthdates, ethnicity, insurance, and reason for referral and answers question/concerns.		Care Coordinator gives information and referrals to family.		Care Coordinator will follow-up with the family to learn how resources were utilized and offer ongoing ASQ’s if necessary.
Help Me Grow will contact your office if further information is needed.				Your office receives fax indicating family’s progress with Help Me Grow. Expect 2-3 weeks.		Your office receives fax with referral information status.

How can Help Me Grow benefit my medical practice?



Based on Dr. Dworkin's vision, Help Me Grow can support you in the following ways:

- Save you time! We stay up to date with community resources so you spend your time working with patients.
- Follow-up with families to make sure services are utilized.
- Benefit from additional care coordination. Help your patients navigate resources beyond the walls of your practice, and receive updates on their progress.
- We can provide ASQ surveillance by sending patients who need to be monitored between well-child checks follow up ASQ's and, with the permission of the client, we'll send you the results.
- Support your Maintenance of Certification (MOC).
- Help your families become educated, responsible and self-reliant.

Help Me Grow Alabama

Mission

Help Me Grow Alabama's mission is to promote the optimal development of young children by linking families to information, providing effective care coordination, and facilitating partnerships within the community to improve the accessibility and quality of services for families.

Vision

Help Me Grow Alabama's vision is a vibrant community environment in which families have the desire, resources, and confidence to make the best decisions for their child's development and future.

Team

2-1-1 Connects Alabama
Alabama Chapter- American Academy of Pediatrics
Alabama Department of Early Childhood Education
Alabama Department of Education/Special Education
Alabama Department of Mental Health
Alabama Department of Public Health
Alabama Department of Rehabilitation Services/
Early Intervention
Alabama Interagency Autism Coordinating Council
Alabama Partnership for Children
Alabama Project LAUNCH
Childcare Resource Network
Parenting Assistance Line
Reach Out and Read- Alabama
United Way of Central Alabama/Success By 6
University of Alabama/Child Development Resources

Support

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