

# Enhancing Developmental Outcomes for Children: *Help Me Grow Connecticut*

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# Components

## *Help Me Grow*

- ❖ A coordinated, statewide referral system that links young children and their families to existing services and support
- ❖ Train child health providers to monitor child development and link families to services
- ❖ Encourage families to track their child's development
- ❖ Provide outreach and care coordination to decrease the number of families that feel isolated and lack information and access to services
- ❖ Create a resource inventory of community-based programs that support child development and families
- ❖ Perform data collection and analyses



# Connecticut's Child Development Infoline

The Gateway to Help and Referrals for  
Pediatric Professionals • Parents • Providers

**1-800-505-7000**

## Connecticut Birth to Three System

*Birth to 36 months of age*

*For children birth-36 months of age with developmental delays or disabilities.*

- Evaluation
- Services to eligible children and families
  - Service Coordination
  - Individualized Family Service Plan (IFSP)
  - Services such as PT, OT, speech, social instruction, family training and others certified in IFSP

## Help Me Grow

*Birth through Age 5*

*For children birth through age 5 considered 'at-risk' for developmental or behavioral problems*

- Connects families to community based resources
- Provides Ages and Stages child monitoring program
- Trains child health providers in developmental screening
- Facilitates regional community networking

## Preschool Special Education Program

*Ages 3 through 5*

*For children ages 3 through 5 who need special education services*

- Evaluation
- Services to eligible children and individuals: Individualized Education Program (IEP), Special education and related services

## Regional Medical Home Support Centers

*Birth to Age 21*

*For children and youth birth to age 21 with chronic physical, developmental, behavioral, or emotional conditions who require more health and related services than other children the same age.*

- Service Needs Assessment
- Care Coordination
- Benefits Coordination
- Family/Caregiver Support
- Respite Planning
- Links to health care services
- Referrals to community based resources
- Transition Planning

## Participating Agencies

Children's Trust Fund ■ Department of Mental Retardation ■ Department of Public Health ■ Department of Education ■ United Way of Connecticut

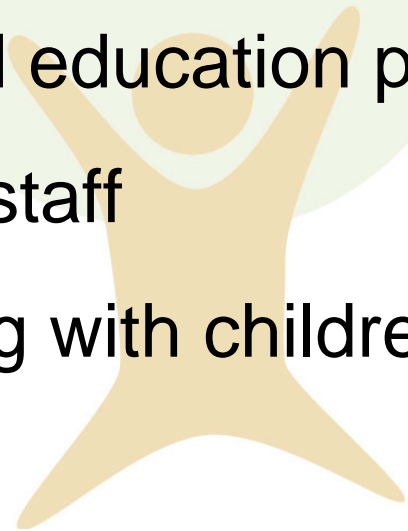


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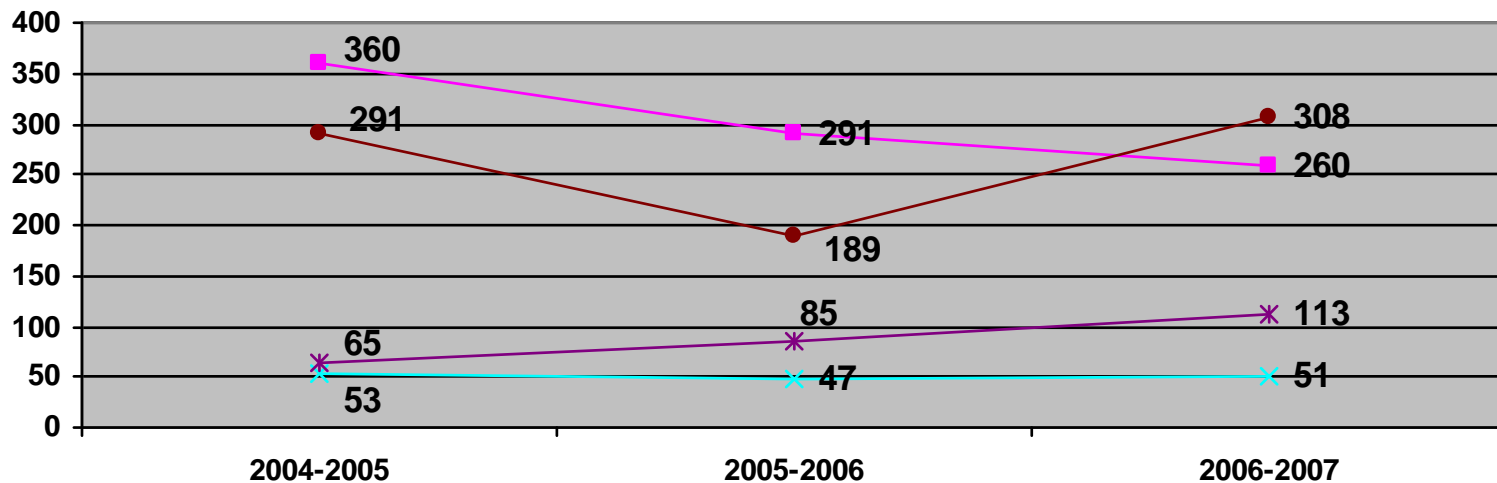
# WHO CAN CALL?

## *Help Me Grow*

- Families
- Providers, including
  - Pediatric primary care providers
  - Early care and education professionals
  - State agency staff
  - Others working with children and families



# How Families Learn About Help Me Grow



—■— Health Care Provider —×— Child Care Provider —\*— Relative/Friend —●— 211 Infoline System

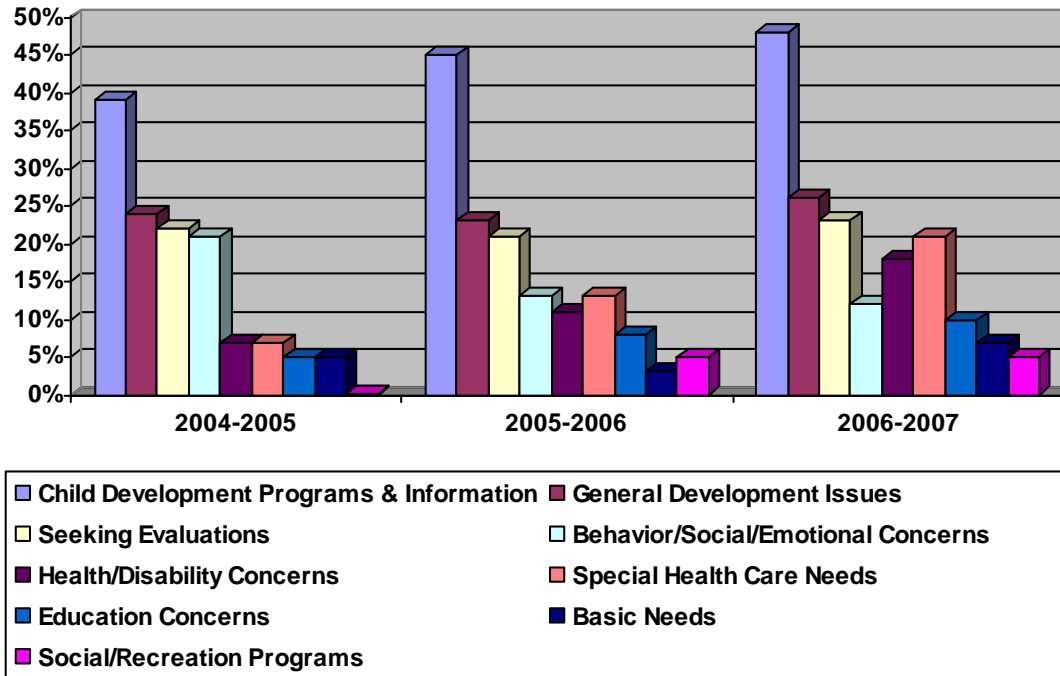
- Many families that call *Help Me Grow* report that they already knew of the program (60%). However, families often learn about *Help Me Grow* from their pediatricians or are transferred when they call the State's 211 Infoline System at the United Way.

# Child Development Infoline Care Coordinators



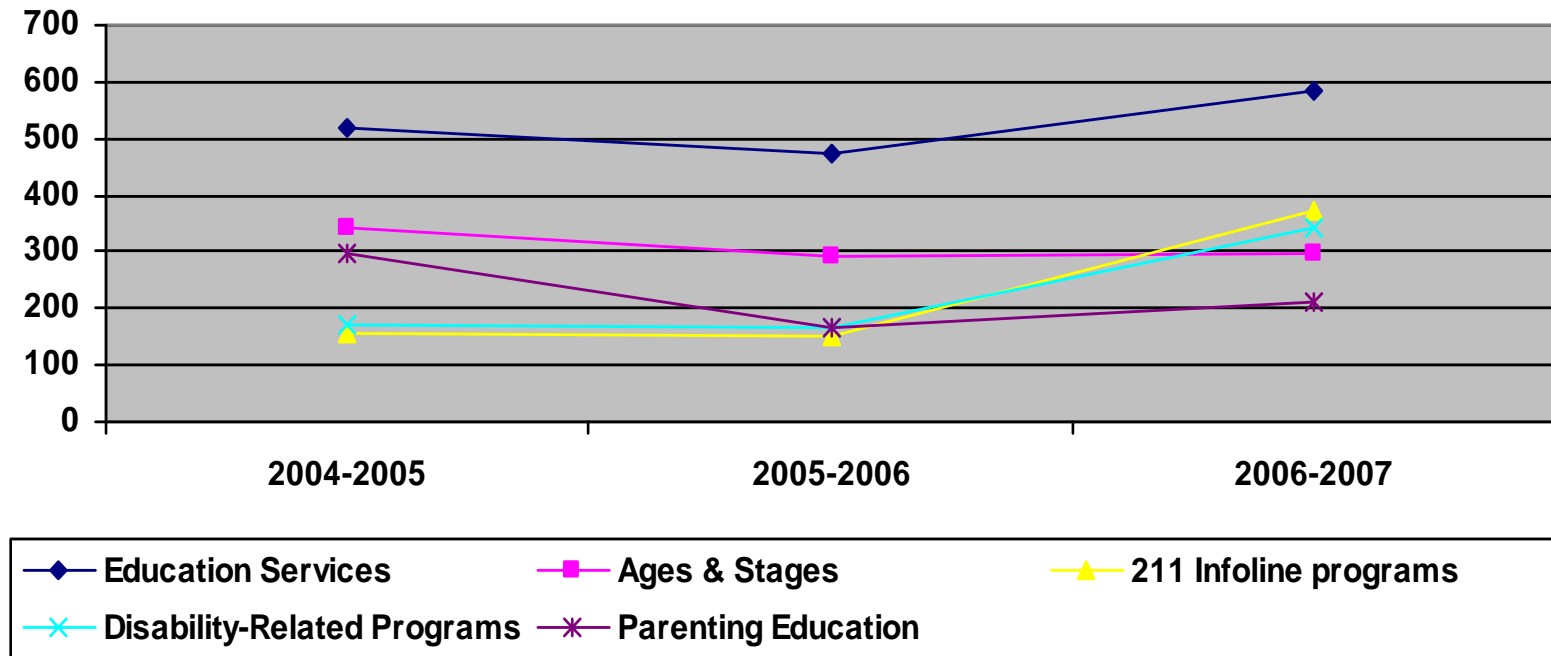
- Have substantive knowledge
- Have bilingual capability , culturally sensitive
- “Real time” research and connections
- Have ongoing training & support
- Regional Child Development Liaisons (CDL) provide technical assistance

# Nature of Service Request and Presenting Issues



The percentages of reasons for calling have mostly stayed the same among the different categories over the past three years. However, there has been an overall increase in the number of reasons for calling; that is, the number of service requests or presenting issues per family have increased.

# Five Highest Number of Referrals to Service Programs by Year



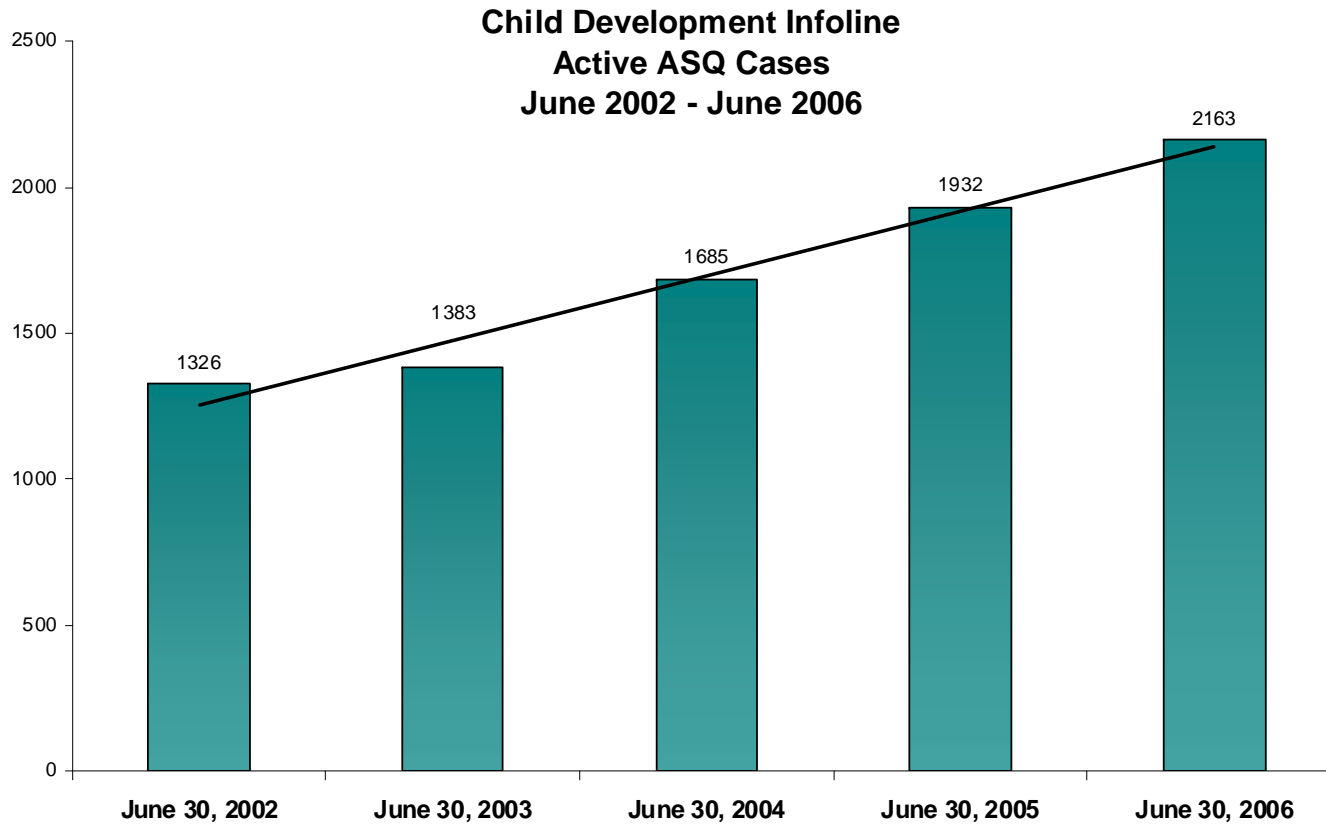
- The top 5 program referrals for the past three years include referrals for education services, most of which are for Preschool Special Education (93%), the Ages & Stages Child Monitoring Program, Infoline (e.g., basic needs), disability related services, and parent education.



# Ages & Stages Statewide Program

- In 2006 more than 2,163 families kept track of their child's development by using the *Help Me Grow* Ages & Stages monitoring system
- Since June 30, 2002 participation in the Ages & Stages program has increased 63%
- Distribution of statewide Ages & Stages Child Development Kits at four month well baby visits to all pediatric offices to encourage universal monitoring

# Statewide ASQ



# Two Effective Developmental Screening Tools



At the 9, 18, and 24(30) month visits:

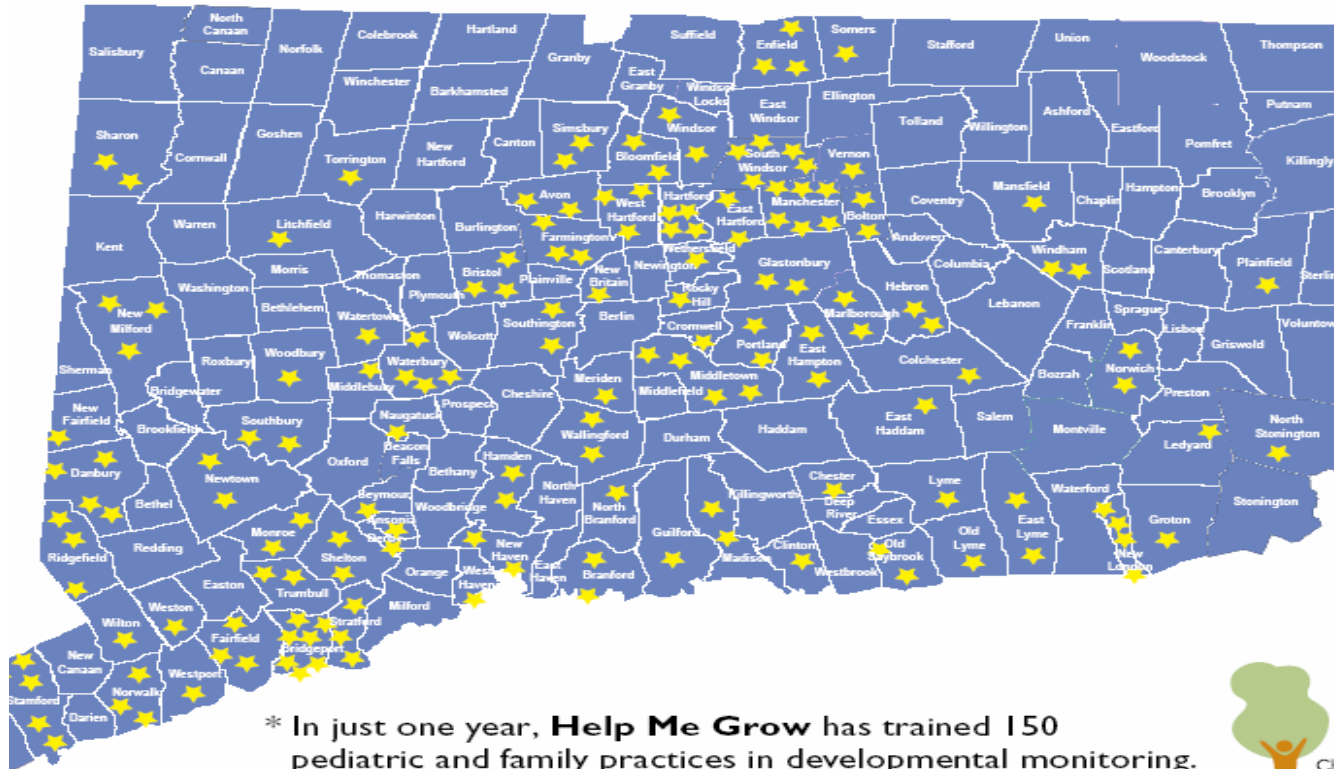
- PEDS (Parents' Evaluation of Developmental Status)
- Ages & Stages Questionnaire

# GOOD NEWS!

HUSKY and many insurance plans will **reimburse** for Developmental Screening with a Standardized Tool at 9, 18 and 24 (30) month well child visits

- Developmental Screening CPT code: 96110
- Well child visit CPT code: 99381 or 99391

# Practices that received Help Me Grow Training



\* In just one year, **Help Me Grow** has trained 150 pediatric and family practices in developmental monitoring.



**Trained practices identified more children with delays than before their training (and than untrained practice)**

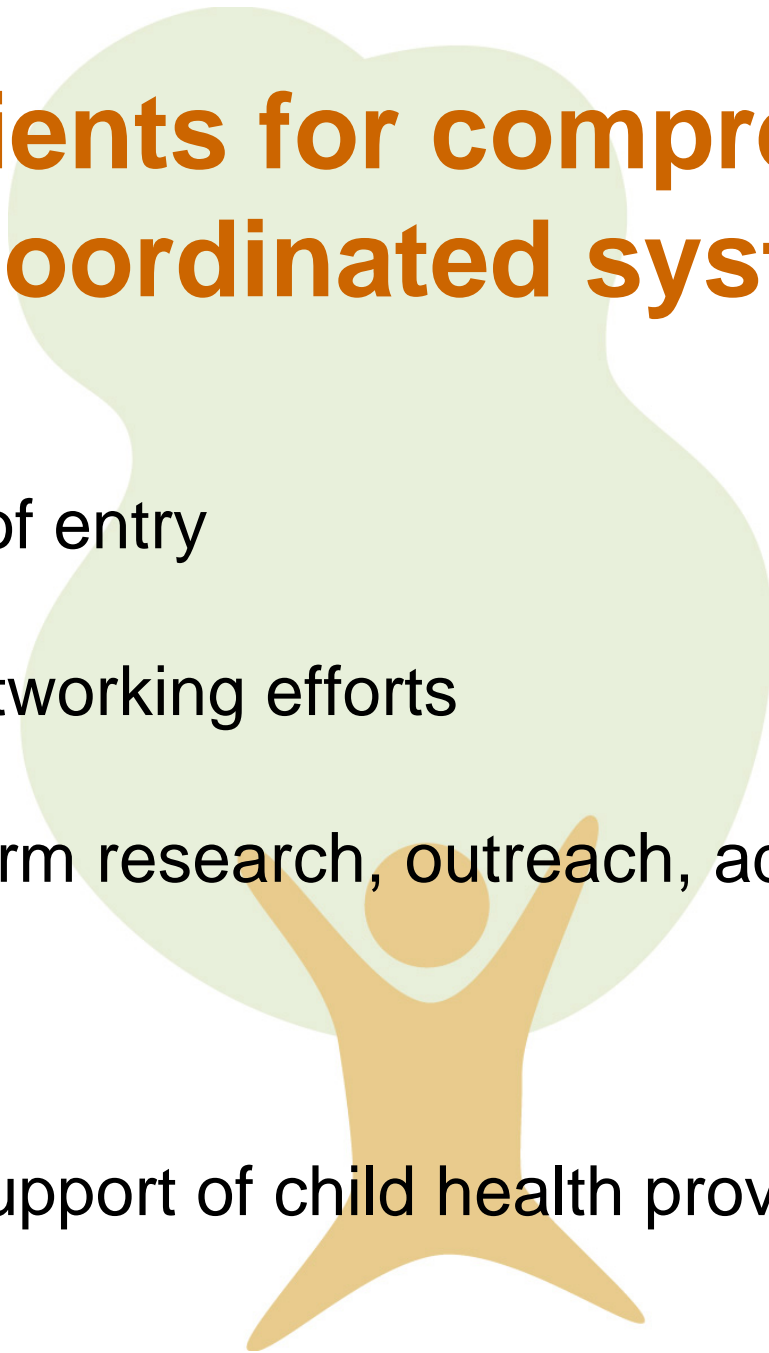
- **Percent visits reviewed that identified a developmental concern**

<b>From untrained practices</b>	<b>From practices before training</b>	<b>From practices after training</b>
9%	9%	18%



# Ingredients for comprehensive, coordinated system

- A single point of entry
- Community networking efforts
- Staff that perform research, outreach, advocacy
- Data collection
- Training and support of child health providers



# Help Me Grow



“Children with developmental problems are eluding early detection. Programs exist to help them, but we too often fail to link these children with the resources they need. Help Me Grow is that link”

Dr. Paul Dworkin

# Help Me Grow

- National Dissemination:
  - Help Me Grow Orange County
  - Iowa
- How to Develop a Statewide System to Link Families with Community Resources: A Manual Based on Connecticut's "Help Me Grow" Initiative: [www.commonwealthfund.org](http://www.commonwealthfund.org)