



## **Frequently Asked Questions: For Community Partners, Interested Agencies/Professionals and Potential Funders.**

### **What is Help Me Grow(HMG)?**

- Help Me Grow is a national model, which is a system of support for families with children in their early years of life. It is not a stand-alone program, but rather a system model that utilizes and builds on existing resources in order to develop and enhance a comprehensive approach to early childhood system-building in any given community.
- HMG is a framework, or blueprint, and as such can be adapted to fit local context.
- Across the country, HMG looks and feels different, but the existence and cooperation of four Core Components define the Model.

### **What are the four components of the HMG model?**

- It is the cooperation of these four interdependent Core Components that characterizes the Help Me Grow system model.



**A Centralized Access Point** assists families and professionals in connecting children to the grid of community resources that help them thrive.



**Family & Community Outreach** builds parent and provider understanding of healthy child development, supportive services available to families in the community, and how both are important to improving children's outcomes.



**Child Health Care Provider Outreach** supports early detection and intervention efforts and connects medical providers to the grid of community resources to best support families.



**Data Collection & Analysis** supports evaluation, helps identify systemic gaps, bolsters advocacy efforts, and guides quality improvement.

### **Where is HMG?**

- Help Me Grow is in 30 states representing 121 communities throughout the United States. Interacting with over 123,000 children and families annually.

### **What is the HMG structure and how are they supported?**

- Help Me Grow Affiliates are granted affiliation to the Help Me Grow National Network, and benefit from support and technical assistance from the Help Me Grow National Center.
- **HMG Affiliates** sign an annual letter of affiliation with HMG National Center to be a member of the HMG National Affiliate Network. Is responsible for carrying out the responsibilities outlined within the affiliation agreement.
- **HMG Systems** operationalizes all four HMG Core Components. Individual systems are recognized by the operation of a HMG Centralized Access Point. HMG systems may be at the local or state-level, depending on the reach of the Centralized Access Point.



- For states with multiple HMG systems, each local or regional Centralized Access Point is recognized as a distinct system within the overarching HMG affiliate.
- New York is one of 7 states that have multiple HMG systems with Docs for Tots serving as the organizing entity for the NY systems.

### **How many Help Me Grow Systems does NY state have and where are they?**

- Four NY Help Me Grow community systems (known as affiliates) are serving communities (17 counties in NY state) in the following regions:
  - Help Me Grow Onondaga organized by ECA - Onondaga County (Syracuse and several surrounding area)
    - <https://helpmegrowny.org/onondaga-county/>
    - <https://ecaonondaga.org/>
    - **System Contact:**  
Summer Merrick, [smerrick@hmgonondaga.org](mailto:smerrick@hmgonondaga.org)
  - Get Ready To Grow - Finger Lakes organized by Children's Institute (Rochester and several surrounding counties)
    - <https://helpmegrowny.org/greater-rochester-area/>
    - <https://www.childrensinstitute.net/programs-and-services/grow-rochester>
    - **System Contact:**  
Kim Avery, [kavery@childrensinstitute.net](mailto:kavery@childrensinstitute.net)
  - Help Me Grow Western New York organized by CCNY, Inc - (Counties of Allegany, Cattaraugus, Chautauqua, Erie, Genesee, Niagara, Orleans, and Wyoming)
    - <https://helpmegrowny.org/wny/>
    - <https://ccnyinc.org/>
    - **System Contact:**  
Heidi Milch, [heidi.milch@comconnectionsny.org](mailto:heidi.milch@comconnectionsny.org)
  - Help Me Grow Long Island organized by Docs for Tots - (Nassau and Suffolk counties)
    - <https://helpmegrowny.org/long-island/>
    - <https://docsfortots.org/>
    - **System Contact:**  
Liz Isakson, [liz@docsfortots.org](mailto:liz@docsfortots.org)

### **Is there a state lead organization for NY state Systems?**

- Yes, Docs for Tots serves as the Organizing Entity for HMG NYS Systems.

### **How are HMG Affiliates and Systems Funded?**

- Funding for Help Me Grow in New York is through a variety of sources (public and private) and is unique to each community system.



### How do the HMG Systems support their families?

- Each System determines the needs of the families in their community and utilizes the Help Me Grow Model to provide optimal support to children (0-5) and their families.
- HMG System staff work with and follow-up with parents/caregivers to address the needs of their young children by providing referrals to identify community resources. They may also assist with arranging for age appropriate screenings( e.g. developmental).

### What if an agency or organization wants to become a HMG System what do they need to do?

- Contact Docs for Tots for information and support.  
**Liz Isakson**, [liz@docsfortots.org](mailto:liz@docsfortots.org)

### What are people saying about Help Me Grow in NY State?

*"Help Me Grow is not the solution but is a necessary component of the solution to supporting children(0-5) and their families."*  
..... **Laurie B. [Onondaga System]**

*"I was frustrated, my child was having a temper tantrum and I felt like I didn't know how to handle it, then I got a text message from HMG a minute later about toddlers. It literally came right at the exact time, and reading that helped"*  
.....**HMG Parent of a Toddler**

*"HMG is connecting the dots for people working with children(0-5) to be champions in Early Childhood"*  
.....**Liz I. [Long Island System]**

*"I contacted HMG because I needed help with diapers and wipes – called 211 and they had given me information about HMG – I requested diapers and wipes and within a couple of weeks, I had what I needed. It was really good."*  
.....**HMG Parent of 5 young children**

*Through HMG we help others work easier toward the end goal to making children and families well"*  
.....**Lauri S. [Finger Lakes System]**

For additional information on Help Me Grow:

<https://helpmegrownational.org/>  
<https://helpmegrownational.org/hmg-system-model/>  
<https://helpmegrowny.org/>