



## Help Me Grow

**Help Me Grow** connects expecting parents and families to resources they need to encourage positive maternal and child health. Help Me Grow helps families locate services such as prenatal and child developmental screenings and links families to community-based support services.

### Key Facts

Birth-to-Three for All DC expands Help Me Grow to include a confidential referral helpline where families connect with care coordinators who provide resources and referrals to health professionals and service providers throughout the District. As a part of this expansion, Help Me Grow must also maintain an up-to-date directory of available public and private programs and services. DC Health oversees this program.

### How Help Me Grow Works

The law requires DC Health to establish a data system to track child health and well-being data, such as developmental screening results and referrals. This would make it easier for public officials to identify programmatic gaps, improve systems, and connect more families to quality services. DC Health must provide developmental screening training for pediatricians and other health care providers as well.

### Why Help Me Grow Matters

DC offers many child and family-focused resources, but it's not always easy for families to learn about or connect with these vital services. Help Me Grow helps reduce this burden by connecting expectant mothers, children, and their families to a network of community-based supports.

Early and regular prenatal care is vital to the safety and health of the baby and parents during and immediately after pregnancy. During prenatal visits, doctors monitor the growth of unborn babies to detect potential pregnancy-related complications early. Yet, too many expectant parents in DC struggle to access quality care that could help make a difference in their health and the health of their children. Maternal mortality in DC is higher than the national average, with Black women in the city dying at nearly twice this rate. Expanding Help Me Grow could help reduce this and other adverse pregnancy outcomes by connecting more pregnant mothers to prenatal care.

Child development services — such as screenings and care coordination — help infants and young children develop and grow up healthy. Unfortunately, only 1 in 3 DC children ages 0 to 5 receive developmental screenings

during primary care visits. Greater access to these services is critical, given that nearly a third of children ages 4 months to 5 years old in DC are at risk of developmental delays. With full funding, Help Me Grow would help more children receive screenings, allowing more families and health providers to detect and address early signs of developmental delays or disabilities. This would enable for more positive future health and academic outcomes.

Help Me Grow also supports expectant parents and children by connecting families with home visiting programs. When working with families, care coordinators can provide information on and referrals to programs that help strengthen the overall health and well-being of families.

## Who Help Me Grow Helps

Expecting parents and families with children ages 0 to 5 living in DC are eligible for services. Birth-to-Three for All DC aims to expand Help Me Grow by the 2022 fiscal year. It is unclear how many families and children currently benefit from the program. Birth-to-Three for All DC requires an annual report going forward that will make this information public. However, all expecting parents, the 55,000 children under age 5, and their families who live in the District, could benefit from full expansion. Healthcare and community-based service providers who play a central role in the Help Me Grow network would also benefit.

## What's Next

The 2020 fiscal year DC budget provides \$80,000 in new funds to carry out improvements to Help Me Grow. This funding increase is about 3 percent of the \$2.9 million appropriation needed during the 2020 fiscal year. In the 2021 fiscal year, DC lawmakers need to appropriate \$3.2 million additional dollars to keep up with what's needed to implement the improvements, per estimates from the District's Chief Financial Officer.

The estimated funding amounts needed to fully expand Help Me Grow are:

- FY 2020: \$2.9 million
- FY 2021: \$1 million
- FY 2022: \$500,000
- Total 4.4 million.

### LEARN MORE

Let's make sure DC is a city where equity starts at birth for every family. There are lots of great ways you can take action for DC's littlest residents. Learn more at [Under3DC.org](https://Under3DC.org).