

Help Me Grow
Vermont

Realizing the Promise of All Vermont's Children

October 2019

Objectives

- 1) Learn about the importance of early childhood development and how early experiences affect the brain.
- 2) Understand our collective role in ensuring all Vermont children have a strong foundation for subsequent health, growth, learning and behavior.
- 3) Explore how Help Me Grow (HMG) tips the scale toward positive child outcomes so all Vermont children can develop, thrive, and reach their full potential.

Early Childhood Assumptions

- 1) Capacities and skills developed in childhood become the basis of a prosperous society
- 2) Brain architecture is largely (but not exclusively!) shaped during the first three years of life
 - Emerging **cognitive abilities** are supported by **emotional well-being** and **social competence**
- 3) The negative effects of early exposure to adversity can be mitigated through reliable and nurturing relationships with supportive caregivers
- 4) Universal screening across multiple areas of development, including ***social contributors to health***, is a core strategy in early identification & response to the needs of children and families

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Help Me Grow Mission

Align the efforts of early childhood partners to strengthen families and ensure that all children reach their greatest potential

Strategies

- 1) Increase families and service providers **knowledge of early child development**
- 2) Train providers to **conduct developmental monitoring and screening** and to use Vermont's registry
- 3) Ensure communities are fully plugged into **a reliable grid of resources**
- 4) **Connect families and children** to the community resources they need, when they need them,
- 5) **Deliver care coordination and follow-up** for families accessing the contact center

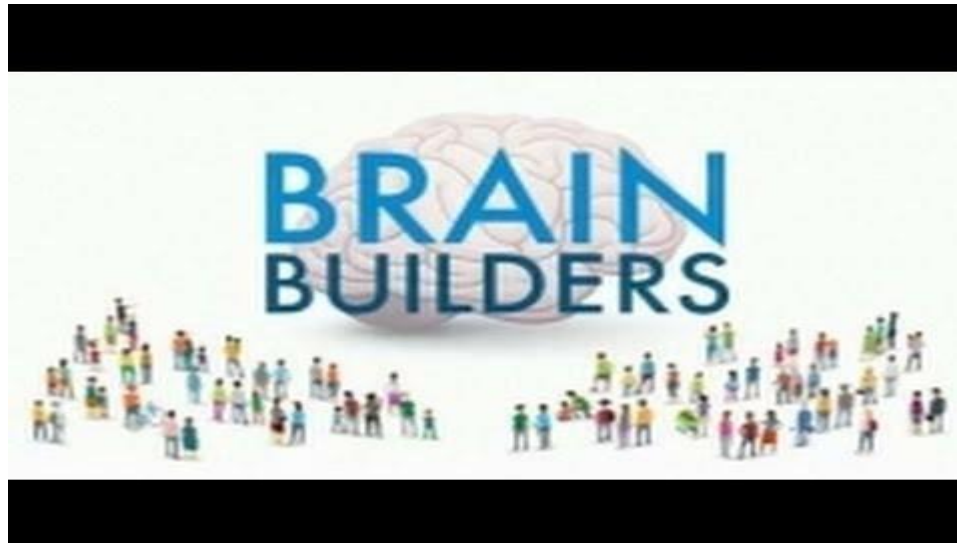
What is Healthy Development?

The basic architecture of the brain is constructed through an ongoing process that begins before birth and continues into adulthood.

This construction process starts early...really early!



How Brains Are Built



Developed by the Alberta Family Wellness Initiative

HMG Weights the Scale Toward Positive Outcomes

Early development is a dynamic process that can be influenced and weighted toward health and wellbeing.

It can be influenced by counterbalancing weights and adjusting the balance point.

Resilience is when a child's outcomes are **tipped toward the positive**, even when there are negative things loaded on the scale.



Helping Communities Tip the Scale



How do we tip the scale toward resiliency?

HMG helps communities stack positive factors and offload negative factors so that scales tip toward the positive.

Children's Wellbeing Improves when Communities are Connected to Resources

When communities are **fully plugged** in to a grid of resources for children, including:

- good learning opportunities and environments
- recreation
- Supportive relationships and social opportunities
- developmental services

children's resiliency and their developmental outcomes improve.



A Coordinated System Can “Power Up” Children’s Development



- HMG creates a reliable grid, one in which all communities are **equally plugged in**
- HMG **connects community partners** to power up the resource grid
- HMG uses a **two generation, trauma informed approach** to provide referrals, care coordination, and follow up

Charging Up the System to Increase Access

HMG offers a comprehensive resource hub to increase access to treatment and supports for perinatal mood and anxiety disorders

System partners help us power up resources in real time:

- BBF Coordinators
- United Ways of VT/VT 2-1-1
- Screening, Treatment, and Access for Maternal and Perinatal Partners (STAMPP) opportunity



Success Stories: Tipping the Scale Toward Family Wellness

So far in 2019, HMG has made 1,856 referrals



- Addressing concerns about a child's development or behavior
- Connecting young moms struggling with depression or anxiety to mental health resources and support groups
- Connecting families and kin affected by the opioid epidemic
- Helping families and providers navigate complex social service systems

HMG Weights the Scale Toward School Readiness

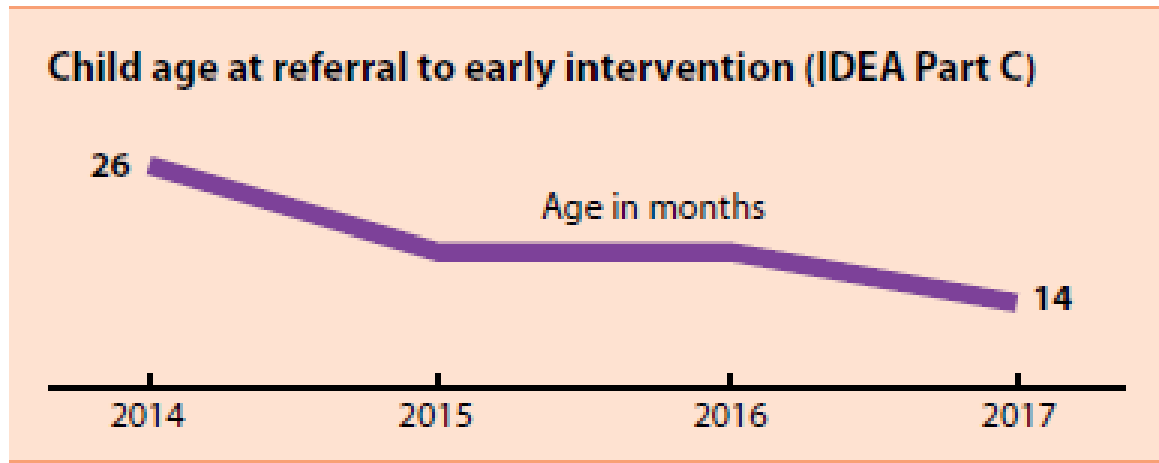
HMG supported quality improvement training for over 603 Vermont's early care and learning providers and reached 5,270 children between 2014-2018.

That's 70 classrooms of children who will be better prepared for Kindergarten

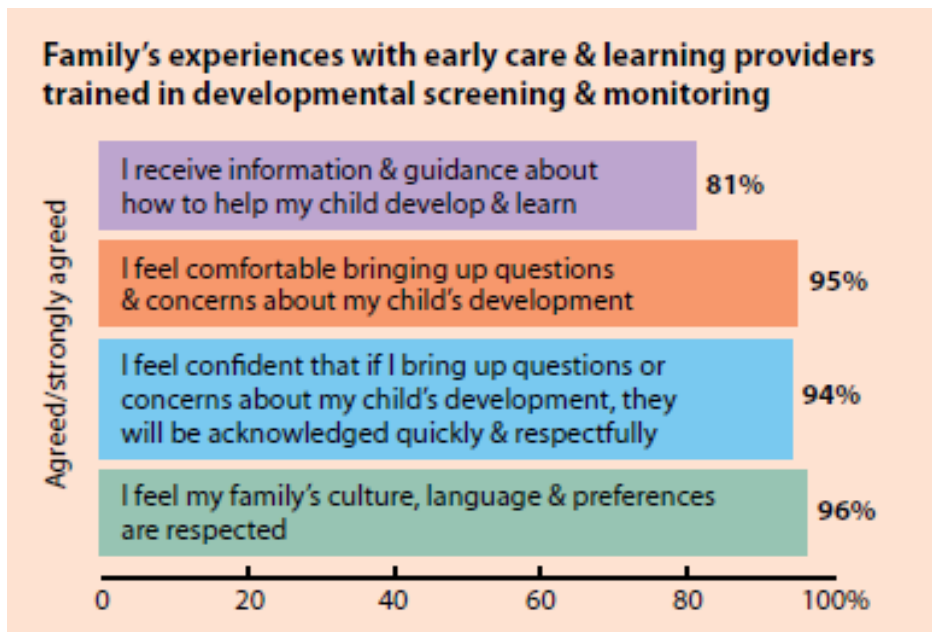


Early Intervention Has Improved!

HMG has trained **689** early care and learning, health care and community service providers, and educators to use developmental and behavioral screening tools and to refer families for further evaluation and services.



Quality Child Care Positively Loads the Scale



Next Steps: Train remaining 650 childcare providers

Questions?



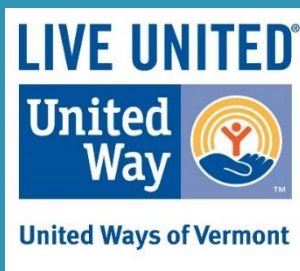


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Thank you!



Let's stay in touch.

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