



Help Me Grow Alaska

A program of the



**ALL ALASKA
PEDIATRIC
PARTNERSHIP**

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All Alaska Pediatric Partnership



Partnership

We work with our partners to advance the health and wellness of Alaska's children and their families.



Network

We are a unique network of public and private entities committed to all children in Alaska and to exchanging resources and ideas to promote their health.



Resources

We bring a broad range of institutional and community perspectives together to develop collaborative approaches to advancing children's health and wellness.



Advocacy

Working in unison with our partners, we inform policy and advocate for programs and services for children and their families.

Organizing Entity



ALL ALASKA
PEDIATRIC
PARTNERSHIP

Core Purpose:

Excellent health for all Alaska's kids

Core Values:

- Driving Excellence (*data driven*)
- Innovation
- Partnerships (*Collaborative, connection*)
- Systems approach
- Close to home (*statewide, health*)

Core Programs/lines of business:

- Quality Improvement
- Convening & Connecting
- Avenue for best practices
- Systems Change
- Advocacy/public policy/education

Organizing Entity



ALL ALASKA
PEDIATRIC
PARTNERSHIP

How we do

PARTNERSHIPS



- **State leadership committees/councils:** Early Childhood Coordinating council; Children & Youth with Special Health Care Needs; Strengthening Families; Alaska Early Childhood Advocacy Group; Gov's Council on Disabilities & Special Ed.; various Ad Hoc committees
- **It's our business to be "in the know":** Seen as connector and offer ourselves as experts
- **Making Connections:** Partnership meetings hosted monthly to create opportunities for networking & information exchange
- **Drive the conversation:** Advocacy, education, Pediatric Symposium, engage funders not only when there's an ask
- **Be relevant and useful:** Early Childhood System Scan & Baseline Report on Condition of Young Children in Alaska

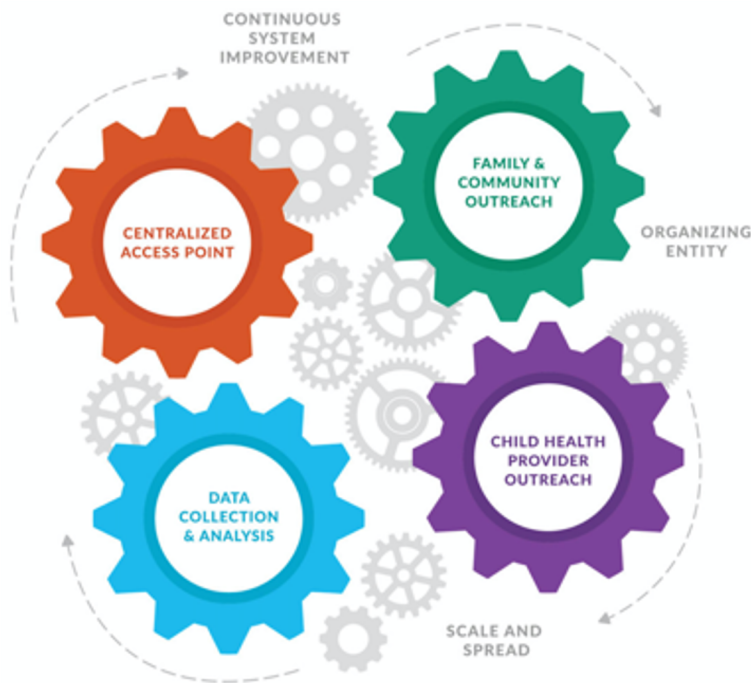


Program Structure & Model

What is the Help Me Grow Model?



Help Me Grow Alaska is based on four core components



1) **Centralized Access Point**

Families, community members and providers can call for resources and referrals.

2) **Family and Community Outreach**

Community partners are in various communities throughout the state sharing about Help Me Grow Alaska services.

3) **Child Health Provider Outreach**

Help Me Grow Alaska staff members provide outreach and education to health providers in the state.

4) **Data Collection & Analysis**

The information that helps to support the work that is done and needs to be done in the state.

What is Help Me Grow Alaska as a System?



Help Me Grow Alaska's Core Purpose:

Building a system where every Alaskan kid has what they need to grow and succeed.

- **Strategic Goal 1:** HMG-AK strengthens the system of care by promoting developmental health and supporting families in connection to relevant, timely services.
- **Strategic Goal 2:** HMG-AK generates data that is accurate, detailed, and readily available to inform and support communities, partners and advocacy.
- **Strategic Goal 3:** HMG-AK has a broad statewide presence through highly engaged partnerships.
- **Strategic Goal 4:** HMG-AK has the capacity to achieve its core purpose.

What is Help Me Grow Alaska to Families?



Help Me Grow Alaska is a system that **connects children *and families*** with the services they need.



- Help with parenting and child development questions
- Connect to community resources and activities
- Access developmental monitoring and screening tools
- All services are free and open to any Alaskan family
- Serve families prenatally through age 26
- Translation services available

Strengthening Families



Integrating the Strengthening Families Protective Factors Framework into the HMG-AK model to help families build and sustain resiliency

1

Parental Resilience
(Be strong, not stressed)

2

Social Connections
(Get and give support)

3

Knowledge of Parenting and Child Development
(Learn more so you can parent better)

4

Concrete Support in Times of Need
(Get help when you need it)

5

The Social-Emotional Competence of Children
(Help your child manage feelings and relationships)



ALASKA
strengthening families
A PROTECTIVE FACTORS FRAMEWORK



Promoting Developmental Health



- **Families**

- Offering Developmental Screening and Developmental Monitoring tools to families
- Linking families to resources, support and information following monitoring and screening

- **Providers**

- Helping providers offer tools to families
- Increasing access to high quality trainings

- **Data**

- Coordinating with efforts across the state to better understand what children are getting screened and who may be missed by current efforts

Developmental Screening Training



Welcome to the Help Me Grow Alaska website. Find our current online training - Family Engagement and Tracking.

Who should take this training? Anyone who will be administering developmental screenings or in learning more about using developmental screenings can take this training. It was developed for educators, early intervention providers, but can be used by anyone new to the field.

What should I do first? Before taking the training, it is recommended that you take the Prevention (CDC) "Watch Me" training to give some helpful background information on developmental monitoring. The training can be found here. (<https://www.cdc.gov/ncbddd/actmat/000007.html>)

Thank you for being a part of the community in Alaska and working to ensure all children are growing up healthy! If you have any questions with this training, please contact a Help Me Grow member at contact@helpmegrow.org.

This training was made possible by Grant #5U49CE000833 from the Administration for Children and Families, U.S. Department of Health and Human Services. Its contents are solely the responsibility of the presenter and do not necessarily represent the official views of the Administration for Children and Families, or the U.S. Department of Health and Human Services.

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Help Me Grow Alaska

About Developmental Screening Help

Developmental Screening Training

Module 1: The What and Why of Developmental Screening

- Module 1: The What and Why of Developmental Screening
 - What is Developmental Screening?
 - Why Screening is Important
 - Module 1 Quiz
- Module 2: Introducing Developmental Screenings to Families
- Module 3: Discussing Results and Follow Up
- Module 4: Overview of Developmental Screening Tools
- Module 5: Developmental Screening in Alaska

Module 1: The What and Why of Developmental Screening

Module 1 - Introduction

Watch later Share

Training Presented By:

Help Me Grow Alaska

Module One: The What and Why of Developmental Screening

Training Link: <https://hmgaktraining.org/>

Cultural Functionality

Working with communities to understand child development through a cultural lens, and adapt tools to be functional and responsive

Help Our Child Learn and Grow

We can help our child learn and grow. Talk, read, sing, and play together every day. Below are some activities to enjoy with your family's 1-year-old child today.



What We Can Do for Our 1-Year-Old:

- Give your child the opportunity to get to know a new caregiver. Bring a favorite toy, stuffed animal, or blanket to help comfort your child.
- In response to unwanted behaviors, redirect your child to positive behavior. Do not yell, spank, or give long explanations. Taking a break for 30 seconds to 1 minute might help redirect your child.
- Give your child lots of positive praise and attention.
- Spend a lot more time encouraging wanted behaviors than punishing unwanted behaviors (4 times as much encouragement for wanted behaviors as redirection for unwanted behaviors).
- Talk to your child about what you're doing. For example, "I'm washing your hands."
- Read with your child every day. Have your child turn the pages. Take turns labeling pictures.
- Build on what your child says or tries to say, or what he's pointing to. If he's pointing to a truck and says "I" or "truck," say, "Yes, that's a big, blue truck."
- Give your child crayons and paper, and let them draw freely. Show your child how to draw lines up and down and across the page. Praise your child when they try to copy them.
- Play with blocks, shape sorters, and other toys that encourage your child to use his/her hands.
- Hide small toys and other things and have your child find them.
- Ask your child to label body parts or things you see.
- Sing songs with actions, like "The Itsy Bitsy Spider" and "Head, Shoulder, Knees & Toes." Help your child do the actions with you.
- Give your child pots and pans or a small musical instrument like a drum or cymbals. Encourage your child to make noise.
- Provide lots of safe places for your toddler to explore. (Toddler-proof your home. Lock away products for cleaning and laundry. Use a safety gate in front of stairs and woodstove, lock doors to the outside and lock away access to firearms.)
- Give your child push toys like a wagon or "kiddie push car."

Your Child at 2 Years

Child's Name _____ Child's Age _____ Today's Date _____



Our community recognizes and honors that each child has developing strengths and qualities unique to the different cultures of Kodiak. How children play, learn, speak, act, and move can offer important clues about their development. Read the activities below that most children at 2-years-old can do, and talk with your child's doctor if your child is having problems completing an activity.

What Most Children Do by this Age:

- Social/Emotional**
 - o Copies others, especially adults and older children
 - o Becomes happy with other children
 - o Willing to do things on their own
 - o Really wants to do things on their own
 - o Attempts to control situations
 - o Plays mainly beside other children, but is beginning to play with other children
- Movement/Physical Development**
 - o Kicks a ball that is placed in front of them
 - o Begins to run
 - o Climbs onto a couch and back down without help
 - o Walks up and down stairs holding on
 - o Throws ball
 - o Can copy straight lines and circles while drawing

Language/Communication

The items below can be spoken in English, other languages or traditional dialects

- o Uses more than 50-200 words
- o Says sentences with 2 to 4 words
- o Points to things or pictures when they are named
- o Knows names of familiar people and body parts
- o Follows simple instructions
- o Repeats words overheard in conversation
- o Points to and names pictures in a book such as a cat, dog, flower, or ball

Cognitive (learning, thinking, problem-solving)

- o Finds things in a different part of the house
- o Begins to sort shapes and colors
- o Completes sentences and familiar songs
- o Plays simple pretend games
- o Builds something with multiple pieces (such as stacking blocks)
- o Might use one hand more than the other
- o Follows two-step instructions such as "Pick up your shoes and put them by the door."

You Know Your Child Best.

Tell your child's doctor or nurse if you notice any of these signs and ask for a developmental screening:

- o Cannot do items on this checklist
- o Does not appear to be developing or learning like siblings or same-age cousins
- o Does not use at least 50 words
- o Does not use 2-word phrases (for example, "drink milk")
- o Doesn't copy actions or imitate words
- o Doesn't know what to do with common things like a brush, phone, fork, spoon
- o Doesn't follow simple instructions
- o Falls a lot (clumps) when walking
- o Loses skills he or she once had

There are programs in Kodiak that help your child play, learn, speak, act, and move! You can contact the Kodiak Infant Learning Program at (907) 486-1366 before your child turns 3-years-old to receive special early intervention services to help your child.

Tulungan ang Iyong Anak na Matuto at Lumaki

Ores na para sa pagpapasuri sa paglaki at pagkakaibang ng mga kakaayahan ng iyong anak! Sa 2 taon, nakatutukang ang iyong anak para sa pangkalahatang pagpapasuri sa paglaki at pagkakaibang ng mga kakaayahan at pagpapasuri sa autismo, ayon sa Interrekords na para sa labat ng mga bata ng American Academy of Pediatrics. Magtanong sa doktor tungkol sa pag-iskedul ng pagpapasuri sa paglaki at pagkakaibang ng mga kakaayahan ng iyong anak.



Nasa ibang sa iyang aktibidad na maaring kaaliwan kasama ng iyong 2 taong gulang na anak ngayong araw:

Ano ang magagawa mo para sa iyong 2 taong gulang:

Ang mga aktibidad para matuto ng wikang Ingles, mga bang wikang tradisyonal na diyalekto.

- o Makipaligra sa iyong anak
- o Hayaan ang iyong anak na tubangan ka sa mga simpleng gawain sa bahay, katulad ng pagpapalili at paghanda ng babaw. Paliyup ang iyong anak sa paggagay magulang.
- o Magkasanang magbasa-basa ng mga libro.
- o Sa edad na ito, makipaligra na rin ang mga bata nang katulad (hindi kasama) ang isit' isit at hindi sila magpapig maghinhinang ng mga bagay. Sa oras ng paglalit, bigyan ang mga bata ng maraming laruan.
- o Diling pagbigay sa hindi kasama-ree na ugali, diin ang panin ng iyong anak sa positibong ugali. Pinakamabuti na huwag siganin o palitan ang iyong anak. Dumagel ng mas maraming oras sa pagtutal ng magandang ugali kaysa sa pagpapasa sa mga hindi kasama-ree na ugali.
- o Bigyan ang iyong anak ng maraming positibong pagpapal at atensyon.
- o Tawag ang iyong anak na matukoy at masala ang mga bahagi ng katawan, hayop, at mga iba pang karamangang bagay.
- o Huwag itama ang iyong anak kapag nagbabasa siya ng mga salita nang hindi tama. Sa halip, sabihin ito ng tama. Halimbawa, "Iyan ay isang bola."
- o Relatibo na gamitin at hayaan na matuto ng maraming wika.
- o Hayaan ang iyong anak na sabihin ang isang salita sa help na magkita. Kung hindi maasid ng iyong anak ang isang salita ("Giant"), bagay sa kanya ang usap tungkol ("?) upang tulungan siya. Sa paglutas ng panahon, maaari itong ululan ang iyong anak na sabihin ang buwang pangungusap — "Dito ko ng gitaa."
- o Itag ang mga laruan ng iyong anak sa paligid ng kasuot at palayagan ayang hangin ang mga ito.
- o Tulugan ang iyong anak na bumuo ng puzzle sa may mga hugis, kulay, o mga hugis sa balat. Pangitnan ang bawat praso na nalalagay ng iyong anak sa tamang lugar.
- o Hayaan ang iyong anak na maglaro ng mga bloke. Maghinhinang sa pagtugon ng mga tore at pagtamba ng mga ito.
- o Gumawa ng mga art project kasama ng iyong anak genti ang mga kaway, piraso, at papel. Ooay lang ang pagpapaligay magkita ang iyong anak at natakulagan sa kaniyang matuto. Bataman kung ano ang ginawa ng iyong anak at matutlo ito sa dagdagan o panyender.
- o Hilingin sa iyong anak na tulugan kang bukas ang mga pretae at drawer at bakas ang mga pahina ng isang libro o magasin.
- o Kapag nakakalat na nang may mga ang iyong anak hilingin sa kanyang dalin ang mga maliit na bagay sa yo.
- o Sigay ang isang libro publiko-bali kasama ng iyong anak kapag maglalagay ng ang iyong anak, hayaan siyang tumalik sa sumag.
- o Dalin ang iyong anak sa parke para makatuklo at makasagat sa mga equipment o maglakad sa mga pangalalang pangkakaibang. Bantayang matuto ang iyong anak.

Ang Miletoson ay itinatag sa Kodiak FOR YOUR BABY AND YOURS CHILD: BIRTH TO AGE 5, Iktang Edson, 4001 St. Shaven Hall at Tama Nena Altona © 1995, 1998, 2004, 2006. Ito ay isang produkto ng Miletoson FOR HEALTH, GROWTH AND DEVELOPMENT, CHILDREN, AND ADULTS/ELDERLY, Iktang Edson, 4001 St. Shaven Hall, St. John's, St. Paul, St. Dennis, 2008, 4th Grove Village, St. American Academy of Pediatrics.

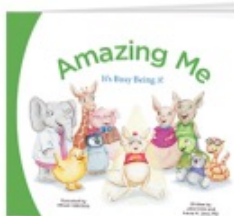
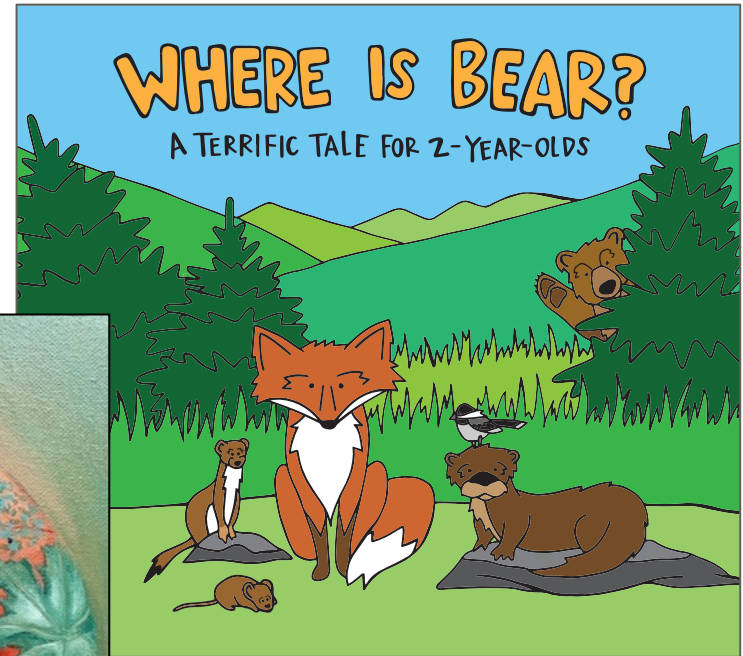
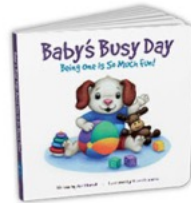
Ang checklist ng Miletoson na ito ay hindi maaaring gamitin sa pamamagitan, nababanta na ito para sa pagpapasuri sa paglaki at pagkakaibang ng mga kakaayahan ng iyong anak.

www.helpmegrow.org
 1-833-HMG-Alaska (1-800-464-2527)
Learn the Signs. Act Early.

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Alamin ang mga Palatandaan. Kumilos nang Maagap.

Local Adaptations





Outreach

Alaska's Early Childhood Network



In Partnership with the Early Childhood Comprehensive Systems, Help Me Grow Alaska is working to bring together early childhood leaders from around the state to share what they are learning in their communities, to learn from one another and support each other in an effort to elevate the focus on early childhood health and well-being in their individual areas and the state as a whole.

Purpose and scope: To bring together the leads of our statewide early childhood coalitions and child-focused groups for the purpose of networking, resource sharing and specific didactic training. ECCS and HMG-AK would offer monthly or quarterly meetings to foster deeper connection and communication amongst those working in the field of early childhood and provide opportunities to develop and share ideas for this work.

Attendees: Early Childhood Coalition leaders and coordinators of similar efforts and assigned delegates for certain topics



Provider Connections



Goal and Purpose: Dedicated time for the staff of HMG-AK and specific service providers to review the mission and scope of the agency and vice versa, to discuss ways that HMG-AK can support the agency, and to identify the process for connection to families in need of services specific to this agency.



Audience: Primarily targeting HMG-AK Family Support Specialists and Outreach Staff, but open to all Community Liaisons.

Some Guests in 2020 and 2021

- Hope Community Resources
- Stone Soup Group
- Alaska Center for FASD
- Office of Children's Services
- ROCK Mat-SU
- Denali Family Services
- Beacon Hill
- Alaska Autism Resource Center
- Facing Foster Care in Alaska
- Choosing our Roots
- Achievement Therapy Center
- Ptarmigan Connections

Health Care Provider Outreach



Developmental Surveillance and Screening Connecting Families to Services with Help Me Grow Alaska

Presented as part of the
Educating Practices* program

By: Elizabeth Schultz
Outreach Coordinator



*Educating Practice was originally created by
the Child Health and Development Institute

- Outreach and Education about HMG-AK services, including partner programs such as PAL-PAK
- Connection to Developmental Screening tools, training and technical assistance
- Newly adapted training module on developmental surveillance and screening, with upcoming modules on early relational health and post partum mood disorders



Care Coordination

HMG-AK Centralized Access Point



- Family support specialists are available by phone to answer questions, provide follow up, and on-going support as needed
- Families call from anywhere in the state to ask questions regarding:
 - Child Development
 - Community and medical resources
 - Children’s behavior/mental health services
 - Getting connected to a medical home
- Provide access to developmental and social-emotional screenings
- Connecting families, caregivers, providers and agencies with local community resource



Help Me Grow at Work



Assisting Families with Mental Health Resources

A family was referred to Help Me Grow Alaska (HMG-AK) by their primary care provider for mental health support for their teenager. The parent's primary language was not English, and the teen preferred a counselor who spoke this language. Utilizing translation services, the HMG-AK Family Support Specialist was able to conduct three-way calls with counseling agencies to ensure the family was connected to a dual-language counselor that could clearly communicate with the family and converse with the teenager in the preferred language.

Grandparents raising grandchildren

When life circumstances change, it often falls to grandparents to assume full or part-time responsibility for their grandchildren. Recently, a grandparent raising two grandchildren reached a Family Support Specialist through the HMG-AK [website](#). Staff were able to link the grandparent with resources and partner agencies within 24 hours to support both the youth and the grandparent as well as find a counselor to begin services within one week. Follow-up showed the grandparent was finding renewed optimism through the support services provided by HMG-AK.

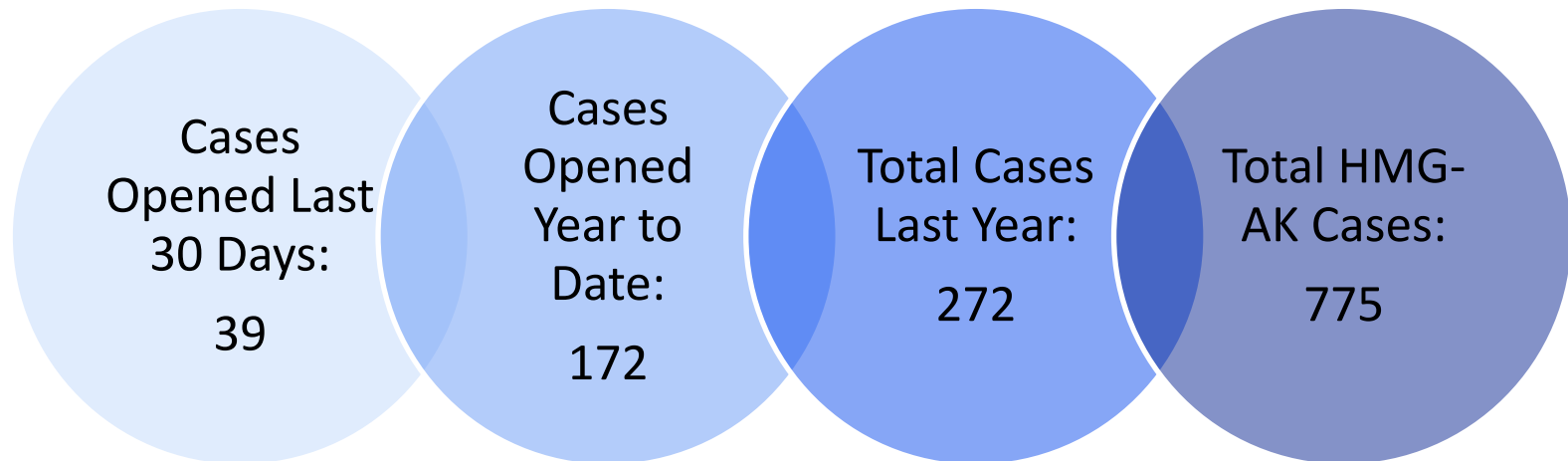


Data

What Does the Data Look Like?



Case Numbers from the CAP

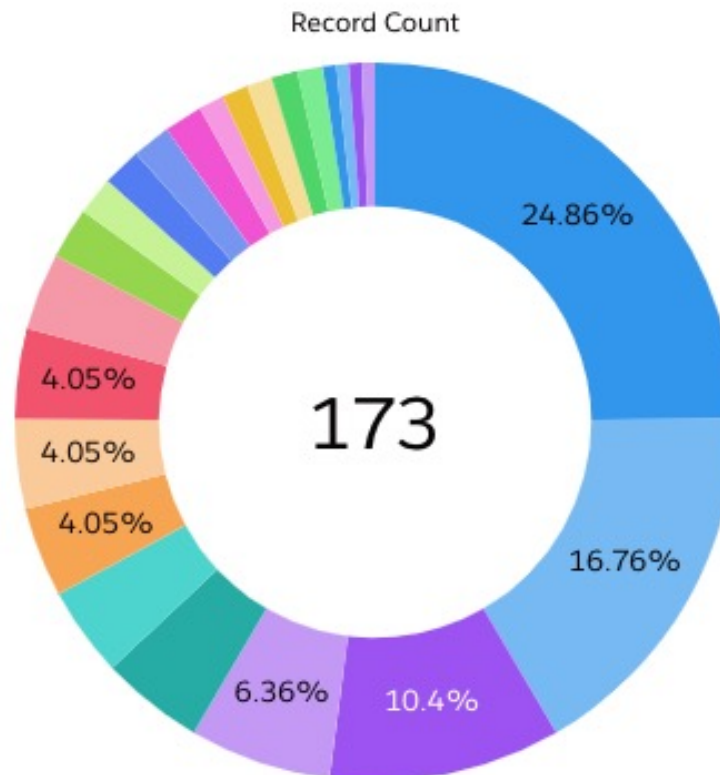


Primary Reason for Call



Primary Reason for Call

- Primary Reason for Call
- Mental health
 - Behavior
 - Communication
 - Adaptive
 - Neuropsych Eval Referral
 - Developmental concern
 - Gross motor
 - Health or medical concern
 - Other
 - Cognitive or learning difficulty
 - Pre-Natal Drug/Alcohol Exposur...
 -
 - Childcare
 - Fine motor
 - Parent support
 - Education
 - Family functioning
 - Developmental screening
 - General information
 - Social interactions
 - Basic needs
 - Diagnosis
 - Health insurance
 - Legal



Starting in 2020, there has been a large shift from primarily developmental health to mental health and behavior cases

Where do calls come from?



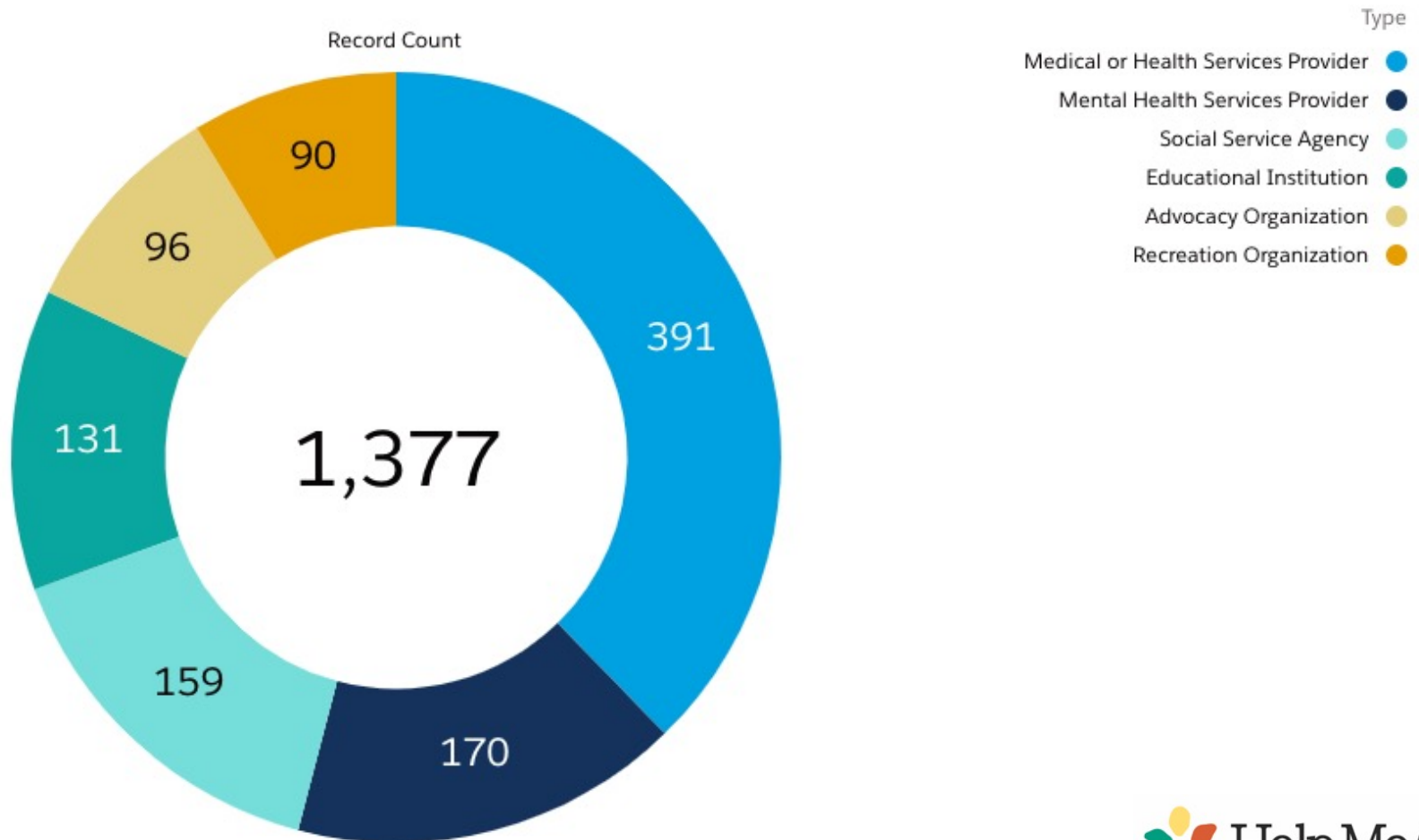
Communities in Alaska Where Cases have Originated

- Anchorage
- Anderson
- Big Lake
- Chugiak
- Copper Center
- Cordova
- Delta Junction
- Dillingham
- Douglas
- Eagle River
- Fairbanks
- Girdwood
- Healy
- Homer
- Houston
- Juneau
- Kaktovik
- Kenai
- Ketchikan
- Kodiak
- McCarthy
- Nikiski
- Nome
- North Pole
- Palmer
- Port Alsworth
- Port Lions
- Seward
- Soldotna
- Talkeetna
- Utqiagvik
- Wasilla
- Willow
- Out of State
- Undisclosed

Community Resources



Community Resources by Type

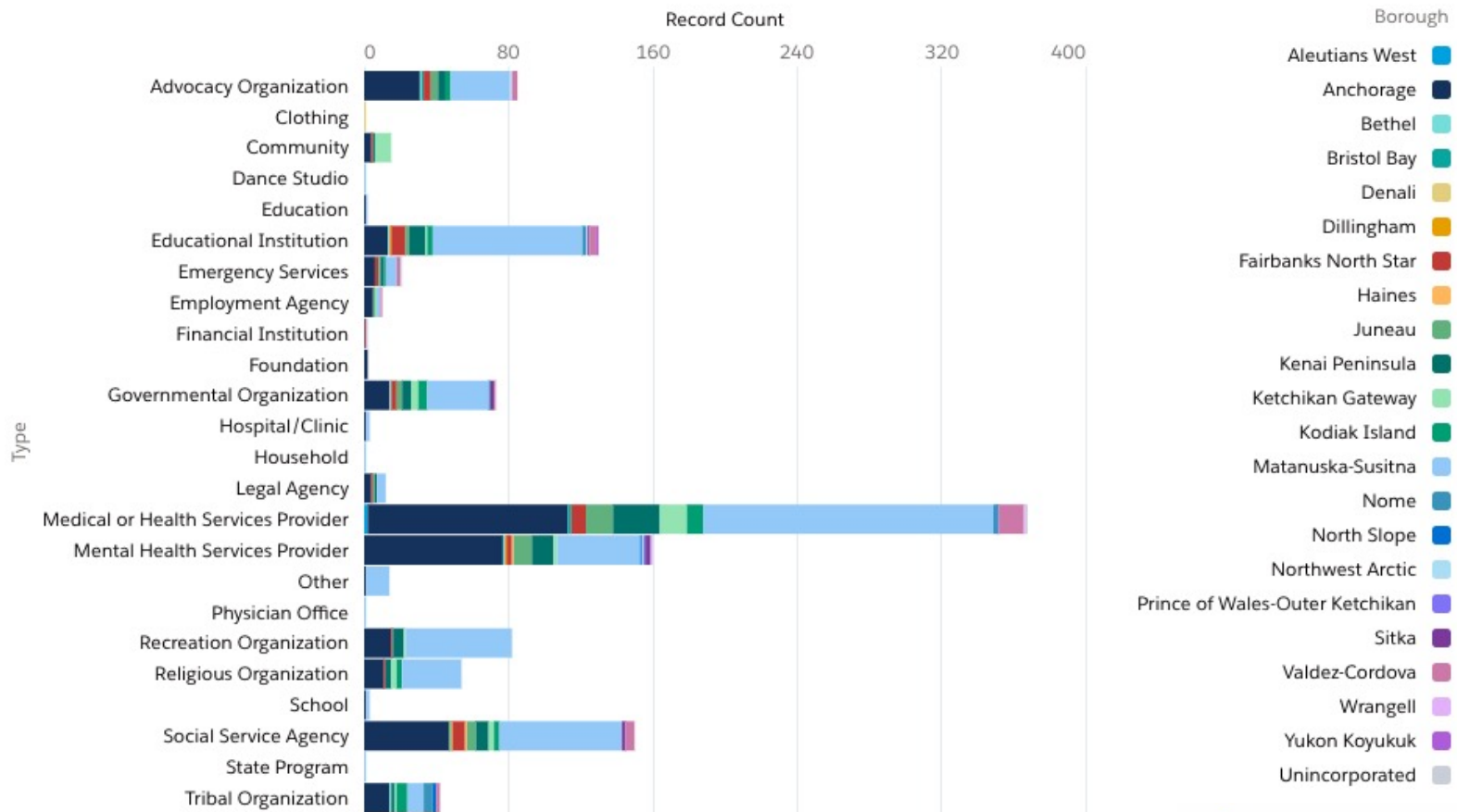


*Updated 5/20/2021

Community Resources



Community Resources by Type and Borough



*Updated 5/20/2021



PAL-PAK

PAL-PAK



PARTNERSHIP ACCESS LINE - ALASKA
Child and Adolescent Psychiatric Consultation



Coordinated by



Partnership Access Line - Pediatric Alaska (PAL-PAK)

Child Psychiatric Consultation Program for Primary Care Providers

The Partnership Access Line (PAL) supports primary care providers with questions about mental health care such as diagnostic clarification, medication adjustment or treatment planning. The PAL team is staffed with child and adolescent psychiatrists affiliated with the University of Washington School of Medicine and Seattle Children's Hospital.

Consultations can be patient-specific or can be general questions related to child psychiatry.

The phone consultation is covered by HIPAA, section 45 CFR 164.506; no additional release of patient information is required to consult by phone.

In addition to mental health consultations, our child psychiatrists offer psychosocial recommendations in every call. PAL-PAK is partnered with Help Me Grow Alaska (HMG-AK), a program that locates resources for your patient and their family. Notify the psychiatrist if you're interested in this service or call HMG directly.

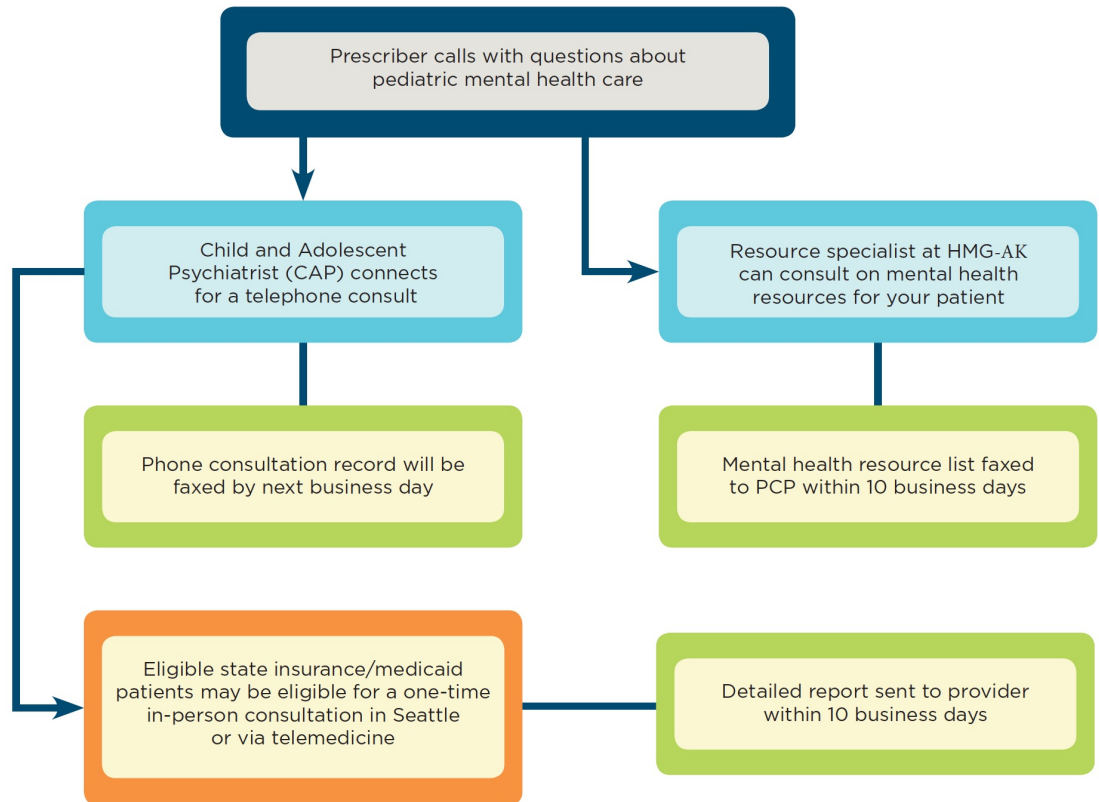


PAL-PAK Process



PAL-PAK in Action

A teenager in a remote Alaskan Village was in need of psychological counseling and the primary care provider reached out to Partnership Access Line - Pediatric Alaska (PAL-PAK). This partnership supports primary care providers in Alaska who have questions about child and adolescent mental health care. The village did not have a therapist or internet to support tele-health services. The Help Me Grow Alaska Family Support Specialist worked with PAL-PAK to find options and a treatment plan for telephone- only therapy services.



Questions?



Help Me Grow
Alaska

Connecting Alaskan
families to the supports
they need.

Contact a Family Support Specialist:
1-833-HMG-Alaska 1-833-464-2527
www.helpmegrowak.org



Free for all Alaskan Families.
Translation Services Available.



Thank you for your time
Please contact us with any
additional questions

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