

# Help Me Grow

Help Me Grow is a national model designed to support families and their children by connecting them to what they need, when and how they need it. Help Me Grow King County (HMGKC) is rooted in the values of self-determination, strength, and resilience, and partners with the Help Me Grow Washington team and local community-based organizations (CBOs) to understand how best to connect families and communities to services and adapt the national model. HMGKC is centered in equity and community-based solutions, and implements four core components:

- **Coordinated Access:** A network of CBOs to provide families and communities culturally or linguistically matched connections to services and resources.
- **Family & Community Partnership:** Authentic relationships with families and communities to shape and define the HMGKC system.
- **Data Collection & Evaluation:** Increased access to high quality information about services available to families and the ways in which families interact with services.
- **Service Provider & Professional Partnership:** Collaborative relationships with early learning, social service, health and mental health providers to strengthen coordination.

The HMGKC strategy supports resource navigation and serves as a foundation for all Best Starts prenatal to five-year-old strategies. Integration and partnership with all Best Starts funded early learning strategies will be a focus.

## This strategy invests in:

**Investing Early (prenatal - 5)**  
so that babies are born healthy and establish a strong foundation for lifelong health and well-being

*Sustaining the Gain (ages 5 - 24)*

*Communities of Opportunity*

*Other investment area*

## Estimated annual reach:

1,000 caregivers & 2,000 kids

## Funding Estimate (2022-2027):

\$16,484,000



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