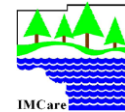
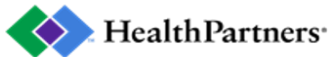


MN Health Plans Collaborative



1

Today's Presenters

Presenter: Shawn Holmes

Shawn Holmes is the Help Me Connect Coordinator at the MN Department of Health. She previously worked in the Children and Youth with Special Health Needs Section at MDH as the coordinator of the Follow Along Program – a statewide developmental and social-emotional screening program provided through local public health departments for children birth to 36 months who are at risk of health or developmental issues. Her source of passion over the past 25+ years is fueled by personal experience – to make sure families know who they can talk to when they need help and to trust in their role as experts about their children.

2



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Help Me Connect to Early Childhood and Family Support Resources

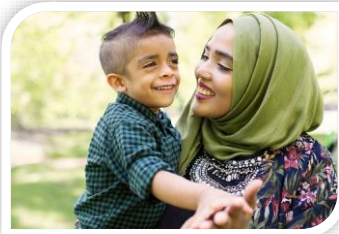
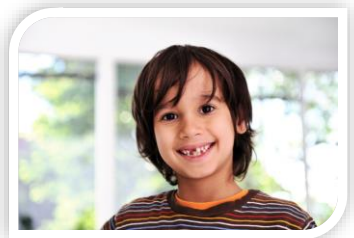
Shawn Holmes, Coordinator
 MN Department of Health, Department of Children, Youth and Families
shawn.holmes@state.mn.us

3

Listening to families and local providers

Help Me Connect is based on multiple years of collecting feedback from parents and providers:

- *Who do families trust to ask for help?*
- *What do they need?*
- *What's working well for families? What isn't?*
- *What do they wish they knew about earlier?*



- Reduce burden on families and providers who need to find programs in their local communities.
- Create a one-stop shop that connects families to the variety of early childhood and family support services.
- Collaboration and joint outreach across numerous "systems", such as Help Me Grow, Public Health, Human Services, School Districts, Financial Supports, Mental Health, Housing, etc.

4

Connecting families to existing programs



5

Helping families thrive with Help Me Connect

MN Help Me Connect launched in May 2021 as an interactive resource to support:

1. Professionals serving expectant and parenting families with young children
2. Families with young children birth to 8 years of age
3. Expectant families
4. Foster, adoptive, kinship families



www.helpmeconnectmn.org

6

Interactive Database of 14,500+ programs and services

Explore 11 content areas for programs and services in Minnesota, Tribal Nations and neighboring states

 Pregnant and Expecting Families	 Early Learning and Child Care	 Dental and Health Care
 Healthy Development and Screening	 Family Well-Being and Mental Health	 Basic Needs
 Development and Behavior Concerns	 American Indian Families	 Legal Services
 Disability Services and Resources	 Caregiving and Community Support	

Data Management

Cyclical reviews

Subject Matter Experts

Timely updates and corrections

Add new resources

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7

Explore programs, learn more, helpful resources

Healthy Development and Screening

Learn more about how your child is developing through one of Minnesota's programs that support families who have children birth to 7 years of age. Programs offer a variety of services that include developmental screening, parent support, fun activities to support a child's development, and connections to other helpful services.

Family Home Visiting *(For ages: Prenatal to 5 years; varies by program)*

Family home visiting (FHV) is a voluntary program for families who are pregnant or who have very young children. Trained home visitors meet with families in their community to provide social, emotional, health-related, and parenting support and information, and to link them to other helpful resources. Some examples of services an individual family may receive are prenatal education and referrals, help creating a safe and healthy environment, and referrals to early childhood programs in the community. Many [Early Childhood Family Education](#) programs offer family home visiting services.

Follow Along Program *(For ages: Birth to 3 years, some counties serve children up to 5 years)*

The Follow Along Program is a developmental and social-emotional screening program for children birth to 36 months that is administered through local public health departments. Families fill out periodic questionnaires that ask how their child is growing, playing, talking, moving, and acting. Children that have concerning screening results are referred for further medical, mental health, and/or educational evaluation and services.

[Online Enrollment Form for Follow Along Program](#)

Early Head Start *(For ages: Birth through 2 years)*

Home visiting or center-based services and programs for low-income families with infants and toddlers that support child development, parenting skills and self-sufficiency.



- MN Help Me Grow
- Learn the Signs. Act Early.
- Developmental Milestone Tracker App
- Little Moments Count
- Positive Parenting Tips
- MN Parent
- Kids Out and About (Twin Cities)
- Talking Is Teaching
- Brush, Book, Bed

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8

Features and filters for all users

Sort by Location

Find resources near you

Location

Four Languages

Language

- English
- Español
- A naviga Hmoob tting exp
- Soomaali th

m MINNESOTA

Filter by 20 Features

FILTERS

Search Within the Results

- Area Served by County
- Doula Birth Settings
- Doula Specialization
- Medical Services
- New Parent/Baby Supplies

Key Word Search

Search

9

Supporting providers serving families



m MINNESOTA

- Make sure your agency's information is included and up-to-date so families and other providers find you.
- Share with others. Order free outreach materials through [online order form](#). Download [additional materials and videos](#) (Table of Contents, translations)
- Create an account to save your favorites search results.
- New SEARCH ENGINE coming soon (*early February*).
- Coming Spring 2025! Interactive Family Assessment Questionnaire in the blue header to help users navigate quickly to resources.
- Share improvement ideas: helpmeconnect@state.mn.us.

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10

New Professional Referral System (reduce family burden)

- **Recruiting now!** First group of professionals and organizations to begin using new system.
- Make secure electronic referrals to select community organizations.
- Minimal data sharing, consent obtained by local programs with HMC support.
- Organizations choose to receive referrals and access their own accounts. Referral indicators are only seen by referring professionals.
- Referring professionals receive follow up information from organizations to assure the family is connected.
- If interested, contact helpmeconnect@state.mn.us to set up an introduction meeting.

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Help Me Grow and Help Me Connect

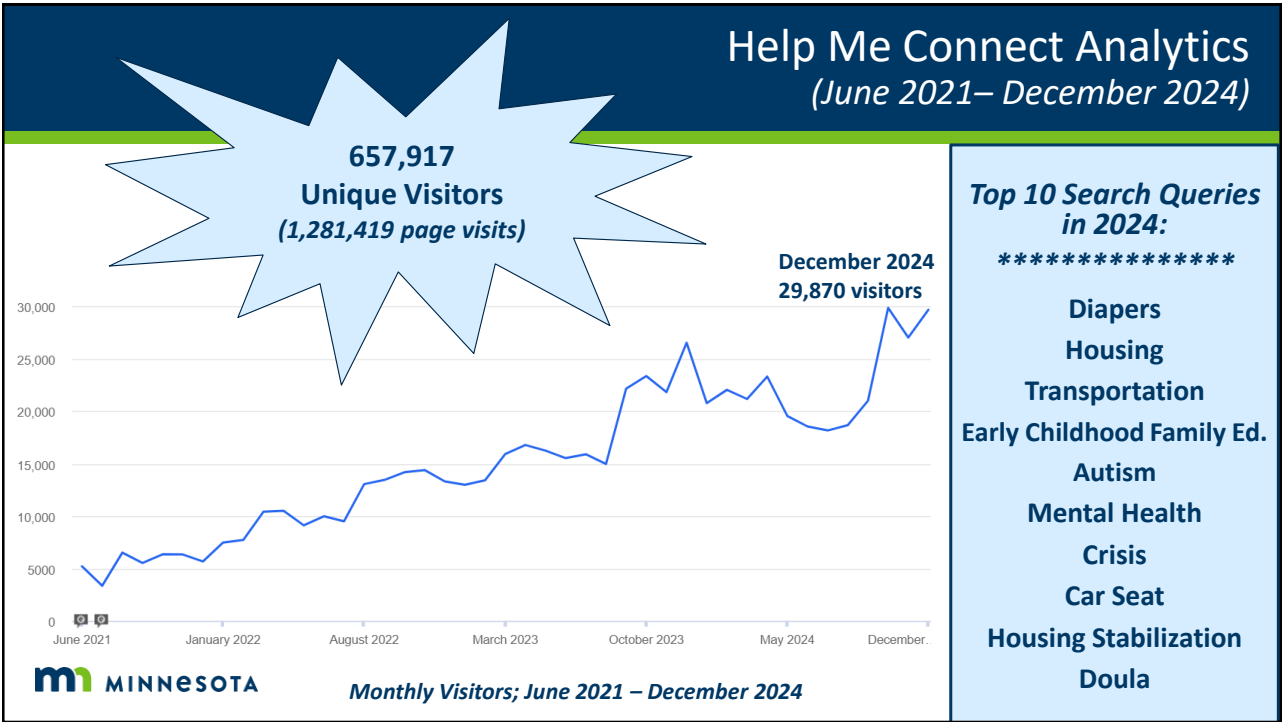
Help Me Grow
 Website and Referral
 System for children 0-5
 years with development
 and/or behavior concerns.
 Referral to ECSE only.



Help Me Connect
 Statewide Early Childhood
 Services Navigator to
 support prenatal individuals
 and families with children
 0-8 years of age.



12



13

Live Demonstration

Language English

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A navigator connecting expectant families, families with young children (birth – 8 years old) and those working with families to services in their local communities that support healthy child development and family well-being.

[About](#) [Help](#) [My Account](#)

Minnesota's End...

I am

Click on the...
to families.

Pregnant and Expectant Families

Family Story:

A single, pregnant mom with a two-year old is unexpectedly moving to Minnesota from New York to live with relatives after a domestic violence incident.

Her child is currently receiving early intervention services in New York and she would like to know how to begin the same services in our state.

The mom also expressed concerns about having to completely start over and would like information about resources that may be helpful, such as finding a job, food support, and child care.

[mn.gov/home.](#)

...ce or free

Healthy De Scr

Help Me Connect is an interagency collaboration between Minnesota's departments of Education, Health and Human Services.

GR O W

Help Me Grow provides resources on infant and young child development, and what to do when there are concerns.

...re information, Share

or to suggest a new resource, please contact us at HelpMeConnect@state.mn.us

[Terms & Conditions](#)

14

Questions and Open Discussion

15

Thank You!

Evaluation – [link at sign-off](#)

Certificate of Participation –upon completion of Evaluation

Recording - [Performance Improvement Project \(PIP\): Healthy Start for Minnesota Children - Stratis Health](#)

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