Help Me Grow Texas: Connecting Families to Community Support & Services

The Help Me Grow System Model is designed to help states and communities leverage existing resources to ensure communities identify vulnerable children, link families to community-based services, and empower families to support their child’s optimal development. Texas has been implementing the model since 2019. Help Me Grow Texas works with six local communities to implement the Help Me Grow System Model so families get the support they need.

The model has four core components:

• A centralized access point to connect families with children to appropriate community-based services;
• Family and community outreach supports education to advance developmental promotion, and grows awareness of the system and the services that it offers;
• Child health care provider outreach supports early detection and intervention; and
• Data collection supports evaluation, helps identify systemic gaps, and guides quality improvement.
Help Me Grow Texas
The Maternal and Child Health Unit at The Texas Department of State Health Services leads Help Me Grow Texas. Our mission is to enable and support building statewide early childhood systems so communities can support the optimal health, development, and well-being of Texas children. Our vision is for all Texas children to have equitable access to care that is child-focused, family-driven, community-based, culturally grounded, and sustainable.

Key community activities include:
• Provision of information about child development
• Care coordination and referrals
• Administration of developmental screenings
• Family, community, and provider education

Key state activities include:
• Coordination of technical assistance and community support
• Identification of resource and funding opportunities
• Continuous quality improvement
• Statewide expansion

Help Me Grow Rio Grande Valley
Lead Organization: Easterseals Rio Grande Valley

Help Me Grow North Texas
Lead Organization: My Health My Resources of Tarrant County

Help Me Grow Wichita County
Lead Organization: North Texas Area United Way

Help Me Grow El Paso
Lead Organization: Paso del Norte Children’s Development Center

Help Me Grow Greater Austin
Lead Organization: United Way for Greater Austin

Help Me Grow ReadyKidSA
Lead Organization: United Way of San Antonio and Bexar County

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