

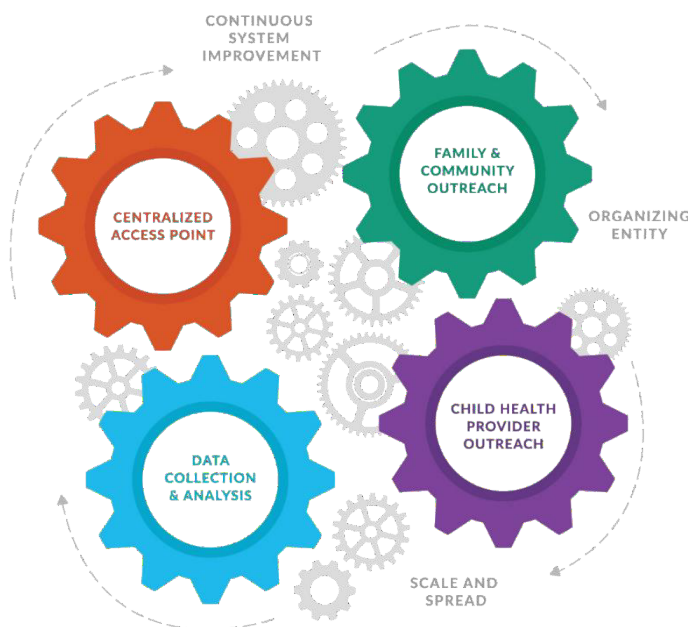
Help Me Grow Texas

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

The Help Me Grow System Model is designed to help states and communities **maximize** existing resources to ensure communities identify **at risk** 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 **twelve** 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 provider outreach** supports early detection and intervention; and
- **Data collection and analysis** supports evaluation, helps identify systemic gaps, and guides quality improvement.



TEXAS
Health and Human
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Texas Department of State
Health Services

dshs.texas.gov/maternal-child-health/programs-activities-maternal-child-health/help-me-grow-Texas
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Help Me Grow Texas

The Maternal and Child Health Unit at The Texas Department of State Health Services leads Help Me Grow Texas. The purpose of Help Me Grow Texas is to increase statewide access to early developmental health promotion, prevention, and intervention that is comprehensive, effective, and evidence based. 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.

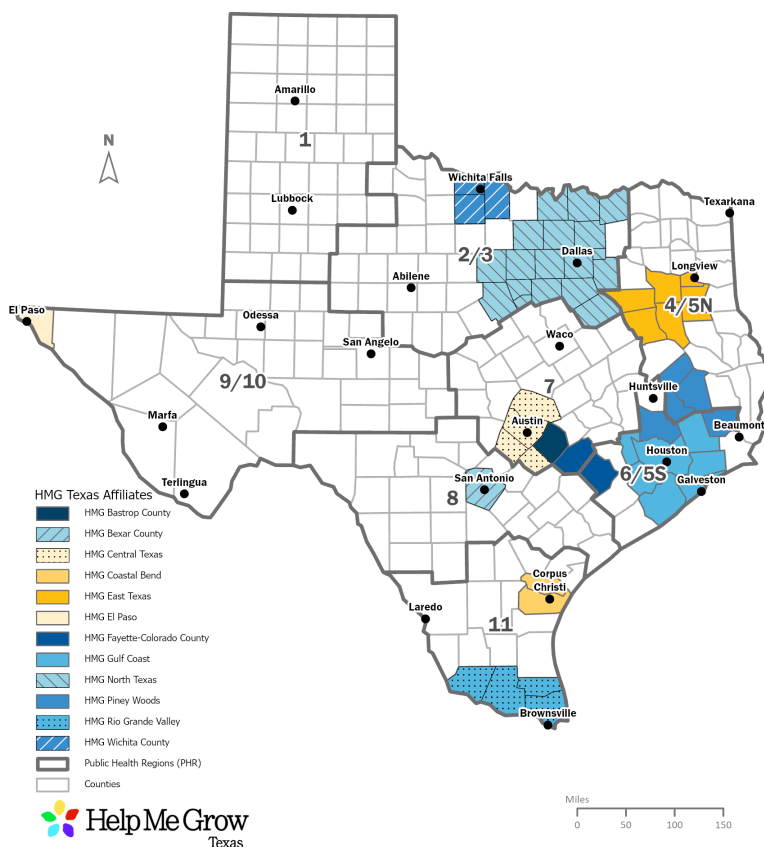
Key community activities include:

- Provision of information about child development;
- Care coordination and referrals;
- Administration of developmental screenings; and
- 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; and
- Statewide expansion.

Help Me Grow (HMG) Texas Sites



Help Me Grow
Texas

Data source: DSHS Maternal & Child Health Epidemiology
Map by: Center for Health Statistics - Agency Analytics Unit, GIS Team, July 2026



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