

Help Me Grow Washington Essential Services

Essential Services are the services and supports that are core to the Help Me Grow system. The Help Me Grow Washington network prioritizes these Essential Services and works together to ensure all families have access to this set of resources and services when engaging with Help Me Grow. **Essential Services are focused in four areas: medical care, food security, child development, and family stability.**

■ = **Enrollment:** Help Me Grow can assist with the enrollment process into that program or benefit.

◆ = **Screening:** Help Me Grow is equipped to help a client understand if they meet the eligibility requirements for a program.

▲ = **Referral:** Client will be connected to that resource by a referral to an external service provider.

Access to Improve Food Security

Community supports & resources

- Summer meals ▲
- Food banks ▲

State benefits, programs & services

- Basic Food/SNAP ■
- Women, Infants & Children (WIC) Nutrition Program ◆

Family Stability Supports

Local community supports & resources

- Infant care supplies (e.g. diaper bank) ▲
- Breastfeeding supplies ▲
- Transportation assistance ▲
- Childcare ▲
- Clothing banks ▲
- Housing assistance ▲
- Utilities assistance ▲
- Crisis & support lines ▲
- Legal services ▲
- Financial assistance – free tax preparation & financial planning ▲
- Immigrant & refugee services ▲
- Employment & training ▲

State benefits, programs & services

- Paid Family Medical Leave ▲
- Temporary Assistance for Needy Families (TANF) ▲
- Childcare assistance ▲
- WA Division of Child Support ▲
- Social Security ▲



Access to Adult & Pediatric Medical Care

Local community supports & resources

- Medicaid transportation services ▲
- Community clinics & immunization clinics ▲
- Birth & breastfeeding ▲
- Healthcare – prescription assistance & eye care ▲
- Dental clinics that accept Apple Health (Medicaid) & offer a sliding fee scale or a reduced rate program ▲
- Behavioral & mental health ▲
- Birth control & family planning ▲

State benefits, programs & services

- Medicaid & qualified subsidized health plans ■ ▲
- Medicaid/Children's Health Insurance Plan (CHIP) ■
- Access to Baby & Child Dentistry (ABCD) ▲

Access to Child Development Supports

Local community supports & resources

- In-home family & pregnancy services ▲
- Parenting classes and programs ▲
- Play & Learn groups ▲
- Early learning programs ▲
- Developmental evaluation ▲
- Therapeutic services ▲
- Services & supports for families with children with disabilities &/or developmental delays ▲
- Resources for families with children with autism ▲
- School & Medical Autism Review Team (SMART) ▲

State benefits, programs, & services

- Ages & Stages Questionnaire (ASQ) ◆
- Early Supports for Infants & Toddlers (ESIT) (Part C/Birth to Three Services/Early Intervention) ▲
- Preschool special education (Part B/ChildFind) ▲
- Children & Youth with Special Health Care Needs (CYSHCN) ▲
- Early Childhood Education & Assistance Program (ECEAP) ▲