



Help Me Grow
Maine

The logo for "Help Me Grow Maine" consists of a stylized flower icon with five petals in yellow, orange, red, blue, and purple. To the right of the icon, the text "Help Me Grow" is written in a large, black, serif font, and "Maine" is written below it in a smaller, black, serif font.

Maine Pediatric & Behavioral Health Partnership
April 23, 2026

Presented by
Melinda Corey, Outreach Specialist





Help Me Grow Maine
is a **free resource** that connects children
up to 8 years of age and their families,
as well as expecting parents,
with **information and services**
related to child development
and other family needs.



2,738 children
were served by Help Me Grow Maine
in its first three years.

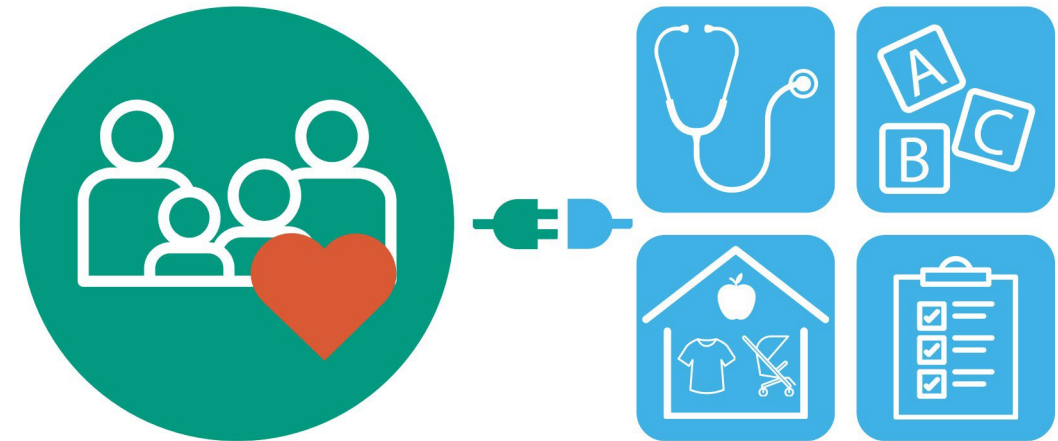


Help Me Grow Maine aims to:

- ➔ Offer **ongoing support** for families to successfully **navigate systems**
- ➔ Make **developmental screening** universally available across Maine
- ➔ Promote families' knowledge of **child development**

Throughout the State of Maine,
there is an **existing grid of resources**
that works to keep children healthy.

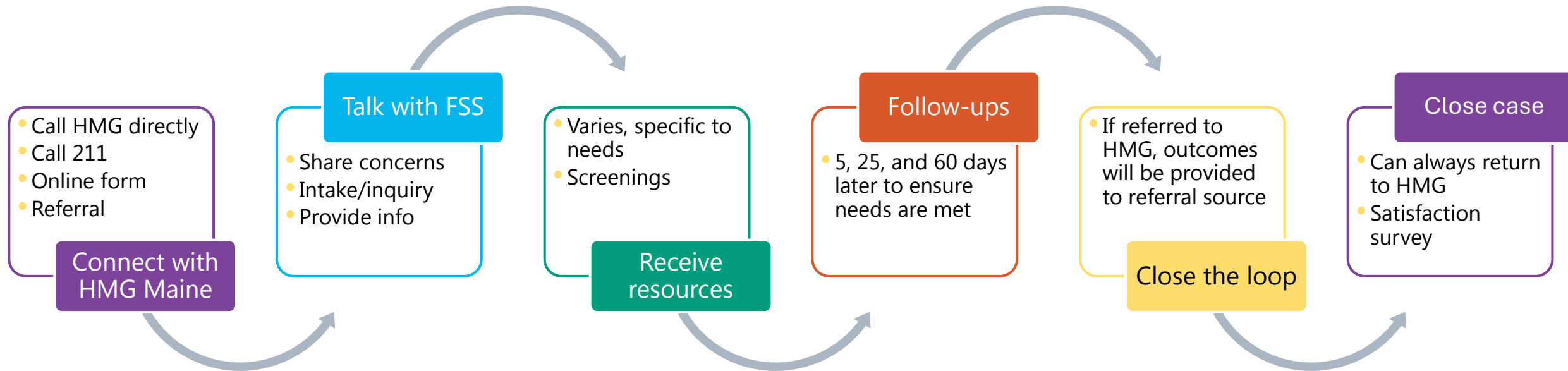
Help Me Grow Maine is a way
for all families of children birth to eight,
as well as expecting parents, to reach out
and be linked with information,
resources, and connections
to the already-existing services
that are a part of the grid
here in Maine.



The caregiver's experience...



Quick Review: HMG Maine Experience



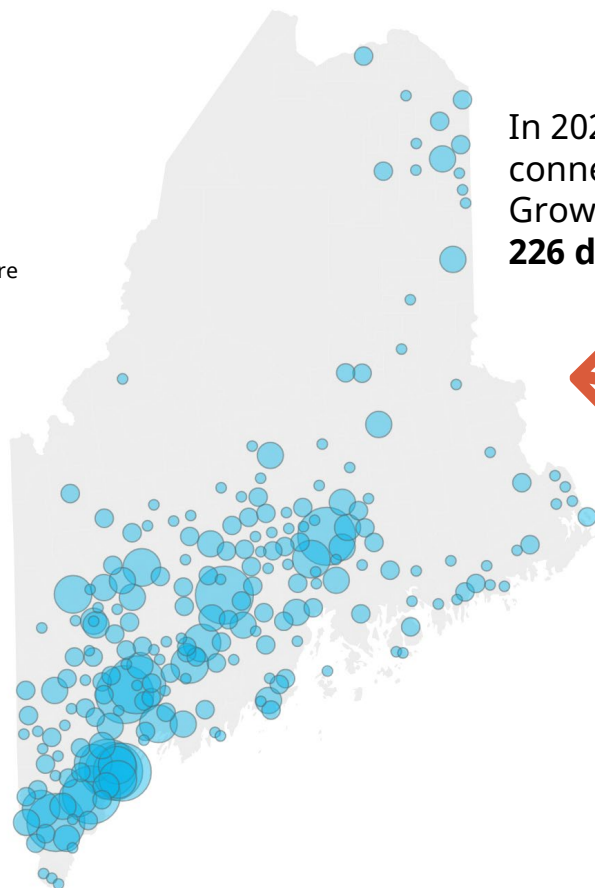
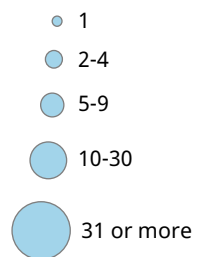


Key Highlights of 2025

- ★ Served nearly **60% more unique children** in 2025 compared to 2024
- ★ Increased access to basic needs by distributing **186 car seats** through the Child Passenger Safety Initiative
- ★ Established partnership with WIC to promote developmental screenings resulting in **352 children screened** for the first time through Help Me Grow Maine
- ★ Developmental Screening Training for **ECE providers, medical providers** at Federally Qualified Health Centers, and more!

Who is Help Me Grow Maine reaching?

Number served by Help Me Grow Maine by zip code



In 2025, families connected with Help Me Grow Maine from **226 different zip codes**.

Three-quarters (12 of 16) of Maine counties saw increases in the number of children ages 0-9 served by Help Me Grow Maine from 2024 to 2025.

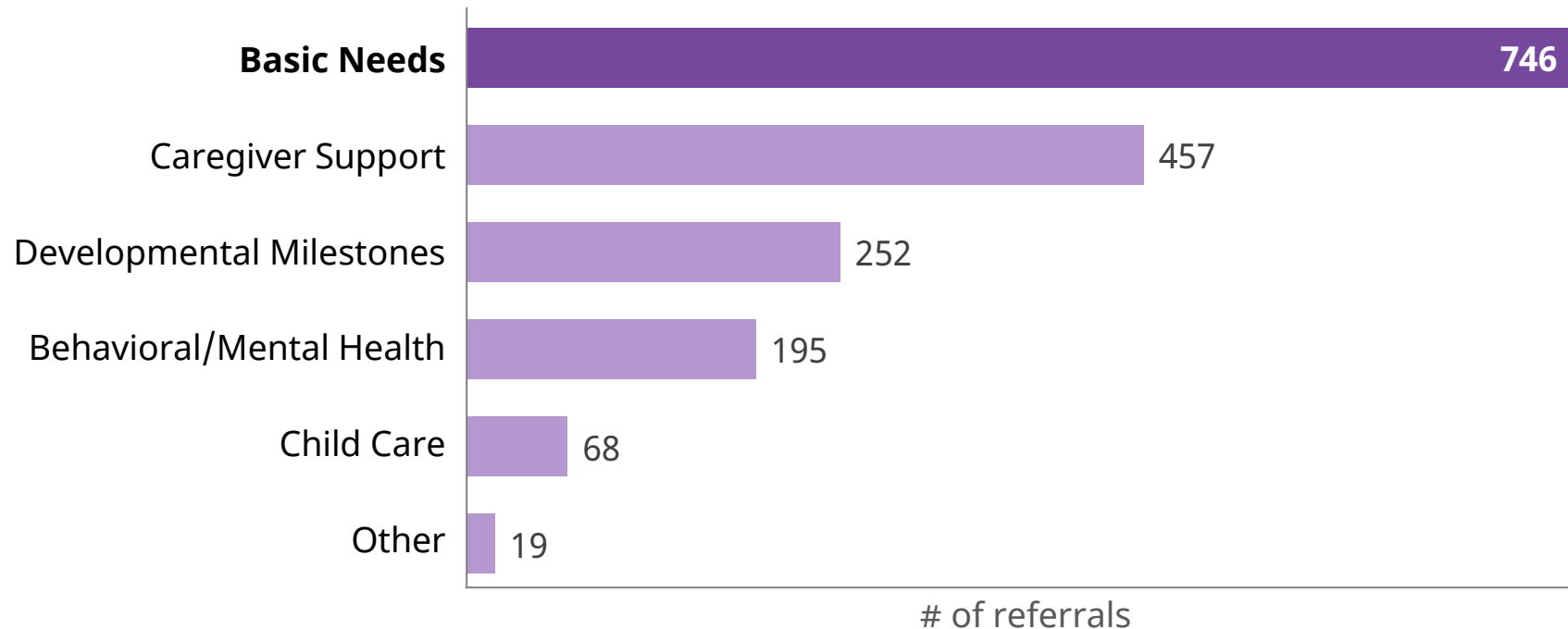
County	# children 0-9 served by Help Me Grow			Total Population of Children 0-9*	Rate Served by HMG per 1,000 Children in 2025
	2023	2024	2025		
Androscoggin	46	97	125	12,524	9.98
Aroostook	16	43	37	6,641	5.57
Cumberland	178	225	303	29,763	10.18
Franklin	<10	11	39	2,668	14.62
Hancock	35	55	22	5,147	4.27
Kennebec	55	46	116	13,035	8.90
Knox	<10	<10	16	3,606	4.44
Lincoln	<10	<10	10	3,188	3.14
Oxford	33	21	49	5,485	8.93
Penobscot	97	60	132	14,720	8.97
Piscataquis	13	<10	<10	1,487	n/a
Sagadahoc	<10	15	11	3,181	3.46
Somerset	35	17	33	5,042	6.55
Waldo	12	<10	37	3,488	10.61
Washington	<10	12	26	2,991	8.69
York	82	88	176	19,627	8.97

*2023 5-year estimates from American Community Survey

How does Help Me Grow Maine help families?

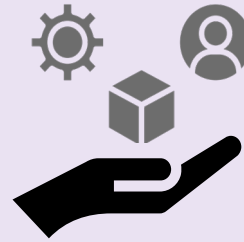


In 2025, Help Me Grow Maine provided significantly more information/ referrals regarding **basic needs** than other categories of support. Over 200 basic needs referrals were for car seats. Other common basic needs referrals were for local General Assistance funds, connections with CAP agencies, and state supports (e.g., WIC, Childcare Affordability Program).



How does Help Me Grow Maine help families?

Caregivers, providers, and partners connect with Help Me Grow Maine for support with a variety of needs. The Family Support Specialist **provides information** about local resources that can meet these needs and/or **make referrals** to appropriate services. Many callers receive connections to more than one resource.



In 2025 Help Me Grow Maine provided information/referrals to **1,737 resources** from **492 different agencies/programs**

What does this look like in practice?

- A parent called seeking support for their child due to significant behavioral concerns.
- Support was provided to the family by providing educational materials around trauma, connecting the family with a targeted case manager, and reinforcing the family's concern with the child's health provider.
- At follow up, family had begun work with case manager and was on waiting list for home-based services and further psychological evaluation.



“

Help Me Grow helped me find resources I needed. Not just for my daughter, but for myself. This was life changing. When no one else could help me find the resources, they worked to get me exactly what I needed!



When to consider reaching out...

Consider reaching out as a provider when:

- You are unsure what services a family might be eligible for but know they need additional support and want to discuss with a Family Support Specialist.

Consider referring a family when:

- A child isn't eligible for a particular service, or family declines, but may benefit from other supports and resources in their community.
- A child/family needs support beyond what your practice provides (for example, ongoing support navigating a complex referral).
- You are uncertain what a family might be eligible for, but they would benefit from additional support in some way.

“

I've had nothing but good feedback from families I've referred. They like that they get help from someone right away when they call!

- Community Provider



How is Help Me Grow Maine's implementation progressing?



Moving Forward!

- ▶ Help Me Grow Maine will continue to partner with the Child Passenger Safety Initiative and support additional trainings, including an adaptive car seat training.
- ▶ The Help Me Grow Maine team plans to focus future outreach efforts using the Childhood Opportunity Index as a guide.
- ▶ In 2026, Help Me Grow Maine will continue to promote developmental screenings through early childhood education screening events, training for providers, and through collaboration with MaineCare, especially PCPlus.
- ▶ Help Me Grow Maine will build on collaborative opportunities with WIC, CAP agencies, CradleMe, public pre-Ks, and First 10 at the Dept. of Education (which will bring access to The Basics parenting app to families).
- ▶ After shifts in grant funding and staffing changes at the end of 2025, Help Me Grow Maine will continue to reconfigure roles and responsibilities in 2026.

How is Help Me Grow Maine's implementation progressing?



For more information...

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website:



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Thank you!

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