



HELP ME GROW AND CHDP OVERVIEW

Call to Action: Ensure that [Child Health and Disability Prevention](#) (CHDP) program funding invested into our local [Help Me Grow](#) program remains stable or increases as the funding and program responsibilities shift from Alameda County Public Health Department to [Alameda Alliance for Health](#) (Alliance), our local managed care plan.

CHALLENGE

Beginning July 01, 2024, the State's CHDP program will sunset, and responsibilities will [transfer](#) over to local managed care plans. In Alameda County, since the program's inception, CHDP has been a steady funder of our local Help Me Grow program, **providing approximately \$500k in annual funding (roughly 10% of the program's annual revenue)**. The resources support five Help Me Grow child development care coordinator positions, which provide family navigation services to families with young children in Alameda County. This revenue has helped to staff an effective care coordination system that leverages pediatric practices as a single point of entry for families – so both medical and developmental care and social determinants of health needs can optimally be addressed.

HELP ME GROW OVERVIEW

Since 2009, First 5 Alameda County (First 5) has served as a pediatric quality improvement funder and administrator and a care coordination provider through what is now the Help Me Grow program. Help Me Grow supports the early identification and intervention of developmental or behavioral concerns in young children and provides family navigation to resources such as mental health, Regional Center programming, dental care, food access, housing, health care, child care, and other basic needs. It is a [national model](#) that addresses the fragmentation of systems, and the resultant challenges families face in navigating to and accessing critical services.



HELP ME GROW BY THE NUMBERS

In 2021, **Help Me Grow served 5,404 children under 6 enrolled in Medi-Cal** (5% of total in Alameda County) and their families, providing them with care coordination, developmental screening, health and parenting education, resource information, family navigation, and/or peer support.

80%

of Help Me Grow referrals come from pediatric providers

72%

were Alliance members

6,762

total connections to medically necessary services made

A 2017 data analysis comparing Alliance clients served by Help Me Grow and Alliance-only clients revealed that **Help Me Grow has a positive impact on children's access to and usage of health care services**. Of Alliance clients served by Help Me Grow:

2.4 years

The average age of developmental diagnosis occurred over two years earlier than for children not served by Help Me Grow.

+8%

Higher percentages of compliance, on average, with select HEDIS measures.

↑ utilization rates

Mild to moderate mental health services utilization rates were higher.



HELP ME GROW BUDGET

FY 2023-24 Help Me Grow Budget	
TOTAL	\$4,899,800
Prop 10	\$1,801,328
Alameda Alliance for Health	\$1,594,344*
ACHCSA-MAA	\$585,000
ACPHD-CHDP	\$479,658
ACSSA	\$224,593
Stupski Foundation	\$214,877

**The Alameda Alliance for Health FY24 contract amount is pending final approval by the Alliance Board of Governors at its December 2023 meeting.*

A major priority for First 5's Commission's, as articulated in our five-year [strategic plan](#), is the scaling and integration of Help Me Grow. The program is cost-effective and supports a stronger, more integrated, and responsive pediatric system of care. **Between 2020-2023, First 5 has leveraged \$1.4 million in local CHDP funding** through the Alameda County Public Health Department, the current local administrator of the CHDP program.

CONCLUSION

With the sunset of the CHDP program and the [transfer](#) of responsibilities to managed care plans, First 5 Alameda County is ready to partner with our local managed care plan, Alameda Alliance for Health, to ensure that they can successfully transition and continue the provision of CHDP services in Alameda County as well as work to enhance and prioritize the system of care for young children. A continued partnership with First 5 will ensure that Alameda County's youngest children and their families receive the care and coordination they need without interruptions and that we can build a high-quality, well-coordinated local system of care for children and youth.