



Help Me Grow & Vermont 2-1-1: Addressing Social Determinants of Health by Linking to Resources



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Disclosures

- We have no relevant financial relationships to disclose or conflicts of interest to resolve
- We will discuss no unapproved or off-label pharmaceuticals

Connecting Families to Community Resources

American Academy of Pediatrics



DEDICATED TO THE HEALTH OF ALL CHILDREN™

POLICY STATEMENT Organizational Principles to Guide and Define the Child Health Care System and/or Improve the Health of all Children



Poverty and Child Health in the United States

COUNCIL ON COMMUNITY PEDIATRICS

abstract

Almost half of young children in the United States live in poverty or near poverty. The American Academy of Pediatrics is committed to reducing and ultimately eliminating child poverty in the United States. Poverty and related social determinants of health can lead to adverse health outcomes in childhood and across the life course, negatively affecting physical health, socioemotional development, and educational achievement. The American Academy of Pediatrics advocates for programs and policies that have been shown to improve the quality of life and health outcomes for children and families living in poverty. With an awareness and understanding of the effects of poverty on children, pediatricians and other pediatric health practitioners in a family-centered medical home can assess the financial stability of families, link families to resources, and coordinate care with community partners. Further research, advocacy, and continuing education will improve the ability of pediatricians to address the social determinants of health when caring for children who live in poverty. Accompanying this policy statement is a technical report that describes current knowledge on child poverty and the mechanisms by which poverty influences the health and well-being of children.

STATEMENT OF THE PROBLEM

Poverty is an important social determinant of health and contributes to child health disparities. Children who experience poverty, particularly during early life or for an extended period, are at risk of a host of adverse health and developmental outcomes through their life course.¹ Poverty has a profound effect on specific circumstances, such as birth weight, infant mortality, language development, chronic illness, environmental exposure, nutrition, and injury. Child poverty also influences genomic function and brain development by exposure to toxic stress,² a condition characterized by "excessive or prolonged activation of the physiologic stress response systems in the absence of the buffering protection afforded by stable, responsive relationships."³ Children living in poverty

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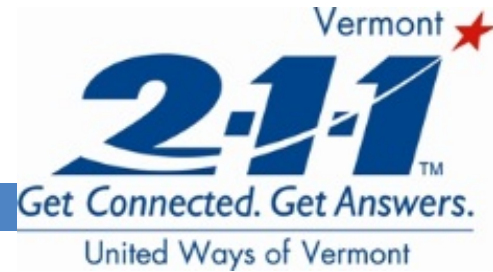
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With the goal of making kids and families happy, healthy and whole, **key resources the AAP recommends that pediatricians utilize are *Help Me Grow* and 2-1-1**

What is Information & Referral?



- Information and Referral (I&R) is a human service field with national standards
- AIRS - Alliance of Information and Referral Systems publishes these standards
- National accreditation and national certification for call specialists and resource specialists

Why 2-1-1?

One call gives you access to resources across your community; 2-1-1 is efficient, fast and easy to use by telephone or internet or text



Addressing Social Determinants of Health

Help Me Grow Child Development Specialists screen for food insecurity and then link to food resources and other supports

HUNGER Vital Sign™



The Hunger Vital Sign™ identifies individuals and families as being at risk for food insecurity if they answer that either or both of the following two statements is 'often true' or 'sometimes true' (vs. 'never true'):

“ Within the past 12 months we worried whether our food would run out before we got money to buy more.”

“ Within the past 12 months the food we bought just didn't last and we didn't have money to get more.”

Linkage is Key: Dial 2-1-1 ext. 6

To reach a *HMG* VT Child Development Specialist dial **2-1-1 ext. 6**, Monday-Friday 9am-6pm or email at info@helpmegrowvt.org



Help Me Grow
Vermont

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| <p>LEARN about child development (birth–age 8) & parenting: HelpMeGrowVT.org</p> | <p>TALK to a child development specialist by dialing: 2-1-1 x6 [M–F 9–6:00]</p> |
| <p>TEXT HMGVT to 898211 to reach Help Me Grow Vermont Standard message and data rates apply.</p> | |

New *HMG* VT Referral Form

Online referral form at www.helpmegrowvt.org

Indicate Reason for Referral

Help connect to:

- community resources/basic needs
- parent support/education/skills classes
- local developmental playgroups and extracurricular activities
- child care, preschool program or Head Start program
- specialized services such as Children's Integrated Services (CIS)
- information on pregnancy, child development, and parenting
- tools for caregivers to track developmental milestones

***HMG* VT will confirm with the referring provider that the parent and/or child was connected to the service (with parent permission)**