

## Help Me Grow

Help Me Grow is a program for expectant parents, newborns, infants and toddlers up to age 3 that provides health and developmental services to help children start school healthy and ready to learn. Services are designed with the family's concerns and goals in mind and are free, voluntary and confidential.



In the **HOME VISITING** Component, credentialed Home Visitors provide services to prenatal moms and parents/caregivers of infants and toddlers up to age 3 by offering home visits, screenings, Parents As Teachers curriculum, resource information and much more!



Goals are:

- Increase healthy pregnancies
- Improve parenting confidence/ competence
- Improve child health and development
- Increase family connectedness to community and social supports

Affiliated with Parents As Teacher National Model

*\*Services provided in Washington & Morgan Counties*

In the **EARLY INTERVENTION**

Component, credentialed Service Coordinators provide services to children ages birth to 3 who have a delay or disability. Service Coordinators provide linkage to specialized services, screenings, evaluations and transition services. Goals are to:

- Enhance the development of infants and toddlers with disabilities
- Reduce educational costs by minimizing the need for special education through early intervention
- Minimize the likelihood of institutionalization and maximize independent living
- Enhance the capacity of families to meet their child's needs

For more information or to refer, call Help Me Grow at 740-374-4954.

## Developmental Screenings

Help Me Grow offers FREE developmental screenings for infants and toddlers ages birth to 3. To schedule a screening call the Help Me Grow office at 740-374-4954.

### Core Responsibilities of Family & Children First Councils, per Ohio Revised Code 121.37:

- ◆ Shared Accountability
- ◆ Coordinating Systems and Services
- ◆ Family Engagement and Empowerment
- ◆ Building Community Capacity

### Washington County Family and Children First Council is a collaboration of:

- Belpre City Schools
- City of Marietta
- Marietta/Belpre City Health Department
- Marietta City Schools
- Ohio Department of Youth Services
- Parent Representatives (4)
- Washington County Behavior Health Board
- Washington County Board of Developmental Disabilities
- Washington County Commissioners\*
- Washington County Department of Job & Family Services
- Washington County Health Department
- Washington/Morgan Counties Community Action
- Wash.-Morgan Co. CAP Head Start
- Community Partners:
  - Building Bridges to Careers
  - GoPacks
  - Hopewell Health Centers
  - Life & Purpose Behavioral Health
  - Ohio State University Extension
  - Wash County Public Child Serving Agency (PCSA)

\* Administrative Agent

**FCF develops and maintains a Family Resource Guide available on the FCF website**

**Visit us on the web at...  
www.wcfcfc.org  
or find us on Facebook at  
Washington County Family and  
Children First Council or  
Washington County Help Me Grow**



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# Family & Children First...Connecting the Dots

## Service Coordination/Wraparound



Service Coordination and Wraparound are resources to help with the toughest cases—those children or teens who are involved in multiple public systems, whose families have tried many options and are still

struggling. This family-driven process offers families of children with multiple needs the opportunity to bring providers together at the same table in a coordinated manner to support and wrap services around the family, enabling youth to thrive in their home and school environment. Anyone can refer.

## Multi-System Youth (MSY) Initiative

Family & Children First participates in the Ohio Department of Medicaid's MSY Initiative which provides funding for multi-system youth. Funds can be used to support out-of-home placements such as residential treatment facilities, and also used for wraparound and in-home services to support maintaining children and youth in their homes. Children must be involved in FCF's Service Coordination process in order to access services.

## Child Passenger Safety Technicians

The Family & Children First office employs two trained and certified Child Passenger Safety Technicians. The Technicians provide Car Seat Classes for the Ohio Buckles Buckeyes program through the Marietta/Belpre Health Department. To schedule for a class, contact the Health Dept.

## Child Passenger Safety Fitting Station

The Family & Children First office serves as a "Fitting Station" for car seat checks. Parents can call the FCF office to schedule a time to stop by and have their car seat fitted.

## Strengthening Families 10-14 Program

The Strengthening Families 10-14 Program is a highly successful evidence-based program for parents and their youth ages 10-14. It is a parent, youth, and family skills-building curriculum designed to:

- ⇒ Prevent teen substance abuse and other behavior problems
- ⇒ Strengthen parenting skills
- ⇒ Build family strengths



The program is delivered with 7 sessions for parents, youth, and families using realistic videos, role-playing, discussions, learning games, and family projects.

The Family & Children First office offers two sessions annually. FREE and open to the public, with child care and a meal provided. Call us today!

## Parenting Wisely

Parenting Wisely (PW) is designed to facilitate the learning of necessary skills for the healthy well-balanced raising of children from ages 3 to 18. Extensive research shows that use of PW resulted in:

- Increased knowledge & use of good parenting skills
- A decrease in child behavior problems
- Improved problem solving

Parents have access to a private computer and watch scenes of common daily problems; choose a solution; watch and see how effective the solution was! Two programs are offered: Young Children and Adolescents. Approximately 2 hours to complete. Call FCF to schedule a time convenient for you! FREE!



## Incredible Years Parenting Program

The evidence-based Incredible Years Preschool Basic parenting program for parents of children ages 3-6, strengthens parent-child interactions and attachment, reducing harsh discipline and fostering parents' ability to promote children's social, emotional, and language development. Parents also learn how to build school readiness skills and are encouraged to partner with teachers and day care professionals. This 14-week program is offered once a year FREE to the public with child care and meal provided. Contact us for dates!



## Trauma Informed Care Initiative

Family & Children First is a trauma-informed agency. Becoming "trauma-informed" means recognizing that people often have many different types of trauma in their lives. Family & Children First employs a Trauma Informed Care Trainer who is accessible for free trainings in the community, to schools and to agencies and businesses. To schedule a free training, contact the FCF office.

## Early Childhood Safety Initiative

FCF received a grant from the Ohio Children's Trust Fund to provide safety items to families with young children. A Safety Kit is available free to families with a child under age 2 and under 200% FPL. The kit includes a gate play yard; 56 piece home safety kit; door knob covers; and protective edging. Parents can contact the FCF office to schedule a safety education presentation and pick up their kit.

## Partnerships

- ⇒ Building Bridges to Careers (BB2C)
- ⇒ Family Career Awareness Day
- ⇒ Annual High School Senior Career Survey
- ⇒ Opioid HUB Committees
- ⇒ Southeast Regional Trauma Informed Care Collaborative
- ⇒ Infant Massage Trainers
- ⇒ Ohio Buckles Buckeyes
- ⇒ Early Childhood Safety Initiative
- ⇒ Handle With Care Project
- ⇒ Resource Development
- ⇒ Cribs for Kids
- ⇒ Crisis Response Team
- ⇒ Resource Team
- ⇒ OhioRISE

