



bringing childhood to life.

## What is Help Me Grow Utah?

**Help Me Grow Utah (HMGU)** is a universal information and referral network connecting parents and providers to child development information and community resources at no cost.

More specifically HMG offers:

- **Developmental Screening** (Ages and Stages Questionnaire) for children ages 0-5 years old
- **Postpartum Depression Screening** (Edinburgh Postnatal Depression Scale) for parents prenatally and postpartum
- **Referrals** to community resources
- **Information** on pregnancy, child development and parenting
- **Care Coordination** to ensure that families successfully connect with resources



Help Me Grow Utah supports prenatal parents and families with children through age 8. We offer services across the state at no cost in both English & Spanish.

## What are some common reasons to refer to Help Me Grow Utah?

- Developmental Screening
- Behavioral Concerns
- Autism Spectrum
- Education
- General Development
- Family Issues
- Communication
- Health/Medical
- Speech/Language
- Basic Needs
- Parenting Education
- And More!

## How do I refer a family?

**HELP ME GROW UTAH** Help Me Grow Referral Form

Help Me Grow Utah (HMGU) is an information and referral network connecting parents and providers to information about child development and community resources at no cost. By completing this form, you are:

- signing up to receive free information from HMGU on child development and community resources in your area,
- signing up to receive access to a free developmental screening tool called the Ages and Stages Questionnaire (ASQ) for each of your children—ages 5 and under.

**Provider Information**

Name of Provider (e.g. Wasatch Pediatrics) \_\_\_\_\_  
 Contact Person: \_\_\_\_\_  
 Street \_\_\_\_\_ City \_\_\_\_\_ Zip Code \_\_\_\_\_  
 Phone \_\_\_\_\_ Fax \_\_\_\_\_ Email \_\_\_\_\_

**Parent or Guardian Name(s)**

Street \_\_\_\_\_ City \_\_\_\_\_ Zip Code \_\_\_\_\_  
 Phone \_\_\_\_\_ Email \_\_\_\_\_

**Family Information**

Best time to contact (Between \_\_\_\_\_ & \_\_\_\_\_)  Afternoon  Evening  Best time of contact  Home  Work  
 Please contact me in  English  Spanish  Other \_\_\_\_\_

Child Name \_\_\_\_\_  Male  Female  
 Date of Birth \_\_\_\_\_ Premature?  Yes  No If yes, # of weeks early \_\_\_\_\_  
 Concerns: \_\_\_\_\_

Ask me about my other children when you contact me.

By signing this form, the parent/legal guardian, authorizes the release and use of the information above.

Signature of the parent/legal guardian \_\_\_\_\_ Date \_\_\_\_\_

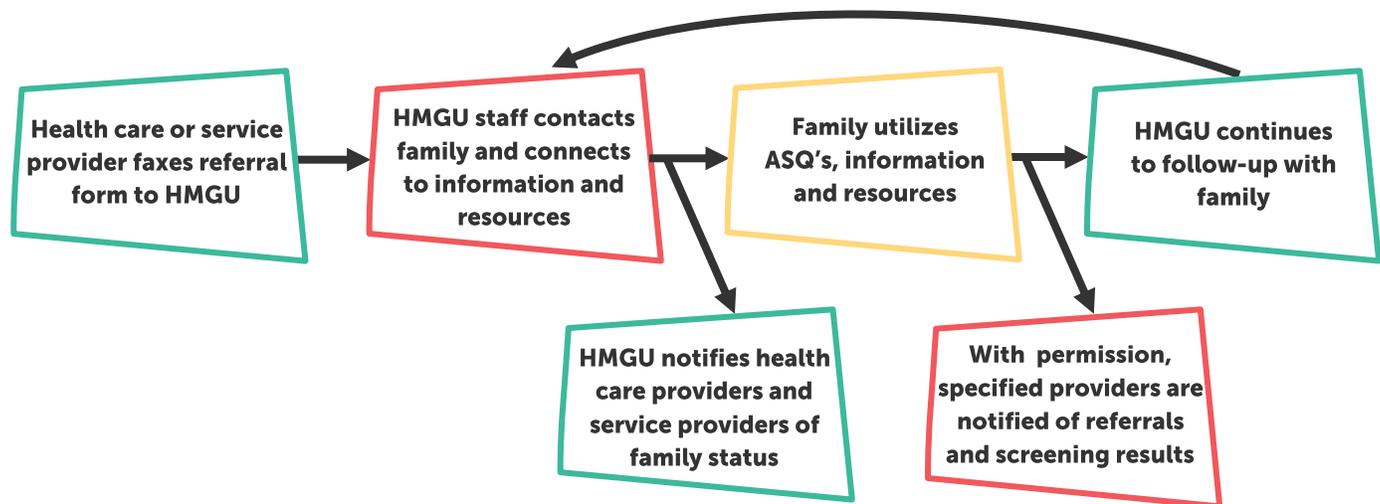
Please fax this form to 801-374-2591. Questions? Call Help Me Grow at 801-693-5322.  
 helpmegrowutah.org | helpmegrowunitedwayco.org

To connect a family with Help Me Grow Utah **fax a Help Me Grow Referral Form to 801-374-2591**

### Other ways to connect:

- Visit our website [helpmegrowutah.org](http://helpmegrowutah.org)
- Dial 2-1-1 and ask for Help Me Grow
- Text the word "screening" to 77948
- Families may also self-refer

## What happens to families once I have referred them?



## What if I have a question for Help Me Grow Utah?

No problem! In addition to helping families, **we are here to answer questions you have** about available community resources and developmental information. To have your questions answered, **call 801-691-5322**, or visit us at **helpmegrowutah.org**.

## What else should I know?



We want to help you connect with others in the **early childhood community!**

Join our mailing list to receive **monthly e-newsletters** and invitations to regular **Networking Breakfasts**

We also have great **online resources** for families and services providers! Check out our:

- **Community Calendars**—Help families to find events happening in their local communities. Let us know what events you have coming up so we can help you spread the word!
- **Social Media**—We have a strong presence on **Facebook, Blogger, Instagram & Pinterest**. Families can find parenting tips, child development information, and inspiration daily. We also love to share content from our partners.

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