



March 2020 Edition

A Word From HMG-AK

Help Me Grow Alaska is open and ready to support families and the providers working with them through this stressful and unprecedented time.

We know that families are being asked to take on many challenging roles all at once while navigating a dynamic, unfamiliar and stressful landscape.

If you or a family you work with are in need of resources, support, activity ideas for kids at home or just need to talk with someone about parenting challenges or their child's development or behavior, the Help Me Grow Alaska Call Center is available at no cost.

For primary care providers seeing pediatric patients, the PAL-PAK child psychiatry consult line is also open and available as a helpful resource as mental health issues may be on the rise at this time.

As the situation with COVID-19 continues to evolve, please remember to take care of yourselves, take care of your families, and reach out for additional help when you need it.

Resources & Activities for Children & Families in Response to COVID-19

We understand these challenging days bring with them many questions and uncertainty from both children and parents. Help Me Grow Alaska has compiled a growing list of available resources as well as child-focused activities that can be found [here](#). We will continue to update this list as additional resources and information becomes available.

We recognize that during a time like this, even a list of helpful resources can be overwhelming as families are receiving information from multiple entities, including schools, child care, medical providers and the State. Help Me Grow Alaska's Care Coordinators can alleviate some of the stress and anxiety by helping families navigate these resources and ensuring they get connected to the appropriate support.

Additional helpful resources can be found on thread's website, [here](#).

We encourage you to use and share these resources, and let us know of any that are missing from our list. We are all in this together. Our call center is open and our Care Coordinators are ready to help support and connect families to the help they need.

Have you visited the HMG-AK Website?

Find referral forms, developmental screening and other useful resources on [HelpMeGrowAK.org](https://www.HelpMeGrowAK.org)

Check out our Facebook Page

We are all trying to do the best we can in these unprecedented times. If you are looking for some activities, ideas or resources check out our [Facebook page](#). Feel free to call one of our family support specialists if there are questions or supports needed.

Contact a Help Me Grow Alaska Care Coordinator 1-833-HMG-Alaska (1-833-464-2527)

PAL-PAK Line is Open

The Partnership Access Line - Pediatric Alaska (PAL-PAK) offers immediate support to pediatric care providers (doctors, nurse practitioners and physician assistants) in Alaska who have questions about child and adolescent mental health care, such as diagnostic clarification, medication adjustment or treatment planning.

PAL-PAK is available to any prescribing provider caring for children or teens in Alaska. The consultation service is state- and grant-funded, so there is no charge for calling the consultation line. Providers may call about any patient, regardless of the patient's insurance type.

Consultations can be patient specific or can be general questions related to child psychiatry. The phone consultation is covered by HIPAA, section 45 CFR 164.506; no additional release of patient information is required to consult by phone.

Call [855-599-7257](tel:855-599-7257) (toll-free) Monday through Friday, 7 a.m. to 4 p.m. Alaska time, to be directly connected to a child and adolescent psychiatrist.

Help Me Grow Outreach Travel

Help Me Grow Alaska travel is on hold. We look forward to restarting our community outreach as soon as it is safe to do so - feel free to [contact us](#) if you'd like to start planning a visit for sometime in the future when we're able to come to your community.

Pick.Click.Give.

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Help Me Grow Alaska is a program of the [All Alaska Pediatric Partnership](#), an Alaska nonprofit dedicated to promoting and improving the health and wellness of all Alaska's children and their families.