HELP ME GROW
LONG ISLAND

7th ANNUAL
IMPACT REPORT

1/1/2025 to 12/31/2025

Help Me Grow Long Island is operated by Docs for Tots
225 Bryant Avenue, Roslyn NY 11576

Dear Friends and Families,

Come learn about our impact in 2025. These pages highlight how we supported and connected families, providers and partners while advancing a stronger system of care across Nassau and Suffolk Counties.

2025 marked a critical inflection point as Help Me Grow Long Island developed a dedicated outreach function, established new program management, and laid groundwork for partnership initiatives that are taking flight in 2026. After focusing the first half of the year on smooth operations and key staff onboarding efforts, we shifted in Q3 and Q4 toward strategic growth and partnership, including presenting our strategic plan at Help Me Grow National in Hartford, CT and delivering our first Stronger Together Summit. The Summit brought together leaders across Health, Childcare, Early Care & Education, Government, and the Community, and included a full Continuing Medical Education (CME) program.

For newer friends of Help Me Grow Long Island, we are a free resource connecting families and providers to community resources and child development information in Nassau and Suffolk Counties. Launched in 2018 and coordinated by Docs for Tots, HMGLI supports families of children prenatal through age 5 while advancing cross-sector systems change.

We are using 2025's learnings to drive 2026 progress and can't wait to update you again on how we continue to bring more screenings, services, and supports to Long Island's youngest residents.

With Gratitude,

Elizabeth Isakson, MD
Executive Director
Docs for Tots

Diana McGee
Program Manager
Help Me Grow Long Island

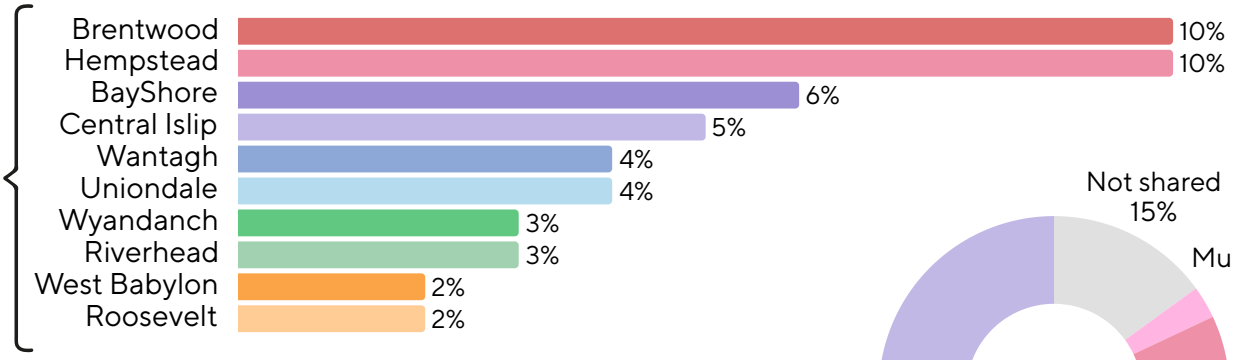
Who we served in 2025

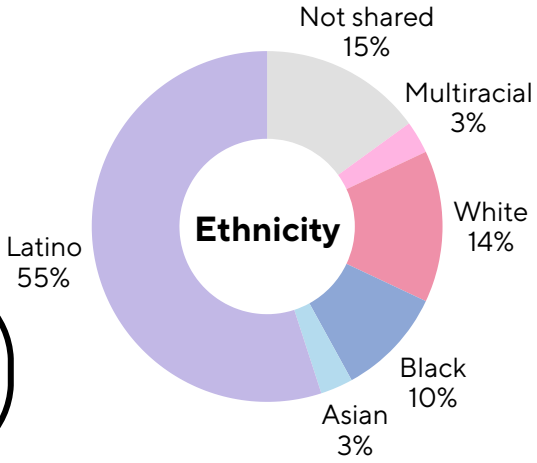
Children under 5 in Nassau + Suffolk Counties

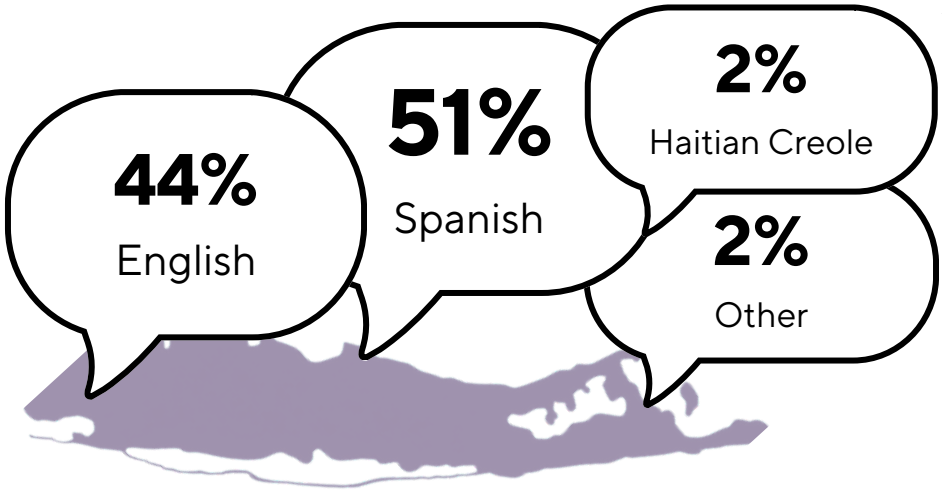
HELP ME GROW LONG ISLAND

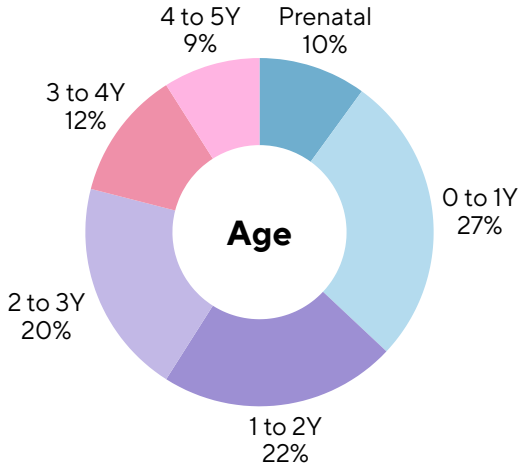
% of Referrals to our bilingual, virtual team

Top 10 LI towns served









Spanish has overtaken English as the primary caregiver language (51.1% vs. 44.2%), a first in HMGLI's history, and remains far above Long Island's general population rate of 20%. Bilingual staffing support is in place and critical to HMGLI services.

1,257

FAMILIES SERVED ON LONG ISLAND

10,300

Resource navigation and parent support activities completed to serve Nassau and Suffolk County families.

76%

UNDER AGE 3

How we impact

The work is the *connection*, not the intake.

HELP ME GROW LONG ISLAND

1. **You request our support**
2. **We assess family needs and interests**
3. **We encourage screening and identify resources**
4. **We complete follow-ups and deliver education**
5. **We review systems and engage partners**

94% of requests surrounded <u>unmet</u> basic needs or developmental concerns, our long standing top two request types, with more in 2025 focused on development:

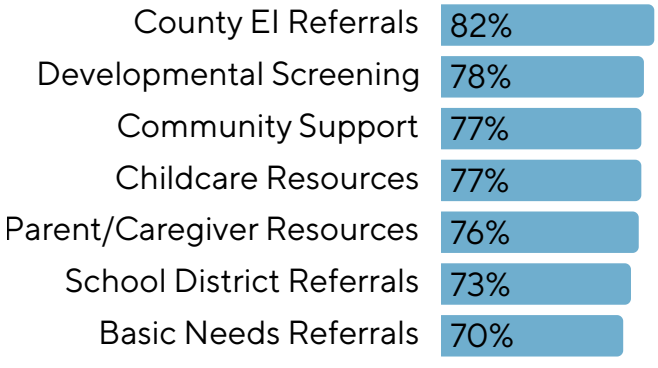
Needs Addressed in 2025

1,193 developmental screenings were completed through Family Resource Specialists and Child Care providers.

2,922 Referrals coordinated to no-cost community resources covering parent education, development, basic baby needs, and more.

4,881 Long Island families are subscribed to text education to receive screening reminders and ZIP-specific resource updates, curated by our outreach team.

Our Connection Rate, by Type



Partners in Screening

Through our work, LI families are equipped with both data and practical supports, and we don't do it alone.

HELP ME GROW LONG ISLAND

Long-Standing Partners

Health Systems
Northwell, NYU, NUMC,
Stony Brook

We continued to train pediatric residents and pediatricians in major LI health systems and agreed to expand program in 2026.

Child Care
Child Care Council of Nassau
Child Care Council of Suffolk
QUALITYstarsNY

67 Child Care Centers on Long Island have become screening partners.

Evolving/Growing Partners

Trusted Gathering Spots
Libraries, community centers,
shelters, cultural centers,
and faith-based organizations

Books, Balls and Blocks events are popular in libraries and can expand to be delivered in many more trusted settings in 2026.

Community Connectors
Nassau County Dept of Health
Suffolk County Dept of Health
School District Offices
Legislative District Offices
HWCLI

We saw a major opportunity to refine linkages with Nassau and Suffolk agencies and have focused on this in 2026.

Some data that inform how we operate

- **One in three** LI families can't make ends meet, even though most are above the federal poverty line, despite our state having some of the wealthiest zip codes in the country. [1]

- **28% in NYS** - The % of families who report their children have undergone developmental screening within the past year. Only 4 states rank lower. [2]

Our approach is realistic and inclusive

By attending to 1st order family needs. A parent unsure how she'll afford her child's next diaper is not able to focus on completing a screening. Our model addresses essential baby needs and promotes family-based developmental monitoring in tandem.

By remaining screening agnostic. Our approach to screening on Long Island is rooted in a belief that a completed screen is our collective goal even if screening tools differ by setting. This approach gets us closer to 3 screenings by 3 years old across child care, home visiting, and health care.

By expanding beyond the doctor's office. Help Me Grow Long Island reframes screening as a family tool to help with both celebration and action as their babies grow. Family-led screening creates the long term ownership parents need as they navigate Long Island early childhood systems.

[1] https://www.unitedforalice.org/introducing-ALICE/new-york
[2] National Survey of Children's Health

Extending Gratitude

For action, funding, and guidance

To our report contributors:

- 2025 Help Me Grow Long Island Staff: Fabella Terry, Katherine Fuentes, Rachel Henriquez, and Kaley Amalfitano who have shown grit, flexibility and diligence to help Long Island's littlest thrive
- Pelumi Soyemi, MPH (Docs for Tots Implementation Specialist) and Zahra Faisal,MPH (Hofstra) for compiling, verifying, and analyzing data

To our 2025 Funders:

The Mother Cabrini Health Foundation
NYS Office of Children and Family Services
Pritchard Charitable Trust
Northwell Health
William Gundry Broughton Charitable Private Foundation Inc
Marilyn Lichtman Foundation
Junior League of Long Island

To our Leadership Team Members

- Child Care Council of Nassau
- Child Care Council of Suffolk
- Children's Medical Center at NYU Langone Hospital
- Choice for All
- Cohen Children's Medical Center
- Family and Community Engagement at LIU
- Family Place Libraries
- Health and Welfare Council of Long Island
- Healthy Steps Program at Nassau University Medical Center
- Hofstra University Department of Health Professions
- Institute for Parenting at Adelphi University
- Harmony Healthcare
- Long Island Pre-K Initiative
- Nassau BOCES
- Nassau County Department of Health Division of Maternal Child Health
- Nassau Library System
- Northwell Health
- NYS Council on Children and Families
- Parent to Parent
- Postpartum Resource Center of New York
- QUALITYstarsNY
- St. Mary's Health Care System for Children
- Stony Brook Children's Hospital
- Stony Brook WIC
- Suffolk County Department of Health
- Sun River Healthcare

To discuss partnership or funding opportunities, please email outreach@hmgli.org

To learn more about Help Me Grow Long Island or to connect to services, visit www.helpmegrowli.org.