



Public Health
Prevent. Promote. Protect.
Zanesville-Muskingum County

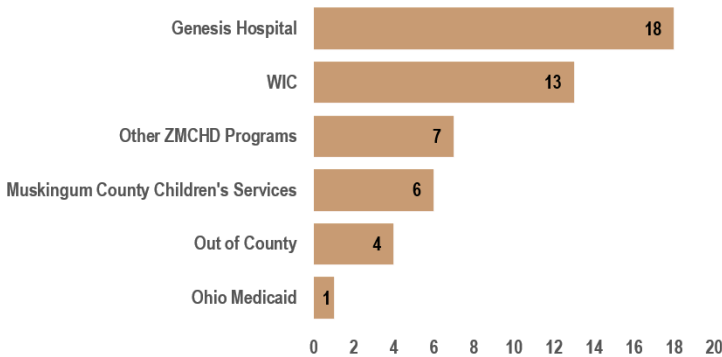
2025 Annual Report

HELP ME GROW

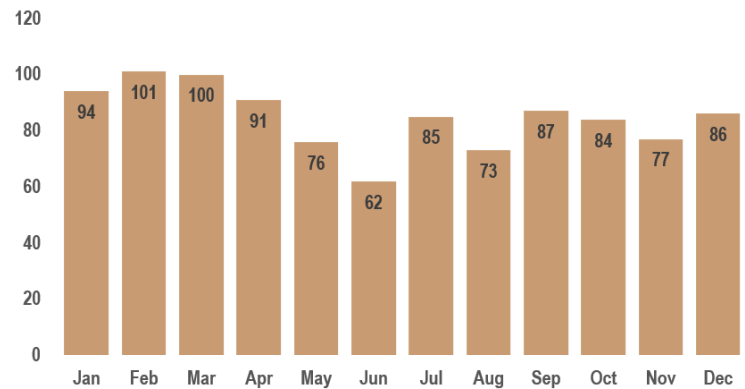
The Zanesville-Muskingum County Health Department's Help Me Grow (HMG) program uses the Healthy Families America program of home visiting, which is a national, evidence-based home visiting model. The main goal is to provide support, encouragement, information, and resources to families to promote positive parent-child interaction. Home visitors use an evidence-based curriculum for activities and handouts for parents and families, and routinely screens children's development to help with early identification of any potential developmental concerns.

DURING THE GRANT YEAR, HELP ME GROW HOME VISITING:

A total of 49 referrals were received during 2025.



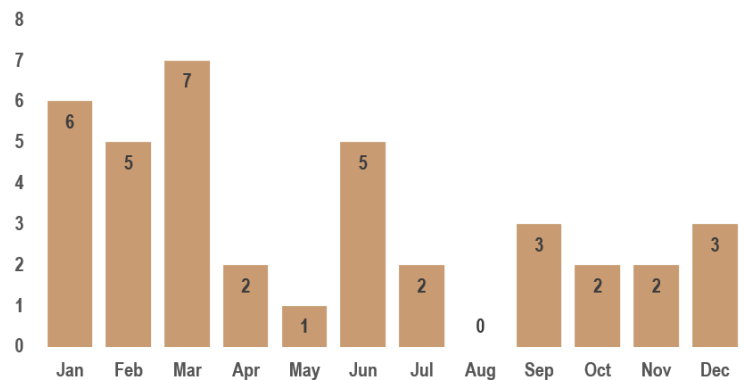
EI completed over 1,000 home visits during the year.



Educated Families on the Following Topics:

- Postpartum care
- Bonding with children
- Baby's cues and signals
- Practicing age and developmentally appropriate activities
- Basic baby care
- And much more!

Served 38 new families throughout the year.



To Make a Referral Directly to the Program:

- Phone: (740) 371-3322 or (800) 755-GROW
- Email: HMGreferrals@helpmegrow.org
- Fax: (855) 318-3322 or (855) 418-3322
- Visit <https://www.helpmegrow.org/Southeastern.aspx> for the online referral form

HELP ME GROW SUCCESS STORY

One of our clients was a woman pregnant with her third child; the first two children were both under three years old. Mom was the only one earning money in her household and money was tight. Her home visitor gathered information about local pregnancy resources and grants and spoke to a representative from The Appalachian Bridge Project to make sure Mom would be eligible for assistance. Mom was able to enroll in the Appalachian Bridge Project and was provided with a sign-on payment, which helped her to get her baby a crib and changing table. Mom was very happy and excited for this resource and would not have known about it without HMG.

HELP ME GROW STAFF



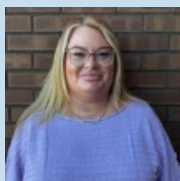
Melissa Cox, HMG Supervisor for over five years. She has been working in the field of Early Childhood for 15 years. Melissa taught preschool for six years before starting in Help Me Grow, and then worked in Help Me Grow for nine years in Washington and Muskingum Counties. She loves helping families be the best that they can be and connecting them to resources that they need. She loves seeing families be successful.



Jessica Grimes, Help Me Grow Home Visitor for over five years. She enjoys meeting new parents in the community and assisting them with getting their children off to a good start. She tries to have a positive outlook on life and spends most of her free time with her husband and four children. Jessica is a dedicated member of her church, is part of a local mom's support group, and enjoys learning and furthering her knowledge of parenting tips and tricks whenever possible.



Andi Waggle, Home Visitor for over one year. She has a degree in Early Childhood Education and started working in childcare directly out of college in 2014. She loves this job because it allows her to support whole healthy families. She believes Help Me Grow is important because it puts the focus on the entire family and not just one person from the family. She loves working with children, but has a passion for connection and the family unit as a whole.



Brittany Smith, Home Visitor for four months. She has a background in Human Services through Zane State College, which has provided a strong foundation for her work in family support. She is passionate about working with young children and families from all backgrounds, and enjoys supporting early development, growth, and family well-being. Through her work with Help Me Grow, she has learned the importance of early learning, family-centered support, and meeting families where they are. She is committed to continued growth in this field and to making a positive impact in the lives of families she serves.