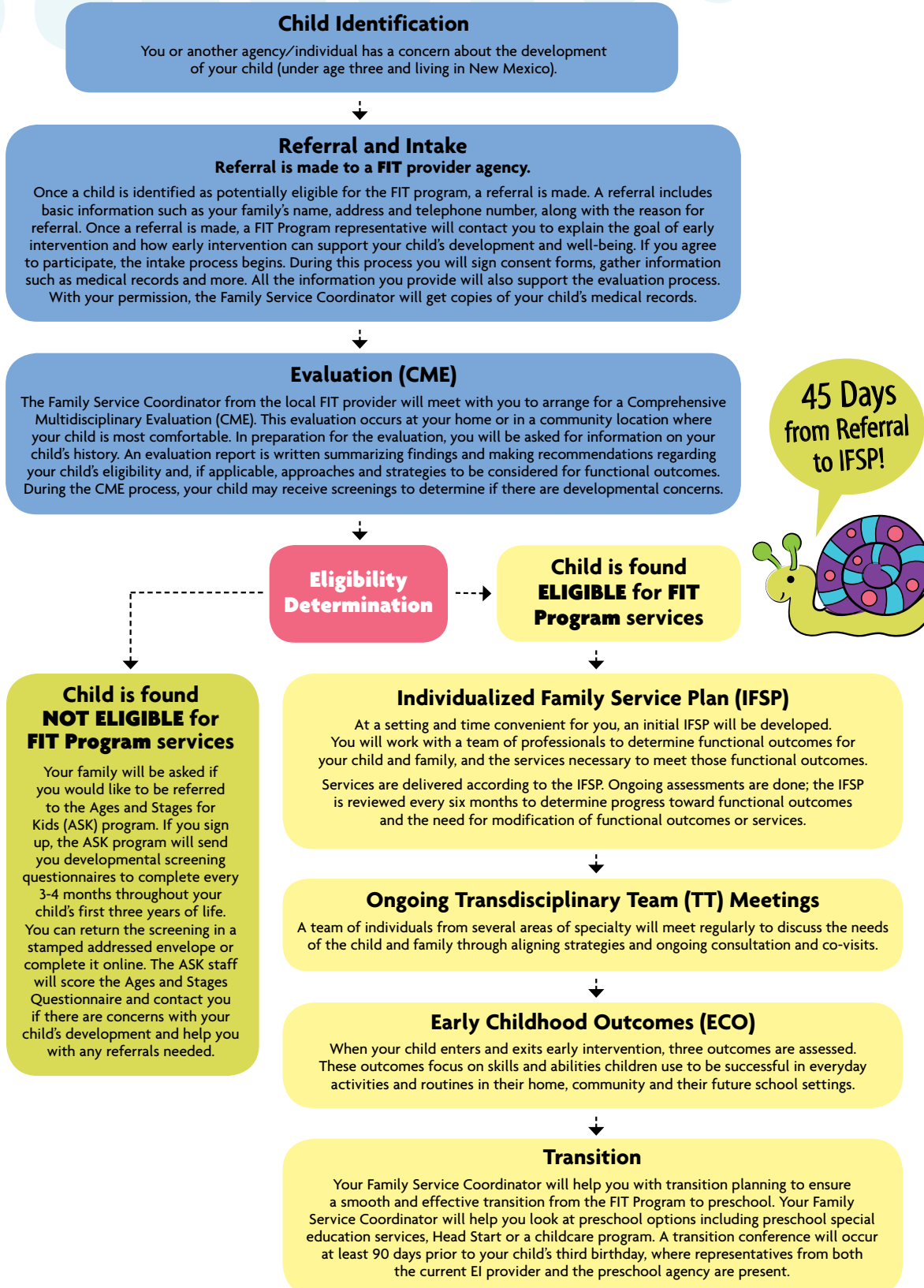


Steps in the FiT Program



45 Days from Referral to IFSP!



FiT Provider List

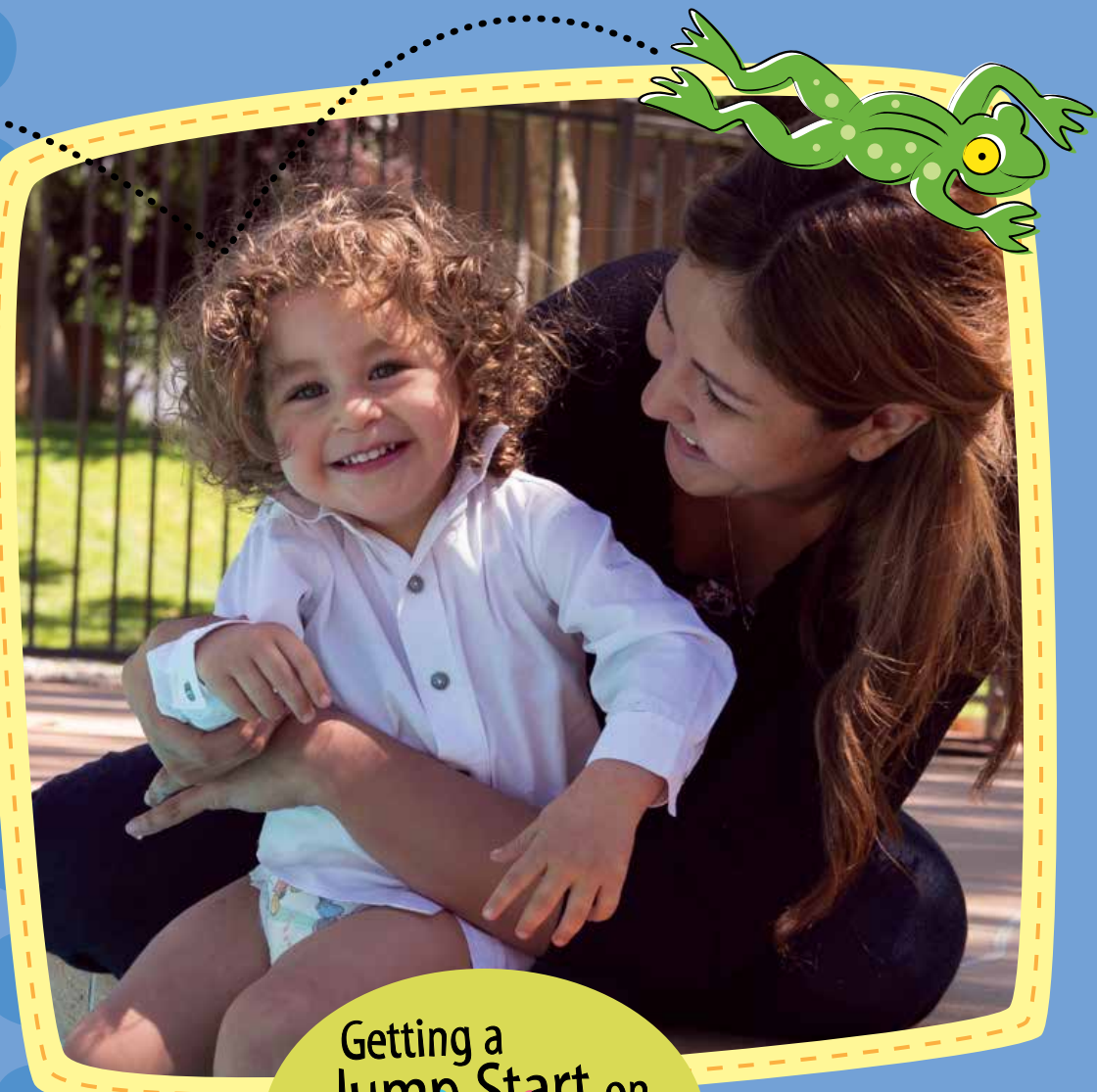
Early intervention can make a lifetime of a difference!



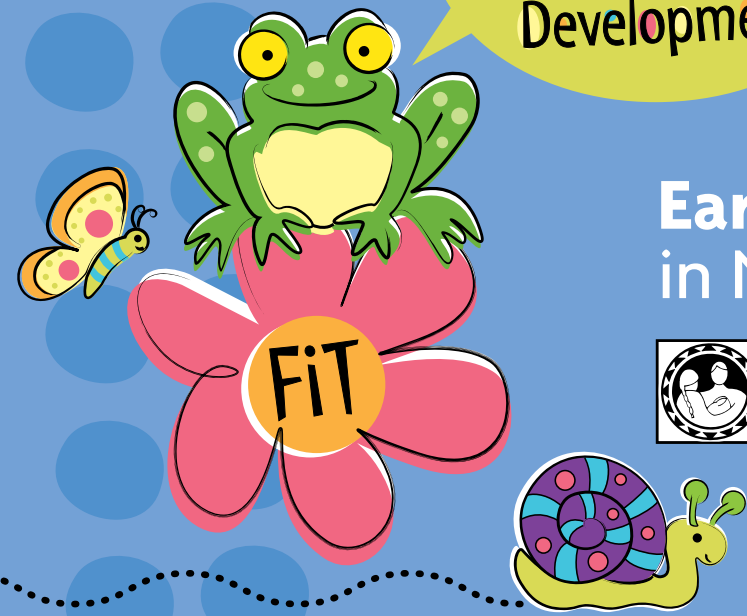
How to find a FIT Program in the family's community:

The following is a list of early intervention providers in New Mexico under the **FIT Program**. The county(ies) served by the provider agency generally includes any pueblo or reservation within that county.

- Abrazos Family Support Services**
Bernalillo, Sandoval • (505) 867-3396
- Alta Mira Specialized Family Services**
Bernalillo, Torrance • (505) 262-0801
- Aprendamos Intervention Team**
Doña Ana • (575) 526-6682
- CARC, Inc.**
Eddy • (575) 887-2272
- Casa Alegre El Program at Socorro General Hospital**
Socorro • (575) 835-8367
- Citizens for the Developmentally Disabled (The Children's Workshop)**
Colfax, Harding, Mora, San Miguel, Union (575) 445-3520
- Dungarvin New Mexico**
McKinley, including Zuni Pueblo • (505) 722-4383
- ENMRSH**
Curry, De Baca, Guadalupe, Quay, Roosevelt (575) 742-9033
- Ensueños y Los Angelitos**
Taos • (575) 758-4274
- Growing in Beauty**
Crown Point • McKinley • (505) 786-2399
Gallup • McKinley • (505) 722-5081
Shiprock • San Juan • (505) 368-1509
To'Hajiilee • Bernalillo • (505) 908-2100
- Inspirations**
Bernalillo • (505) 550-2643
- La Vida Felicidad**
Cibola • (505) 287-5118
Valencia • (505) 865-4651
- Laguna Pueblo Division of Early Childhood**
Cibola • (505) 552-1013
- Las Cumbres Community Services**
Los Alamos, Rio Arriba • (505) 753-4123
- Life Quest, Inc.**
Catron, Grant, Hidalgo, Luna (575) 388-3681
- LifeROOTS (formerly RCI)**
Bernalillo • (505) 255-5501
- Mescalero Apache Early Childhood Program**
Otero • (575) 464-9328
- MECA Therapies**
MECA • Curry, DeBaca, Quay, Roosevelt • (575) 763-9517, ext 219
MECA • Lea • (575) 492-9505
MECA Las Cruces • Doña Ana • (575) 522-9504
MECA Roswell • Chaves • (575) 623-2615
- Native American Professional Parent Resources (NAPPR)**
Bernalillo, Cibola, Sandoval, Valencia (505) 345-6289
- NM School for the Blind & Visually Impaired (NMSBVI)**
Statewide • (800) 437-3505 or (505) 271-3060
- NM School for the Deaf (NMSD) Early Childhood Program**
Statewide • (800) 841-6699
- New Vistas**
Mora, San Miguel, Santa Fe • (505) 988-3803
- PB&J Family Services, Inc.**
Bernalillo, Sandoval • (505) 877-7060
- Pine Hill Early Intervention Program**
Cibola • (505) 775-3371
- Positive Outcomes, Inc. • Alberta House**
Socorro • (575) 838-0800
- Presbyterian Ear Institute**
Bernalillo, Sandoval, Torrance, Valencia (505) 224-7020
- Presbyterian Medical Services Children's Roundtree Developmental Services**
San Juan • (505) 564-6903
- Region IX Education Cooperative Developmental Services Program**
Lincoln • (575) 257-3105
- Tobosa/Los Pasitos**
Chaves • (575) 623-0849
- Tresco, Inc./TOTS**
Doña Ana, Sierra • (575) 527-4900
- UNM Developmental Care Continuity Program**
Statewide • (505) 272-3946
- UNM FOCUS Program**
Bernalillo, Sandoval, Torrance, Valencia (505) 272-3459
- Zia Therapy Center, Inc.**
Otero • (575) 439-4900



Getting a Jump Start on Your Child's Development!



Early Intervention in New Mexico

The **New Mexico Family Infant Toddler (FIT) Program** provides early intervention services and supports to families of children age birth to three who have or who are at risk for developmental delays or disabilities.

Services are provided at no cost to families, using a combination of Medicaid, State General Funds, Individuals with Disabilities Education Act (IDEA) grant and private health insurance.

The FIT Program provides early intervention services in natural environments, such as the home or other community settings (child care, Early Head Start, etc.).

Early intervention services include support from a team of professionals including developmental specialists; speech, occupational and physical therapists; social workers; nutritionists; etc. The transdisciplinary team meets regularly to consult with each other and may conduct co-visits in order to align strategies to meet the child's and family's outcomes.

98% of children enrolled in FIT primarily receive early intervention services in the settings where they typically live, learn and play – in order to ensure that the activities become a part of their, and their families', typical routines.



Vision & Beliefs...

All infants and toddlers with or at risk for developmental delay, and their families, receive quality early intervention supports and services that are:

- Accessible to all groups and communities throughout New Mexico;
- Respectful of individual family choices, priorities and cultural diversity; and
- Family-centered, by working in partnership with families within their everyday routines, activities and places.

Early Intervention in New Mexico



Early Intervention Really Works!

According to the U.S. Department of Education, after nearly 50 years of research there is both quantitative (data-based) and qualitative (reports of parents and teachers) evidence that early intervention increases the developmental and educational gains for the child, improves the functioning of the family and reaps long-term benefits for society. Early intervention has been shown to result in the child:

- Needing fewer special education and other habilitative services later in life;
- Being retained in a grade level less often; and
- In some cases being indistinguishable from classmates without special needs years after intervention.

The available data emphasize the long-term cost effectiveness of early intervention. Many studies and literature reviews report that the earlier the intervention, the more effective it is. With intervention at birth or soon after the diagnosis of a disability or high risk factors, the developmental gains are greater and the likelihood of developing problems is reduced.

95% of families surveyed report that early intervention services have helped them help their children develop and learn.

Kayla's Story...

"Kayla was born at 27 weeks gestation. She had trouble breathing and eating and also came home on oxygen. My husband and I were concerned for her development progress due to her prematurity.

"My relationship with the FIT program is great and very informative. When I needed information, I would ask our developmental specialist who would explain what I needed to know or look up the information for me.

"We were concerned with her speech and language development and wanted to hear her speak more clearly and have vocabulary that was at her age level. This happened. She now runs, climbs, jumps, and throws and catches a ball!"

— Kayla's mother



Key Principles in Providing Early Intervention Services:

1. Infants and toddlers learn best through everyday experiences and interactions with familiar people and familiar contexts.
2. All families, with the necessary supports and resources, can enhance their children's learning and development.
3. The primary role of the service provider in early intervention is to work with and support the family members and caregivers in a child's life.
4. The early intervention process, from initial contacts through transition, must be dynamic and individualized to reflect the child's and family members' preferences, learning styles and cultural beliefs.
5. IFSP outcomes must be functional and based on children's and families' needs and priorities.
6. The family's priorities, needs and interests are addressed most appropriately by a primary provider who represents and receives team and community support.
7. Interventions with young children and family members must be based on explicit principles, validated practices, best available research and relevant laws and regulations.
8. Support for families in developing strategies to understand, interpret and nurture their child's development is best achieved through the use of reflective practices.

99% of children enrolled in FIT had improved in their positive social-emotional skills (including social relationships) when they exited the program.



How many children are served?

- The Family Infant Toddler Program serves more than 13,000 children each year.
- Referrals from medical personnel, child care, social services, home visiting and parents continue to grow.
- 1 in 10 children in New Mexico between the ages of birth and three are served by the FIT Program.



Who is eligible for the FIT Program?

Children must be under the age of three and be a resident of New Mexico to be eligible for the FIT Program.

It is not necessary to determine a diagnosis or a delay prior to referral. Simply the fact that you are concerned about the child's development is enough to generate a referral.

Upon referral, the FIT Program will conduct a comprehensive multidisciplinary developmental evaluation to determine the child's eligibility based on one or more of the following criteria:

Developmental Delay – The child has a delay in development of more than 25% in one or more areas including motor, language, cognitive, sensory, adaptive or social-emotional.

Established Medical Condition – The child has a diagnosed medical condition (such as Down's Syndrome, hearing or vision loss, or meningomyelocele) that has a high probability of resulting in a developmental delay.

Medical/Biological Risk – The child has a diagnosed medical condition that increases the risk of developmental delay such as prematurity, low birth weight and prenatal drug exposure.

Environmental Risk – The child lives in an environment that poses a substantial threat to development, including chronic abuse of drugs or alcohol, child abuse or neglect, domestic violence, developmental or psychiatric disability in a caregiver, etc.

92% of families surveyed report that early intervention services have helped them communicate their children's needs effectively.



Milagros' Story...

"The early intervention that our child is receiving makes a significant difference in her development. It gives us such hope that our child is being supported by experts in realizing her potential. Because of the FIT Program and early intervention, we know that our daughter will be best prepared for school and her life."

— Milagros' father

99% of children enrolled in FIT had improved in their acquisition and use of knowledge and skills (including early language/communication) when they exited the program.



99% of children enrolled in FIT had improved in their use of appropriate behaviors to meet their needs when they exited the program.



Jason & Andrea's Story...

"I have two children, one who received services and one who is now receiving services [from the FIT Program]. Had my daughter not received these services she would not have been able to survive in the world today. She is very shy and did not speak much as she had many difficulties with speech.

"My son is currently receiving services [from the FIT Program] and, although this is not Head Start or kindergarten, he is able to identify with his feelings more. He is able to share and control his behavior in a much more positive way. He also receives speech services."

— Native American Parent



Parent Information Centers

These organizations provide parent training, support and resources for families.

Education for Parents of Indian Children with Special Needs
(505) 767-6630
(888) 499-2070 (Toll-Free)

Parents Reaching Out
(505) 247-0192
(800) 524-5176 (Toll-Free in New Mexico)

How to Contact Us

You may contact us to make a referral, or you may call one of the provider agencies listed in this brochure.

FIT Program • 1-877-696-1472
Fax • 1-866-829-8838

E-mail • fit.program@state.nm.us

To find out more, visit our website at www.fitprogram.org

