Steps in the FiT Program

Child is found

NOT ELIGIBLE for

FIT Program services

Your family will be asked if

you would like to be referred

to the Ages and Stages for

Kids (ASK) program. If you sign

up, the ASK program will send

estionnaires to complete ever

you developmental screening

3-4 months throughout your

child's first three years of life.

ou can return the screening in

stamped addressed envelope o

complete it online. The ASK staff

will score the Ages and Stages Questionnaire and contact you

f there are concerns with your

hild's development and help you

with any referrals needed.

Child Identification

You or another agency/individual has a concern about the development of your child (under age three and living in New Mexico).

Referral and Intake

Referral is made to a FIT provider agency.

Once a child is identified as potentially eligible for the FIT program, a referral is made. A referral includes basic information such as your family's name, address and telephone number, along with the reason for referral. Once a referral is made, a FIT Program representative will contact you to explain the goal of early intervention and how early intervention can support your child's development and well-being. If you agree to participate, the intake process begins. During this process you will sign consent forms, gather information such as medical records and more. All the information you provide will also support the evaluation process. With your permission, the Family Service Coordinator will get copies of your child's medical records.

Evaluation (CME)

The Family Service Coordinator from the local FIT provider will meet with you to arrange for a Comprehensive Multidisciplinary Evaluation (CME). This evaluation occurs at your home or in a community location where your child is most comfortable. In preparation for the evaluation, you will be asked for information on your child's history. An evaluation report is written summarizing findings and making recommendations regarding your child's eligibility and, if applicable, approaches and strategies to be considered for functional outcomes. During the CME process, your child may receive screenings to determine if there are developmental concerns.





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Child is found ELIGIBLE for FIT Program services

Individualized Family Service Plan (IFSP)

At a setting and time convenient for you, an initial IFSP will be developed.

You will work with a team of professionals to determine functional outcomes for
your child and family, and the services necessary to meet those functional outcomes

Services are delivered according to the IFSP. Ongoing assessments are done; the IFSP is reviewed every six months to determine progress toward functional outcomes and the need for modification of functional outcomes or services.

Ongoing Transdisciplinary Team (TT) Meetings

A team of individuals from several areas of specialty will meet regularly to discuss the needs of the child and family through aligning strategies and ongoing consultation and co-visits.

Early Childhood Outcomes (ECO)

When your child enters and exits early intervention, three outcomes are assessed. These outcomes focus on skills and abilities children use to be successful in everyday activities and routines in their home, community and their future school settings.

Transition

Your Family Service Coordinator will help you with transition planning to ensure a smooth and effective transition from the FIT Program to preschool. Your Family Service Coordinator will help you look at preschool options including preschool special education services, Head Start or a childcare program. A transition conference will occur at least 90 days prior to your child's third birthday, where representatives from both the current El provider and the preschool agency are present.

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 ServicesBernalillo, 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

nenirations

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

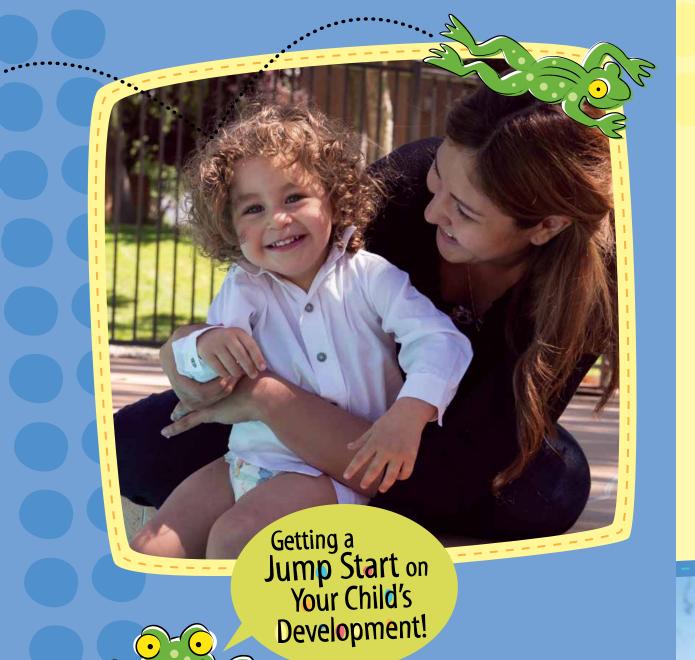
Tresco, Inc./TOTS Doña Ana, Sierra • (575) 527-4900

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



Early Intervention in New Mexico





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.

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.

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

partnership with families within their

everyday routines, activities and places.

Family-centered, by working in

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 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.

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.

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



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



"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

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



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





