

CDD MEDICALLY FRAGILE CASE MANAGEMENT NEWSLETTER

April 2024



CENTER FOR
DEVELOPMENT
& DISABILITY

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APRIL IS AUTISM AWARENESS

What is Autism Spectrum Disorder?

Autism definition:

Autism, or autism spectrum disorder (ASD), refers to a broad range of conditions characterized by challenges with social skills, repetitive behaviors, speech and nonverbal communication. According to the Centers for Disease Control, autism affects an estimated [1 in 36 children](#) and [1 in 45 adults](#) in the United States today.

(Information found at <https://www.autismspeaks.org/what-autism>).

Autism and other medical diagnoses.

Many people with autism experience other medical, behavioral or mental health issues that affect their quality of life.

Among the most common [co-occurring conditions](#) are:

- attention-deficit/hyperactivity disorder (ADHD)
- anxiety and depression
- gastrointestinal (GI) disorders
- seizures and sleep disorders



AUTISM AWARENESS MONTH

DID YOU KNOW?

- April 2nd is World Autism Awareness Day
- 1 in 36 children in the U.S. have autism, up from the previous rate of 1 in 44.
- Only 21% of people with disabilities, including autism, are employed.
- Boys are nearly 4 times more likely to be diagnosed with autism than girls.
- Autism is one of the most under-funded developmental disorders.



did you know?

Health conditions like seizures, chronic GI issues, sleep and eating issues, mental health conditions and others frequently accompany an autism diagnosis

Autism Speaks funds research to better understand these conditions to help people with autism lead fulfilling lives

 autism speaks

Anybody can be autistic, regardless of sex, age, race or ethnicity. However, [research from the CDC](#) says that boys get diagnosed with autism four times more often than girls. According to the DSM-5-TR, the diagnostic manual for ASD, autism may look different in girls and boys. Girls may have more subtle presentation of symptoms, fewer social and communication challenges, and fewer repetitive behaviors. Their symptoms may go unrecognized by doctors, often leading to underdiagnosis or misdiagnosis. Getting a diagnosis is also harder for autistic adults, who often learn to “mask”, or hide, their autism symptoms.

MED FRAG NEWS

Handbook is Coming!

Hello Med Frag Families!

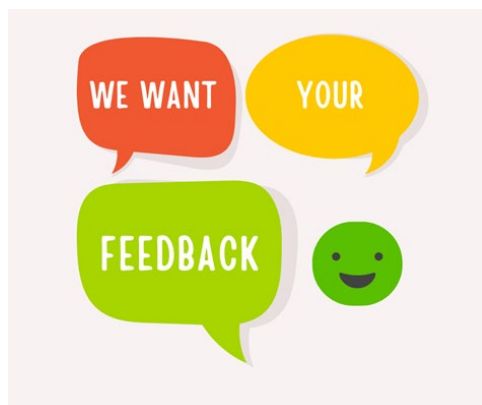
We wanted to let you know that the Handbook is nearly done. I know this has been said for a while but you should expect to see the Handbook delivered in May.

Thank you for your patience while waiting for this and we hope you all enjoy it and find it helpful!

Family Survey

The Annual Family Survey is coming in May!

More information to come, but please keep an eye on your email in May for the survey. It's incredibly important to have all families submit their survey so the program can find out where we are doing well for you and your family and where we could improve!



Family Connections

Let's Connect! We would love to connect our families together and help grow your support system with others who just get it. If you are interested in meeting other families in the program please email [Nichole Rajala](mailto:Nichole.Rajala) and let her know! We are looking at compiling a list of families who would like to meet. This could be a general list of having a loved on in the program or we can make more specific connection groups that are based off of similar diagnoses such as genetic mutations, near drowning, Epilepsy including Dravet Syndrome and Lennox Gastaut Syndrome, GI concerns such as intolerance of feeds, TPN use, scoliosis, hip dysplasia, gastroparesis or behavioral concerns on top of Medical Fragility. We would also like to connect families that can help with conversations around tried treatments and medications, experience around surgeries, equipment you've found useful and more.

We would also like to know if you are interested in having an in-person connection event in June! Please fill out this survey if you are interested!

<https://forms.gle/g1aEJP7qufkjYaP66>



Leadership Education in Neurodevelopmental & Related Disabilities

- Leadership Skills
- Knowledge of Neurodevelopmental and Related Disabilities, with a Focus on ASD
- Person and Family-Centered Care
- Research, Quality Improvement, and Evidence-Based Practice
- Public Policy and Health Equity
- Cultural and Linguistic Responsiveness and Diversity
- Interdisciplinary Practice

NEW MEXICO LEND

New Mexico Leadership Education in Neurodevelopmental and Related Disabilities (NMLEND) is a program within the Center for Development and Disability (CDD), within the University of New Mexico School of Medicine. It is part of a national network of programs administered by the Association of University Centers on Disabilities (AUCD).

New Mexicans with disabilities and their families need highly trained professionals who have the knowledge, skills and leadership abilities to partner with families in helping their members reach their full potential. NM LEND works to meet that need.

To Apply and learn more please visit: [CDD NM LEND](#)

NM LEND



NM Leadership Education in Neurodevelopmental & Related Disabilities

Graduate-level, interdisciplinary training program

for graduate students, advocates, educators, family members, healthcare providers, community leaders & other professionals.

- LEND prepares trainees from diverse disciplines to assume leadership roles in their fields.
- Spend two semesters exploring topics related to neurodevelopmental disabilities.
- Attend Friday seminars (available virtually for participants outside of Albuquerque).
- Learn from peers and experts from disciplines including healthcare fields, disability advocacy, public health, special education and more.
- Participate in experiential learning activities and a capstone project.
- There is no fee to participate. Stipends are available dependent on grant funding, eligibility, and program completion.

Accepting applications now!

Find more information at:

<https://hsc.unm.edu/cdd/training-programs/nmlend/>



NEWS FROM THE STATE

Turquoise Care Is Coming!

Turquoise Care will begin July 1, 2024, replacing what is currently called Centennial Care, as the new, New Mexico Medicaid Managed Care program.

Be on the lookout for a yellow envelope from the Human Services Department (HSD), in April 2024.

This envelope will contain important upcoming changes to the Managed Care Organizations (MCOs) and information about an open enrollment period from April 1 through May 31, 2024.

During the open enrollment, you will be able to select an MCO. You can do so via your account on the <https://www.yes.state.nm.us> website or by calling 1-888-997-2583.

Please note, if you do not respond and select an MCO during the open enrollment period, you will automatically be assigned to an MCO.

If Presbyterian or BCBS are your MCO currently, and you do not choose a different MCO, you will be automatically re-enrolled with that MCO.

If Western Sky Community Care is your current MCO, you will need to select a new MCO during the open enrollment. If you do not select an MCO, you will automatically be enrolled with another MCO.

For more information, visit <https://www.yes.state.nm.us> or call [1-800-283-4465](tel:1-800-283-4465).

*For more information and answers to FAQs regarding Turquoise Care visit:

<https://www.hsd.state.nm.us/turquoise-care-overview>

It's Your Choice! Choose Your MCO Today.

Medicaid Open Enrollment: **April 1–May 31, 2024**

Choose the managed care organization (MCO) that best fits your needs! MCOs are insurance companies that provide health care services to Medicaid customers.

Choose your MCO!

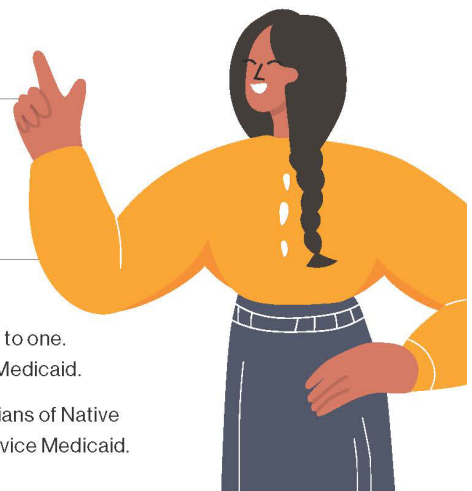


Why choosing your MCO is important:

- ✓ To make sure your current doctors are covered
 - ✓ To make sure your health clinics and facilities are in network
 - ✓ To get the right value-added services for you and your family
- Compare MCOs at hsd.state.nm.us/turquoise-care/



Scan the code and choose your
Turquoise Care health plan today!



If you do not choose an MCO during open enrollment, you will be automatically assigned to one. Native Americans can enroll in Turquoise Care (managed care) or use Fee-For-Service Medicaid.

Children in state custody are automatically assigned to Presbyterian Health Plan. Guardians of Native American children in state custody can choose an MCO for the child or use Fee-For-Service Medicaid.



Centennial Care is changing to Turquoise Care!
Learn more at hsd.state.nm.us/turquoise-care/



TURQUOISECARE

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TURQUOISECARE

Turquoise Care Roadshow Schedule

Attend a New Mexico Medicaid open enrollment event

Week 1: March 25–March 28, 2024

✓ 3/27/2024	Albuquerque: Cesar Chavez Community Center 7505 Kathryn Ave SE #5260, Albuquerque, NM 87108	10 a.m. to 12 p.m.
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Week 2: April 1–April 5, 2024

✓ 4/1/2024	Las Cruces: Branigan Library 200 E. Picacho, Las Cruces, NM 88001	5 p.m. to 7 p.m.
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✓ 4/2/2024	Silver City: GRC Auditorium/WNMU W 12th St., Silver City, NM 88061 (Corner of 12th & Kentucky)	12 p.m. to 2 p.m.
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✓ 4/3/2024	Deming: Deming Senior Center 800 S. Granite St., Deming, NM 88030	10 a.m. to 12 p.m.
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✓ 4/4/2024	Santa Fe: Santa Fe Public Library - Southside 6599 Jaguar Drive, Santa Fe, NM 87507	4 p.m. to 6 p.m.
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✓ 4/5/2024	Rio Rancho: UNM Health Sciences Rio Rancho Campus-Auditorium 2600 College Blvd NE, Rio Rancho, NM 87144	10 a.m. to 12 p.m.
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Non-Natives are welcome at all Native locations.

If you are a person with a disability and require a special accommodation to participate in one of these events, please **contact HSD at 505-827-3100**.

Please make accommodation requests **at least 48 hours prior** to the event date.



Centennial Care is changing to Turquoise Care!
Learn more at hsd.state.nm.us/turquoise-care/



Turquoise Care Roadshow Schedule

Attend a New Mexico Medicaid open enrollment event

Week 3: April 8–April 12, 2024

✓ 4/8/2024	Clovis: Clovis Public Library 701 N. Main St., Clovis, NM 88101	1 p.m. to 3 p.m.
✓ 4/9/2024	Hobbs: City Hall 200 E. Broadway St., Hobbs, NM 88240	10 a.m. to 12 p.m.
✓ 4/9/2024	Carlsbad: Carlsbad Senior Center 120 Kircher St., Carlsbad, NM 88220	3 p.m. to 5 p.m.
✓ 4/10/2024	Roswell: Roswell Public Library 301 N. Pennsylvania, Roswell, NM 88201	11 a.m. to 1 p.m.
✓ 4/12/2024	Albuquerque: Mesa Verde Community Center 7900 Marquette, Albuquerque, NM 87108	10 a.m. to 1 p.m.

Non-Natives are welcome at all Native locations.

If you are a person with a disability and require a special accommodation to participate in one of these events, please **contact HSD at 505-827-3100**. Please make accommodation requests **at least 48 hours prior** to the event date.



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Learn more at hsd.state.nm.us/turquoise-care/



TURQUOISE CARE

Turquoise Care Roadshow Schedule

Attend a New Mexico Medicaid open enrollment event

Week 4: April 15–April 20, 2024

✓ 4/15/2024	Zuni Reservation: Zuni Wellness Center 31 Pincion St., Zuni, NM 87327	12 p.m. to 2 p.m.
✓ 4/15/2024	Gallup: Main Library 115 West Hill Avenue, Gallup, NM 87301	4 p.m. to 6 p.m.
✓ 4/16/2024	Grants: Cibola Senior Center 550 Jurassic Court, Grants, NM 87020	10 a.m. to 12 p.m.
✓ 4/16/2024	Farmington: Farmington Public Library 2101 Farmington Ave., Farmington, NM 87401	4 p.m. to 6 p.m.
✓ 4/17/2024	Shiprock: Shiprock Chapter House (No Physical Address) 27 miles west of the Four Corners Regional Airport on Highway 64. Right-hand side of the highway near the Dream Diné Charter School.	9 a.m. to 11 a.m.
✓ 4/17/2024	Jicarilla, Dulce: Jicarilla Apache Community Center 80 Narrow Gauge St., Dulce, NM 87528	3 p.m. to 5 p.m.
✓ 4/20/2024	Five Sandoval-Town of Bernalillo: Martha Liebert Public Library 124 Calle Malinche, Bernalillo, NM 87004	10 a.m. to 12 p.m.

Non-Natives are welcome at all Native locations.

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Learn more at hsd.state.nm.us/turquoise-care/



Turquoise Care Roadshow Schedule

Attend a New Mexico Medicaid open enrollment event

Week 5: April 22–April 27, 2024

✓ 4/22/2024	Raton: City Hall 224 Savage Ave, Raton, NM 87740	12 p.m. to 2 p.m.
✓ 4/23/2024	Las Vegas: Las Vegas Senior Center 500 Sabino St., Las Vegas, NM 87701	10 a.m. to 12 p.m.
✓ 4/25/2024	Taos Pueblo: Taos Pueblo Heritage Center 501 Paseo Del Pueblo Norte, Taos, NM 87581	10 a.m. to 12 p.m.
✓ 4/25/2024	8 Northern Pueblos, Nambe: Nambe Pueblo Wellness Center 15A NP 102 West, Santa Fe, NM 87506	3 p.m. to 5 p.m.

Week 6: April 29–May 4, 2024

✓ 4/29/2024	Alamogordo: Sgt. Willie Estrada Memorial Civic Center 800 E 1st St., Alamogordo, NM 88310	2 p.m. to 4 p.m.
✓ 4/30/2024	Los Lunas: Fred Luna Multi-Generational Center 197 Don Pasqual, Los Lunas, NM 87031	11 a.m. to 1 p.m.

Non-Natives are welcome at all Native locations.

If you are a person with a disability and require a special accommodation to participate in one of these events, please **contact HSD at 505-827-3100**.

Please make accommodation requests **at least 48 hours prior** to the event date.

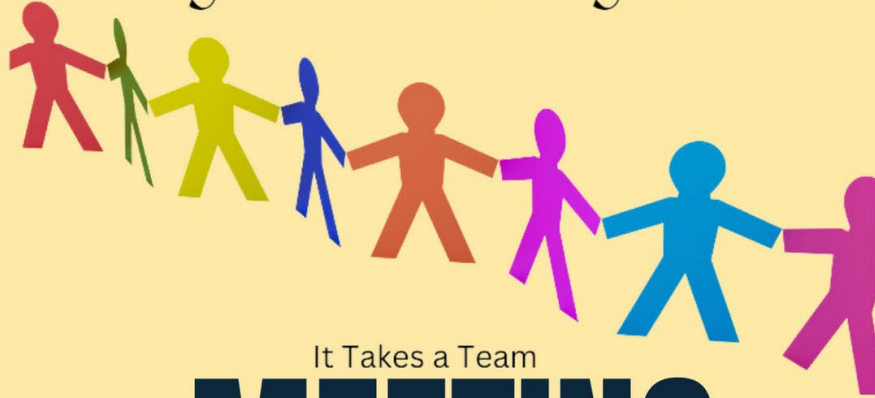


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Learn more at hsd.state.nm.us/turquoise-care/



PROGRAM EVENTS

Family Advisory Board



It Takes a Team



MEETING INVITATION



 May 6, 2024

 At 5:30 PM

 Zoom

email

nrajala@salud.unm.edu
to get Zoom link or with
any questions.



It's not too
late to join!

FREE

EXPLORA MEMBERSHIP

This will be One Membership per Household.
This will be a family membership which includes:
up to 6 people within a family; at least one
member must be 18+.

If you would like to receive a free year
membership I will need to add your information
to Explora. This information will include: Primary
Adult First and Last Name, your address, city,
state, zip code, email, phone number, and let me
know if you need the instructions sent in Spanish.

Please respond to me (nrajala@salud.unm.edu)
with the following information if you would like
to receive this membership!



If you received a membership last year, please email Nichole at
least 1 month prior to your expiration date. You will need to send
her all your information again to get your membership renewed.

nrajala@salud.unm.edu

GRATIS

EXPLORAR AFILIACIÓN

Esta será una membresía por hogar. Esta será una membresía familiar que incluye: hasta 6 personas dentro de una familia; al menos un miembro debe ser mayor de 18 años.

Si desea recibir una membresía anual gratuita, tendré que agregar su información a Explora. Esta información incluirá: nombre y apellido del adulto principal, su dirección, ciudad, estado, código postal, correo electrónico, número de teléfono y avíseme si necesita que le enviemos las instrucciones en español.

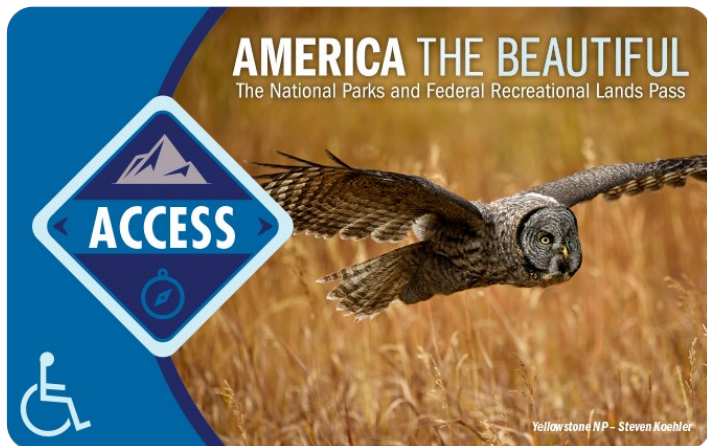
¡Por favor respóndame
(nrajala@salud.unm.edu) con la siguiente
información si desea recibir esta membresía!



Si recibió una membresía el año pasado, envíe un correo electrónico a Nichole al menos 1 mes antes de la fecha de vencimiento. Deberá enviarle toda su información nuevamente para renovar su membresía.

nrajala@salud.unm.edu

COMMUNITY RESOURCES



America the Beautiful-The National Parks and Federal Recreational Lands Access Pass

What is the America the Beautiful- The National Parks and Federal Recreational Lands Access Pass?

The Interagency Access Pass is part of the America the Beautiful – The National Parks and Federal Recreational Lands Pass series and is available free for US citizens or permanent residents with permanent disabilities.

Who is eligible to get an Interagency Access Pass?

The Interagency Access Pass may be issued to US citizens or permanent residents of any age that have been medically determined to have a permanent disability (does not have to be a 100% disability) that severely limits one or more major life activities.

[America the Beautiful Access Pass](#)

Looking for the best Wheelchair Accessible trails around New Mexico?

[Find top rated wheelchair accessible trails in New Mexico here.](#)



OUTSIDE RESOURCES

Family Caregiver Center of New Mexico

Powerful Tools
FOR Caregivers

Spring 2024 Calendar

A free six-week program designed to help family caregivers take better care of themselves while caring for a relative or friend.

This course is for family caregivers like you!

Registration is required

Call us: 505.785.5533

Visit us: www.familycaregivernm.org

Palo Duro Senior Center

Day and Time: Thursdays, 3:00 pm - 4:30 pm

Dates: May 2, May 9, May 16, May 23, May 30, June 6

Location: 5221 Palo Duro Ave NE, 87110

Virtual - Zoom

Day and Time: Wednesdays, 5:30 pm-7:00 pm

Dates: April 17, April 24, May 1, May 8, May 15, May 22

South Valley Multipurpose Senior Center

Herramientas Poderosas para Cuidadores en español

Día y hora: Viernes, 1:00 pm - 3:00 pm

Fechas: May 3, May 10, May 17, May 24, May 31, June 7

Ubicación: 2008 Larrazolo Rd SW, 87105



Sponsored by



Herramientas Poderosas para Cuidadores

Las clases de Herramientas Poderosas para Cuidadores ayudan a los cuidadores a cuidar mejor de ellos mismos mientras cuidan a un amigo o a un familiar. Ya sea que cuide a un cónyuge, pareja, padre, amigo o hijo con necesidades especiales; en casa o en un centro de cuidados; ya sea en la cuadra o millas de distancia, el suyo es un papel importante. Este curso es para las personas que cuidan a un familiar, ¡como usted!

Día y hora: Viernes, 1:00 pm - 3:00 pm

Fechas: May 3, May 10, May 17, May 24, May 31, June 7

Ubicación: South Valley Multipurpose Senior Center
2008 Larrazolo Rd SW, 87105

Las clases le dan herramientas para ayudar a:

- Disminuir el estrés
- Mejorar la autoconfianza
- Manejar el tiempo, establecer metas y resolver problemas
- Comunicar mejor sus sentimientos
- Tomar decisiones difíciles
- Encontrar recursos útiles

Esta serie de seis semanas le da la confianza y apoyo para cuidar mejor de su ser querido y de usted mismo. Los cuidadores reciben el The Caregiver Helpbook, que sigue el plan de estudios y proporciona herramientas adicionales para abordar problemas específicos de los cuidadores. ¡Completamente gratis y en español!

Se requiere registro

Llámanos: 505.785.5533

Powerful Tools
FOR Caregivers

