



How Do I Know if Thrive is Right for Me?

OVERALL GOAL OF THRIVE:

To prepare individuals for meaningful participation in the community and in the workforce, and to develop self-advocacy awareness and skills.

Listed below are some topics that are presented during 12 Thrive sessions. Checking most of the boxes below may indicate that Thrive is right for you. Thrive participants will learn and explore these topics in an educational, classroom style format and in group discussion within each class. Participants are encouraged to participate verbally and non-verbally by asking questions, making comments, typing chat box comments and using emoticons.

- ☐ Self-understanding, neurodiversity and identifying personal strengths
- ☐ Self-regulation, behavior and managing emotions
- ☐ Self-instruction for reaching goals
- ☐ Communication and social language skills
- ☐ Rights, privileges, access to citizenship and self-advocacy
- ☐ Backwards planning for goal setting
- ☐ Time management and flexibility
- ☐ Nutrition, food safety, healthy and mindful eating habits
- ☐ Budgeting, saving, investing and establishing credit
- ☐ Learn about the hidden curriculum in education and at work
- ☐ Personality styles, career values, interests and skills
- ☐ Employment resources, informational interviews for career exploration
- ☐ Workplace communication and small talk
- ☐ Reasonable accommodations at work
- ☐ Self-care and mindfulness



Thrive Program Application, Fall 2025

What is the Thrive Program?

Thank you for your interest in the Thrive Program! This online program aims to maximize your understanding of your life through self-determination and self-advocacy, and help you set goals for self-regulation and decision making. We offer opportunities for adults to develop knowledge and skills in the following areas:

- 1) Self-awareness, self-determination & self-advocacy
- 2) Life management, personal health, and financial literacy
- 3) Career exploration

What will participation look like?

Participants of the Thrive Program will:

- 1) Complete an application
- 2) Attend evening classes online for three months on the dates outlined under time commitment
- 3) Develop personal goals and next steps for working toward those goals

Who can apply?

Individuals ages 18-30 with a confirmed diagnosis of Autism Spectrum Disorder who are:

- 1) Not currently enrolled in high school (or are in their last year of High School)
- 2) Willing to participate in all aspects of the program

What is the time commitment?

All class dates below are Mondays from 3:00-5:00 PM, except:

***Orientation 7/28 and Closing 11/3, 3:00-4:00 PM:**

July/Aug: Orientation/Phase 1	September: Phase 2	October/November: Phase 3
7/28, 3-4 pm : Orientation*	9/1: BREAK! NO CLASS	10/6: BREAK! NO CLASS
8/4, 3-5 pm: Self Advocacy	9/8, 3-5 pm: Life Management	10/13, 3-5 pm: Career Exploration
8/11, 3-5 pm: Self Advocacy	9/15, 3-5 pm: Life Management	10/20, 3-5 pm: Career Exploration
8/18, 3-5 pm: Self Advocacy	9/22, 3-5 pm: Life Management	10/27, 3-5 pm: Career Exploration
8/25, 3-5 pm: Self Advocacy	9/29, 3-5 pm: Life Management	11/3, 3-4 pm : Closing*

What is the cost?

The Thrive Program is funded by the New Mexico Department of Health. There is no cost for participants.

Where and when can I apply?

Applications can be emailed now to Mariah Montoya at malmontoya@salud.unm.edu by **Tuesday, July 22nd, 2025**. Applicants will be notified of acceptance no later than Friday, July 25th, 2025.



CENTER FOR DEVELOPMENT & DISABILITY

Applicant's Name: _____ DOB: _____ Pronouns: _____
Last First Middle Initial

Mailing Address: _____

City: _____ County: _____ State: _____ Zip Code: _____

Email Address: _____

Home #: _____ Cell #: _____ Work #: _____

Occupation, if applicable: _____

☐ Recent HS Graduate ☐ College Student ☐ Seeking Employment ☐ Other

DEMOGRAPHIC INFORMATION (Optional)

Ethnicity:

Do you consider yourself to be Hispanic/Latino(a)? ☐ Yes ☐ No

Race:

Please check which best describes your race

☐ American Indian or Alaskan Native ☐ Black/African American ☐ Caucasian/White ☐ Asian
☐ Native Hawaiian/Pacific Islander ☐ Bi-racial/Multi-racial

Emergency Contact: _____ Phone #: _____

Relation to Participant: _____

If other than the applicant, who is filling out this application? _____

Education – High School and Beyond

Years	School/City	Major Subjects	Diploma/ Degree

Employment History:



What do you hope to gain from participation in the Thrive Program?

What kind of work do you like?

Do you have special skills or training in specific interests? (Computer expertise, sign language, musical instrument, etc.)

Please list involvement in organizations in your community:

So that we can tailor these courses to the students involved, please tell us about your strengths and challenges:

Is there anything else that is important for us to know about you?

Will you commit to attending for all of the dates and times listed on page one under "Time Commitment"?

☐ **YES**

☐ **NO**

RETURN ENTIRE APPLICATION via email by **Tuesday, July 22nd, 2025**
to: Mariah Montoya at malmontoya@salud.unm.edu