

Information Network

Disability and Community

Information

and

Resources

2018

Tip Sheets Packet



Questions? Call the CDD Information Network at
505-272-8549 or toll free **1-800-552- 8195**

www.cdd.unm.edu/infonet

Information is a Call or a Click Away!

Center for Development and Disability (CDD) Information Network

At-a-Glance Listing of Informational Tip Sheets

Tip Sheets are designed to give basic information about disability related services, programs and resources in New Mexico.

Below is a list of the Tip Sheets that are currently available. They may be downloaded and printed at www.cdd.unm.edu/infonet/tip-sheets.html

* indicates tip sheet is available in Spanish.

Questions? Call us at **505-272-8549** or toll free **1-800-552-8195**.



Medicaid & Waivers

- Centennial Care – New Mexico Medicaid*
- Developmental Disabilities (DD) Waiver – Allocation of Services*
- Developmental Disabilities (DD) Waiver – How to Apply*
- Medically Fragile (MF) Waiver*
- Mi Via Self-Directed Waiver Program*
- State General Funds (SGF) Program *



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- Family Infant Toddler (FIT) Program for Children Birth to Age 3*
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- ABLE – Achieving a Better Life Experience Savings Account
- Accessible Recreation Options for Children and Adults in the ABQ Area
- Advocacy in the Legislative Process – How to Be Effective
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- Assistive Technology for Lifelong Brain Health
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- College Accommodations for Students with Disabilities

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Revised: 12/8/17

- College Disability Offices
- Division of Vocational Rehabilitation (DVR)*
- Guardianship Alternatives for Adults with Disabilities*
- Guardianship for Adults with Disabilities*
- Hippotherapy & Therapeutic Riding Facilities
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- Movie Theatres – Accessible Options in Albuquerque and Surrounding Area
- Native American Disability Resources
- People First – Using Respectful Language
- Service Animals for Persons with Disabilities*
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Brain Injury

- Brain Injury - Behavioral Terminology
- Brain Injury - Dystonia
- Brain Injury - Guide to Services for Veterans
- Brain Injury - Neuropsychological Evaluations
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- Brain Injury - Online Support for Families & Caregivers
- Brain Injury - Pseudobulbar Affect (PBA)
- Brain Injury - Swallowing Difficulties/Dysphagia
- Brain Injury - Services Fund (BISF)
- Brain Injury - Support Groups
- Brain Injury - Tips How to Support a Brain Injury Survivor
- Brain Injury - Youth Concussion and Sports



CDD Programs

- CDD Early Childhood Direct Service Programs
- CDD Evaluation Clinics
- CDD Library*
- CDD Library Catalog*
- Selected CDD Service Programs



Community Resources

- Crisis Lines
- Emergency Food, Shelter, Clothing and Dental Care in Albuquerque
- Family-Centered Care – Cultural and Linguistic Competence
- Family-Centered Care Principles
- Free and Low-cost Food Resources in Albuquerque
- Information & Referral Agencies
- Rent and Utility Assistance in Albuquerque
- Transitional Housing Programs in Albuquerque



Employment: Tip sheets for persons with disabilities, <http://www.cdd.unm.edu/pfe/index.html>



Autism: For more information on Autism visit the CDD Autism portal at cdd.unm.edu/autism/portal/index.html



Education: For more information about education, early intervention and the Individuals with Disabilities Education Act (IDEA), visit Parents Reaching Out (PRO) at parentsreachingout.org/publications-2/

Section 1



Medicaid & Waivers

- Centennial Care – New Mexico Medicaid
- Developmental Disabilities (DD) Waiver – Allocation of Services
- Developmental Disabilities (DD) Waiver – How to Apply
- Medically Fragile (MF) Waiver
- Mi Via Self-Directed Waiver Program
- State General Funds (SGF) Program

Centennial Care – New Mexico Medicaid

New Mexico

What is New Mexico Centennial Care?

Centennial Care is the name of the New Mexico Medicaid program. Most people who have Centennial Care receive services through one of four managed care organizations (MCOs). Covered services include physical health (medical, dental, and vision), behavioral health (to help with issues such as stress, depression, anxiety, and addictions), long-term care and community benefits (services like adult day health, respite care and personal care services).

Each MCO also offers certain Value Added Services, in addition to what they are required to provide by Medicaid. See *Index of MCO Value Added Services, Effective January 1, 2016* at hsd.state.nm.us/LookingForInformation/value-added-services.aspx

What may members receive?

- All Centennial Care members receive a Health Risk Assessment (HRA) to determine the level of care coordination they may need. Members who have behavioral health, community support, or long-term care needs, and/or other complex medical conditions, will have a Care Coordinator assigned to them.
- A Care Coordinator is someone who looks at physical and/or behavioral health needs and works directly with the member and their family to get the services the member needs.
- The Community Benefit Option is for members who need a nursing facility level of care, meaning they need assistance with activities such as dressing, bathing, brushing teeth, toileting, etc. Services like adult day health and respite care are included in this option.
- The Member Rewards Program allows members to earn credits for healthy behaviors. These credits can be used to order products from a catalog.

What about services for Native Americans?

Native Americans who use Medicaid have the option of using Exempt/Fee-for-Service or selecting an MCO. Either way, Indian Health Service (IHS), or Tribal clinics and hospitals may be used. For those with special or complex health needs it may be helpful to select Centennial Care, as a Care Coordinator is only available through an MCO. For anyone on a waiver, or for Community Benefit/Long-Term Care services, such as personal care, assisted living, respite, home health aide, etc., enrolling with an MCO is required.

How does someone qualify for Centennial Care?

The applicant must be a US citizen and meet residency and income requirements. To find out more, visit hsd.state.nm.us/LookingforAssistance/centennial-care-overview.aspx or call the Medicaid Expansion Hotline.

People enrolled in the Developmental Disabilities (DD) and Medically Fragile (MF) Waivers also receive medical services through Centennial Care.

To apply:

Go online to yes.state.nm.us, call the Medicaid Expansion Hotline listed to the right, or contact the nearest Income Support Division (ISD) office.

Remember:

- Once enrolled with an MCO, an Ombudsman Specialist is available at no cost to review and address concerns regarding services. They advocate for the member's rights by using Medicaid guidelines and the resources from the MCO they work for. They may also help members understand policies and connect with appropriate personnel.



Medicaid Expansion Hotline

To apply for Medicaid
1-855-637-6574

Medicaid Call Center

For Medicaid members
1-888-997-2583

Centennial Care Managed Care Information Line

For Medicaid members with questions about MCOs
1-866-251-4591

Liaison for Native Americans

505-827-3122

MCOs:

Blue Cross Blue Shield of NM

1-866-689-1523

Molina Healthcare of NM

1-800-377-9594

Presbyterian Health Plan, Inc.

1-888-977-2333

United Healthcare Community Plan

1-877-236-0826

Questions?

Call the CDD Information Network

1-800-552-8195

or visit our website at
www.cdd.unm.edu/infonet
Informational Tip Sheets:

www.cdd.unm.edu/infonet/tip-sheets.html

Developmental Disabilities (DD) Waiver – Allocation of Services

New Mexico

What is an allocation to the Developmental Disabilities (DD) Waiver?

- When a person is found eligible for the Developmental Disabilities (DD) Waiver, their name is placed on the waiting list until funding becomes available for services and support.
- As money becomes available, persons on the waiting list are offered an opportunity to receive services through the DD Waiver. This is called an *allocation*.
- The Developmental Disabilities Supports Division (DDSD) makes allocations based upon the person's registration date.

What is a pre-service letter?

Each year, funding permitting, DDSD sends out pre-service letters to individuals who are near the top of the waiting list to receive services. This letter states that there is a possibility funding will be available in the coming year. However, receipt of this letter does not mean that a funding slot is available.

Receiving an allocation

Once funding is available, the DDSD Regional Office mails a packet of information, called a *Letter of Interest*, to the individual or their representative.

The person must follow the instructions on the letter and return the completed Primary Freedom of Choice form (PFOC) before the date specified on the letter to begin the process.

- Attachment A, the Primary Freedom of Choice form, allows the person to choose between institutional care, DD Waiver or the Mi Via Self-Directed Waiver. Visit the Mi Via Self-Directed Waiver website or call for more information.
- Attachment B is a *Waiver Refusal Form* which allows the person to refuse DD Waiver services or ask that their allocation be placed on hold.
- Also included in the packet is a list of Case Management or Consultant agencies to choose from. It is a good idea to contact some of these agencies to ask questions regarding what is important to the individual and family before selecting an agency.
- Complete and return the forms by fax or mail.

An official *Allocation Letter* is then sent to the person. This letter states that funding is now available and gives instructions on what has to be done next.

- The applicant is the person with the disability, even if it is a child.
- This packet includes the *Long Term Care Assessment Abstract* form for medical eligibility and the *Application of Eligibility for Medicaid Assistance (HSD 100)* form for financial eligibility.
- Before receiving waiver services, a person must show they meet medical and financial eligibility.

Remember:

- It will take some time after a person receives their allocation letter before DD Waiver services begin. During this time, the applicant will be asked for documentation to establish medical and financial eligibility.
- Once someone is receiving services through the DD Waiver or Mi Via, they will receive medical services through New Mexico Medicaid/Centennial Care.



DDSD Regional Offices:

www.actnewmexico.org/contacts.html

Metro Regional Office Intake & Eligibility Bureau

1-800-283-5548
505-841-5552

NW Regional Office

1-866-862-0448

NE Regional Office

1-866-315-7123

SW Regional Office

1-866-742-5226

SE Regional Office

1-866-895-9138

Mi Via Self-Directed Waiver General Info

505-841-5510 or
505-841-5519

archive.mivianm.org/

Questions?

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or visit our website at
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Sheets:

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Developmental Disabilities (DD) Waiver – How to Apply

New Mexico

What is the Developmental Disabilities (DD) Waiver?

This waiver program helps eligible New Mexicans live in their homes and communities by allowing them to choose from a menu of services and supports.

Services may include case management, day services, living supports, therapies (physical, occupational, speech/language, and behavioral), assistive technology, independent living transition service, community integrated employment services, community supports, in-home supports, adult nursing, nutritional counseling, personal care, crisis support, supplemental dental, respite, environmental modification and non-medical transportation.

Who is eligible?

The individual must:

- have an Intellectual Disability, onset prior to age 18; or
- have a specific related condition (Autism, Down syndrome, Cerebral Palsy, Epilepsy, etc.), onset prior to age 22; and
- have significant limitations in at least 3 areas of major life activity; and
- need a combination of special interdisciplinary services that are lifelong or of extended duration and are individually planned.

The applicant must also meet financial eligibility to receive waiver services.

How to apply:

- Contact Developmental Disabilities Supports Division (DDSD) Regional Office to complete the *Medical Assistance Division Waiver Services Registration Form (MAD 325)* over the phone.
- They will mail the applicant a copy of the registration form that is date stamped.
- Keep the date stamped registration form in a safe place as proof of initial application.
- DDSD Regional Office will send out an application packet to complete and return. The packet includes Release of Information (ROI) forms. These are very important because they allow medical and school documents to be released to verify eligibility.
- The person with a disability, or their representative, completes the registration paperwork and their information is entered into an electronic database. This database is called the Central Registry.
- Once funding is available, DDSD contacts the individual and offers them an *allocation* to the waiver. Verify one's status on the Central Registry by contacting the DDSD office in the applicant's region.

Remember:

- DD Waiver recipients also receive New Mexico Medicaid/Centennial Care benefits, even if they were not financially eligible due to household income prior to receiving the waiver.
- It may be as many as 10–12 years before DD Waiver services begin. While waiting, there are other resources that might be available. Contact the DDSD Regional Office for more information regarding State General Funds (SGF).
- The applicant or their parent/guardian is responsible for keeping DDSD updated on any changes of address, phone or contact information.
- For a description of the process involved in receiving an allocation to the DD Waiver, visit the Information Network website under Informational Tip Sheets.



DDSD

Intake and Eligibility Bureau Regional Offices

Metro Regional Office

1-800-283-5548
505-841-5552

NW Regional Office

1-866-862-0448

NE Regional Office

1-866-315-7123

SW Regional Office

1-866-742-5226

SE Regional Office

1-866-895-9138

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Informational Tip
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[www.cdd.unm.edu/info
net/tip-sheets.html](http://www.cdd.unm.edu/info
net/tip-sheets.html)

Medically Fragile Waiver (MFW)

New Mexico

What is the Medically Fragile Waiver (MFW)?

This waiver program provides services to individuals who have been determined to have both a medically fragile condition and a developmental disability (DD). The MFW provides support to families by providing assistance to individuals in their homes.

Services may include case management, private duty nursing, home health aide, physical therapy, occupational therapy, speech/language therapy, nutritional counseling, behavior support consultation, respite, and specialized medical equipment and supplies.

What makes a person eligible?

To qualify for services, the individual must meet both the medical and financial criteria.

- For **medical eligibility**, both a **medically fragile condition** and a **developmental disability** must be present and diagnosed prior to the age of 22. **Medically fragile** means needing ongoing skilled nursing care, evaluation and decision making due to a complex chronic medical condition. To meet the criteria for a **developmental disability**, the individual must have an intellectual disability or a related condition (such as cerebral palsy, seizure disorder, autism), and a developmental delay or risk for developmental delay. The disability must have occurred before age 22.
- **Financial eligibility** is based on the income and resources of the individual with the medically fragile condition, not the income of the parents or other household members.

For additional information on eligibility visit the Developmental Disabilities Supports Division (DDSD) MFW website.

To apply:

Contact the DDSD Intake and Eligibility Bureau to complete the Medical Assistance Division Waiver Services Registration Form (MAD 325) over the phone.

Receiving an allocation

Once funding is available and an allocation is offered, recipients can choose the Medically Fragile Waiver or the Mi Via Self-Directed Waiver.

For more information about the Mi Via Self-Directed Waiver, visit their website.

Remember:

- MFW recipients also receive New Mexico Medicaid/Centennial Care benefits, even if they were not otherwise eligible for Medicaid due to household income.
- The Center for Development and Disability (CDD) Medically Fragile Case Management Program (MFCMP) provides comprehensive Registered Nurse (RN) case management statewide.
- For more information about the MFW, contact the CDD MFCMP or DDSD.



Medically Fragile Waiver (MFW)

1-800-283-8415

505-841-2913

<http://archive.nmhealth.org/ddsd/medicallyfragilewaiver/programmfwwaiverpg1.htm>

DDSD Intake and Eligibility Bureau

To apply for MFW

1-800-283-5548

505-841-5500

CDD Medically Fragile Case Management Program (MFCMP)

1-800-675-2910

505-272-2910

Mi Via Waiver

505-841-5511 or

505-841-2917

<http://archive.mivianm.org>

Questions?

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or visit our website at www.cdd.unm.edu/infonet

Informational Tip Sheets:

www.cdd.unm.edu/infonet/tip-sheets.html

Mi Via Self-Directed Waiver

New Mexico

What is the Mi Via Self-Directed Waiver?

- It is a state Medicaid Waiver program that helps people with intellectual and/or developmental disabilities self-direct their own waiver services. It allows greater flexibility to use non-traditional supports to meet needs that are directly related to their disability.
- Someone receiving Mi Via services is known as a Participant.
- With assistance from a Consultant, Participants develop a Mi Via Plan, which includes a Service and Support Plan (SSP) and budget to meet their clinical, medical, functional or habilitative needs.

Who is eligible for the Mi Via Self-Directed Waiver?

Individuals who are currently receiving services from the Developmental Disabilities Waiver (DDW) or the Medically Fragile Waiver (MFW), or receive a notice of allocation from the Department of Health (DOH) Developmental Disabilities Supports Division (DDSD). It may be as many as 10–12 years after applying before services begin.

Applicants must meet specific medical and financial eligibility requirements set by Medicaid.

To apply

Contact the Developmental Disabilities (DD) Waiver and/or the Medically Fragile Waiver with the Intake and Eligibility Unit of DDSD to apply. Once a person has applied and received a notice of allocation, they may choose the Mi Via Self-Directed Waiver at that time.

Anyone currently receiving services through the Developmental Disabilities Waiver or Medically Fragile Waiver may change to the Mi Via Self-Directed Waiver. Those wishing to change Waivers may request a *Waiver Request Form* from their Regional Mi Via Liaison or Medically Fragile Program Manager.

What happens once a person selects the Mi Via Self-Directed Waiver?

The Participant is contacted by the consultant agency they selected to schedule a meeting to begin development of their Mi Via Plan with an allocated budget amount.

- The SSP identifies the Participant's strengths and describes in detail the items and services the Participant is requesting based upon their needs and qualifying condition.

The plan and budget are submitted to the Third Party Assessor (TPA) for approval. Once the SSP and budget are approved, the Participant makes arrangements to purchase the goods and services identified on their SSP and budget.

Remember:

- The fiscal management agency (FMA), Conduent, will process time-sheets and take care of employer-related requirements such as employer taxes, paying employees and issuing checks for stores/agencies where the Participant plans to purchase goods and services.
- Services through the Mi Via Waiver may include: homemaker, home health aide, in-home living, community direct support, employment support, customized community group support, physical therapy (PT), occupational therapy (OT), speech therapy (SLP), private duty nursing, behavior support consultation, nutritional counseling, specialized therapies, respite, emergency response, transportation, environmental modifications, and related goods such as technology/safety and independence.



Mi Via General Information

505-841-5510 or

505-841-5519

archive.mivianm.org/

Mi Via Newsletters

archive.mivianm.org/MiVia

Newsletter.htm

Mi Via DDSD Liaisons

Metro Region

505-841-5500

NE Region

575-758-5934

NW Region

505-863-9937

SE Region

575-624-6100

SW Region

575-528-5180

Medically Fragile Waiver

505-841-2913

Fiscal Management Agency

(FMA) - Conduent

1-866-916-0310

Questions?

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Information Network

1-800-552-8195

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Informational Tip
Sheets:

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State General Funds

New Mexico

What are State General Funds (SGF)?

State General Funds pay for services for children and adults who have been determined eligible for the Developmental Disabilities (DD) or Medically Fragile waivers, but are not currently receiving waiver services or personal care services through Medicaid.

Who is eligible to access State General Funds?

To be eligible for SGF, someone must:

- 1) Complete the registration process for the Developmental Disabilities (DD) or Medically Fragile waivers,
- 2) Meet state and federal eligibility criteria, and
- 3) Be placed on the Central Registry. The Central Registry is a computerized list of everyone awaiting services.

Children, age 3 and under, may qualify for SGF while receiving services through an early intervention (EI) program. Services are coordinated through the Family Infant Toddler (FIT) program and early intervention provider agencies statewide. Contact BabyNet to find an early intervention provider.

What services are available?

- **Independent Living** has different levels of services available to support individuals in their home.
- **Respite** services are to give the caregiver a break from caring for their loved one. Respite may be available for persons of any age.
- **Adult Day Habilitation Services** are for individuals who are at least 18 years old and have completed their special education program. Services are offered during daytime hours to learn employment or pre-vocational skills, as well as community access.
- **Behavioral Support Consultation** consists of an evaluation and short term consultation to help individuals of any age who are experiencing challenging behaviors that interfere with their ability to participate in the community. A Positive Behavior Support Plan is developed and training is provided to implement the plan.

To apply

Funding for SGF services is made available through provider agencies in different parts of the state.

- For adults and children over age 3, contact a Developmental Disabilities Support Division (DDSD) Regional Office. The DDSD offers information on available SGF and the name of a provider agency in each area.
- For a child receiving services through an early intervention agency, a family can request information from their Service Coordinator. The Family Infant Toddler (FIT) Program can provide information on early intervention services and providers.

Remember:

- SGF services are available on a first come first serve basis, and as funding is available.



DDSD State General Funded Services Info

1-877-696-1472

archive.nmhealth.org/ddsd/sgfserviceswebsitedev/stategeneralfundedsvcspg01.htm

DDSD Regional Offices

Metro Regional Office

1-800-283-5548

505-841-5500

NW Regional Office

1-866-862-0448

505-863-9937

NE Regional Office

1-866-315-7123

575-758-5934

SW Regional Office

1-866-742-5226

575-528-5180

SE Regional Office

1-866-895-9138

575-624-6100

FIT Program

1-877-696-1472

nmhealth.org/about/ddsd/cpb/fit/

Questions?

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Information Network
/BabyNet

1-800-552-8195

or visit our website at

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Informational Tip

Sheets:

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Section 2



Social Security

- Medicare Basics
- Social Security – SSDI Compared to SSI
- Social Security Benefits – Expedited Reinstatement (EXR)
- Social Security Benefits – How to Apply for SSDI
- Social Security Benefits – How to Apply for SSI
- Social Security Offices
- Social Security Plan to Achieve Self-Support (PASS)
- Social Security Subsidy and Special Conditions

Medicare Basics

New Mexico

What is Medicare?

Medicare is health insurance for individuals who are age 65 and older, as well as certain younger people with disabilities, permanent kidney failure, or Lou Gehrig's disease. Typically Medicare covers some, but not all medical and long-term care costs. There are often co-pays and premiums required.

There are four types of Medicare, which help to cover various expenses:

- Part A - Hospital Insurance - for inpatient care, nursing facilities, some home health care and hospice
- Part B - Medical Insurance - helps cover doctor visits and other medical expenses not covered by hospital insurance
- Part C - Medicare Advantage Plan - consumers choose to receive all of their health care services through one provider
- Part D - Prescription Drug Plan - helps cover medication costs and often has co-pays

Who is eligible for Medicare?

To qualify for "Original Medicare" a person must be 65 years of age or older. However, if the individual is not yet 65, but has:

- received Social Security Disability Insurance (SSDI), or
- received Railroad Retirement Board (RRB) disability benefits for 24 months, or
- permanent kidney failure,

that person may also be eligible for Medicare.

People 65 years or older can qualify for Medicare coverage without paying premiums if:

- they already receive SSDI or retirement benefits,
- they have not applied for benefits but meet all eligibility requirements, or
- if they or their spouse have earned at least 40 credits of Medicare-covered employment.

If a person does not meet these eligibility requirements but is 65 years or older and is a citizen of the U.S., or a lawfully admitted non-citizen, they may still receive Medicare if they are paying for Part A coverage.

To apply when turning 65

Persons who are receiving Social Security or Railroad Retirement Board (RRB) benefits before the age of 65 will be automatically enrolled the month of their 65th birthday. If a person is not receiving these benefits, they must apply at the local Social Security office, or by calling the national Social Security Administration phone number.

If a person does not enroll when first eligible, they must wait for the next General Enrollment Period (GEP), which occurs each January 1st through March 31st. Call the Social Security Office during this time to apply.

To apply if under age 65

People with disabilities who are currently receiving Social Security or Railroad Retirement Board (RRB) disability will be automatically enrolled in Medicare after receiving disability benefits for 24 months. If a person does not receive these benefits and is eligible due to kidney failure or a disability, they must apply for Medicare. Apply by calling the national Social Security Administration, or by going to the local Social Security Office.



Medicare

1-800-MEDICARE

1-800-633-4227

TTY: 1-877-486-2048

www.medicare.gov

National Social Security Administration Office

1-800-772-1213

TTY: 1-800-325-0778

ssa.gov

Social Security Office Locator

secure.ssa.gov/ICON/main.jsp

Railroad Retirement Board (RRB)

1-877-772-5772

NM Social Security Offices

www.cdd.unm.edu/infonet/pdfs/tipsheets/social-security-pdfs/social-security-offices.pdf

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Social Security Disability Insurance (SSDI) Compared to Supplemental Security Income (SSI)

New Mexico

Social Security Disability Insurance (SSDI)

SSDI provides monthly compensation to individuals who can no longer work due to their medical conditions. This program is financed with Social Security Taxes paid by workers, employers, and people who are self-employed.

- The worker will get Medicare coverage automatically after receiving disability benefits for two years.
- To be eligible for a Social Security benefit, the worker must earn sufficient credits based on taxable work to be “insured” for Social Security purposes.
- Disability benefits are payable to:
 - Workers who have a disability or are blind
 - Their children
 - Widow(er)s
 - Adults who have had a disability since childhood
- The amount of the monthly disability benefit is based on the Social Security earnings record of the insured worker.

Supplemental Security Income (SSI) Disability

This program is financed through general tax revenues (not Social Security taxes); meaning benefits are not based on earnings from an individual’s prior work.

SSI provides cash assistance to people with limited income to meet basic needs for food, clothing, and shelter.

- In New Mexico, beneficiaries are also eligible for Medicaid.
- SSI benefits are payable to:
 - Individuals age 65 or older
 - Adults who have a disability
 - Adults who are blind
 - Children who have a disability or are blind
- Eligibility requirements:
 - Have limited income and resources and meet the living arrangement requirements
 - A U.S. citizen or national, or other categories as defined by the Social Security Administration
- The monthly payment varies up to the maximum federal benefit rate, which may be supplemented by the state.

How to apply for SSI or SSDI

To apply, call the Social Security Administration or make an appointment to visit a local Social Security office. When making the appointment, ask what documentation to bring, such as US birth certificate, US passport, Social Security card, driver’s license, ID card, etc.

Remember:

- For more information, see the latest edition of The Red Book, which is published each year by the Social Security Administration. It is a guide to employment-related questions for persons with disabilities regarding SSDI and SSI.
- For a list of Social Security offices in New Mexico and when they are open, visit the Informational Tip Sheets under the CDD Information Network website.



Social Security Administration (SSA)

1-800-772-1213

www.ssa.gov

To find a local Social Security office, visit secure.ssa.gov/ICON/main.jsp

Social Security The Red Book

www.ssa.gov/redbook

Questions?

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Informational Tip Sheets:

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Social Security Benefits – Expedited Reinstatement (EXR)

New Mexico

What is Expedited Reinstatement (EXR) of Social Security Benefits?

Expedited Reinstatement (EXR) is a safety net for people who return to work and later lose their Supplemental Security Income (SSI) or Social Security Disability Insurance (SSDI) benefits and payments. If cash payments ended because of work and earnings, and a person stops working within 5 years of when benefits ended, Social Security may be able to start benefits again.

Who is eligible?

An SSI or SSDI beneficiary who:

- Stopped receiving benefits because of earnings from work,
- Is unable to work or perform Substantial Gainful Activity (SGA),
- Is disabled because of an impairment that is the same as or related to the impairment that allowed the beneficiary to get benefits earlier, and
- Makes the request within 5 years from the month the benefits ended.

What are provisional benefits?

Provisional benefits can be paid when someone requests EXR. These include cash payments and Medicare/Medicaid coverage. These benefits usually do not have to be paid back if the Social Security Administration denies the EXR request. Provisional payments are paid for up to 6 months, but will end sooner if the person seeking EXR:

- Is notified of the Social Security Administration's EXR decision,
- Engages in Substantial Gainful Activity (SGA), or
- Reaches full retirement age.

What is Substantial Gainful Activity?

The term “**Substantial Gainful Activity**”, **SGA**, is used to describe a level of work activity and earnings. Work is “**Substantial**” if it involves doing significant physical or mental activities or a combination of both. For work activity to be substantial, it does not need to be performed on a full-time basis. Work activity performed on a part-time basis may also be substantial gainful activity.

“**Gainful**” work activity is:

- Work performed for pay or profit, or
- Work of a nature generally performed for pay or profit, or
- Work intended for profit, whether or not a profit is realized.

How to apply

The former beneficiary can contact their local Social Security office to request a reinstatement of SSI or SSDI benefits. The wait time for appointments is typically 3 months or longer, and documentation may need to be completed in advance.



Social Security Administration (SSA)

1-800-772-1213

www.ssa.gov

or

Visit your local Social Security Office

To find the Social Security office nearest you, go to:

secure.ssa.gov/ICON/main.jsp

Questions?

Call the CDD Information Network

1-800-552-8195

or visit our website at www.cdd.unm.edu/infonet

Informational Tip Sheets:

www.cdd.unm.edu/info/net/tip-sheets.html

Social Security Benefits: How to Apply for SSDI

New Mexico

What is Social Security Disability Insurance?

Social Security Disability Insurance (SSDI) is a federal program that provides monthly cash benefits to people who have worked, paid Social Security taxes, and now have a disability that prevents them from working.

Who is eligible?

Eligibility for SSDI benefits is based on a person's status as disabled. The applicant also needs to have worked and paid enough Social Security taxes to qualify for SSDI. If the applicant is working at the time they apply, Social Security will review their work history to see if they qualify for SSDI benefits.

Social Security uses a five-step process to figure out whether or not an applicant meets their criteria for "disability." All five criteria must be met to be determined "disabled."

Step 1: Is the applicant currently working and earning a substantial income?

Step 2: Is the applicant's medical condition "severe"?

Step 3: Is the applicant's medical condition on Social Security's List of Impairments?

Step 4: Can the applicant do the same work they did before?

Step 5: Can the applicant do any other type of work?

How to apply?

There are three ways to start the application process: online, by phone, or in person at a local Social Security office.

The applicant may need to provide some or all of the following documentation:

- Names, addresses, and phone numbers of all doctors, hospitals and clinics that have provided medical treatment, as well as copies of any medical records.
- Names of any medications the applicant is taking.
- A certified copy of the applicant's birth certificate or proof of U.S. citizenship or legal residency, if born in another country.
- A certified copy of military discharge papers (Form DD 214), if applicant was in the military.
- The applicant's most recent W-2 Form, or if self-employed, their most recent tax return.
- Information on any workers' compensation applicant gets or has gotten.
- A summary of all jobs worked for the past 15 years (names and dates).

Remember:

- For more information, see the latest edition of The Red Book, which is published each year by the Social Security Administration. It is a guide to employment-related questions for persons with disabilities regarding SSDI.
- If the applicant is denied for SSDI benefits, they may reapply, hire a disability attorney or contact Disability Rights New Mexico. If and when approved, the applicant will receive benefits retroactively from the first application date. Attorneys will only charge when the applicant is awarded benefits, and they are only allowed to take a certain percentage of the retroactive benefits.



Social Security Benefits for People with Disabilities

www.ssa.gov/disability/

Social Security 2014 Red Book

www.ssa.gov/redbook

Benefits.gov

1-800-772-1213

www.benefits.gov/benefits/benefit-details/4382

National Academy of Social Insurance

202-452-8097

www.nasi.org/learn/social-security/disability-insurance

Social Security Disability Resource Center

www.ssdrc.com/social-security-disability.html

Disability Rights NM

www.drn.org

Questions?

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Information Network

1-800-552-8195

or visit our website at
www.cdd.unm.edu/infonet

Informational Tip
Sheets:

www.cdd.unm.edu/infonet/tip-sheets.html

Social Security Benefits – How to Apply for SSI

New Mexico

What is Supplemental Security Income (SSI)?

Supplemental Security Income (SSI) is a program that provides cash benefits to adults and children who have disabilities, and who have financial need because of limited income and resources. People over the age of 65 who do not have a disability, but who have limited income and resources may also be able to receive SSI.

People who qualify for SSI receive a monthly check from the Social Security Administration (SSA) to help pay for basic needs such as food, shelter and clothing. SSI is different than Social Security retirement benefits and Social Security Disability Insurance (SSDI).

Who is eligible?

Adults and children with disabilities, as defined by the SSA, and who have limited income and resources may be eligible for SSI. People over the age of 65 who do not have a disability, and who have limited income and resources, may also qualify for SSI.

How to apply for SSI

To apply as an adult, who is age 18 or over, call the Social Security Administration or schedule an appointment at a local Social Security office.

To apply for a child under the age of 18, call the Social Security Administration or schedule an appointment at a local Social Security office. The person applying for SSI for the child will need to complete an SSI application and a Child Disability Report. The Child Disability Report can be completed online, but the SSI application must be done by phone or in person.

Documents that may be needed for the application

The Social Security representative who takes the SSI application, over the phone or in person, will ask for certain documents that show:

- Proof of age
- Citizenship or alien status record
- Proof of income
- Proof of resources
- Proof of living arrangements
- Medical sources if filing for someone with a disability
- Work history
- For a child applicant, other information about how their disability affects daily activities

The representative will explain what documents are needed, and a follow-up appointment will be scheduled for the applicant to bring the documents to the Social Security office.

Remember:

- Make and keep a copy of the application and all submitted documents.
- For more information, visit a local Social Security office or visit their website.
- For a list of Social Security offices around New Mexico and when they are open, visit the Information Network website under Informational Tip Sheets.



**Social Security
Administration**
1-800-772-1213

**Supplemental Security
Income (SSI)**
www.ssa.gov/ssi

Child Disability Report
secure.ssa.gov/apps6z/i3820/main.html

**To find a local Social
Security office, visit**
secure.ssa.gov/ICON/main.jsp

**Parents Reaching Out
(PRO)** *For help filling out
an SSI application*
505-247-0192
1-800-524-5176

**Independent Living
Resource Center (ILRC)**
*For help understanding
eligibility and the
application process*
505-266-5022
1-800-260-5022

Questions?

Call the CDD Information
Network

1-800-552-8195

or visit our website at
www.cdd.unm.edu/infonet
Informational Tip Sheets:
www.cdd.unm.edu/infonet/tip-sheets.html

Social Security Offices

New Mexico

ALBUQUERQUE SOCIAL SECURITY OFFICE Address: 500 Lead Ave. SW (SW corner of 5 th & Lead) Albuquerque, NM 87102-3314 Phone: 1-800-772-1213 Notes: New office location in downtown area. Will need to pay for parking in lots or in parking meter spaces. Any person with a disability parking permit can park for free at a meter. They are open from 9am-4pm and they close at noon on Wednesday. It may be less busy on Fridays.	RIO RANCHO SOCIAL SECURITY OFFICE Address: 4433 Jager Drive NE, Rio Rancho, NM 87144 Phone: 1-800-772-1213 Notes: This location typically has a shorter wait time than the Albuquerque location. You do not have to be a Rio Rancho resident to utilize this office. They are open from 9am -4pm and they close at noon on Wednesday. It may be less busy on Fridays.
CARLSBAD SOCIAL SECURITY OFFICE Address: 2302 W. Pierce, Carlsbad, NM 88220 Phone: 1-800-772-1213 Notes: Located in the mall next to Bealls. They are open from 9am-3pm and they close at noon on Wednesday.	GALLUP SOCIAL SECURITY OFFICE Address: 2070 East Aztec Avenue, Gallup, NM 87301 Phone: 505-722-7749 Notes: They are open from 9am -4pm and they close at noon on Wednesday. It may be less busy on Fridays.
CLOVIS SOCIAL SECURITY OFFICE Address: 1208 Arcineiga Dr., Clovis, NM 88101 Phone: 1-866-931-9945 Notes: Located 1 Block east of JC Penny at the North Plains Mall. On the corner of Marvin Hass St. and Arcineiga St. They are open from 9am -3pm and they close at noon on Wednesday.	FARMINGTON SOCIAL SECURITY OFFICE Address: 4650 N. Butler, Farmington, NM 87401 Phone: 1-866-931-7656 Notes: From Main St. turn north on Butler past 20th and 30th St. Office is located at corner of Butler and Sunrise pkwy in north Farmington. They are open from 9am -3pm and they close at noon on Wednesday.
HOBBS SOCIAL SECURITY OFFICE Address: 501 East Bender Blvd., Hobbs, NM 88240 Phone: 1-866-254-2611 Notes: Located 1/8 mile east of the intersection of Michigan and Bender. They are in the mountain time zone which is an hour earlier than the central time zone for the public served in Texas. Open from 9am-3pm and they close at noon on Wed.	SANTA FE SOCIAL SECURITY OFFICE Address: 1922 5 th Street, Santa Fe, NM 87505 Phone: 1-866-571-8130 Notes: Located South of K-Mart on 5th St at the corner of 5 th and Aspen Drive. This is 1 block south of St. Michaels Drive and right behind K-Mart. They are open from 9am-3pm and they close at noon on Wednesday.
LAS CRUCES SOCIAL SECURITY OFFICE Address: 2141 Summit Court, Las Cruces, NM 88011 Phone: 1-866-563-9294 Notes: Located off Telshor Blvd. This is ¼ mile south of Sam's Club and behind the Fairfield Inn. They are open from 9am-3pm and they close at noon on Wednesday.	LAS VEGAS SOCIAL SECURITY OFFICE Address: 2520 Ridge Runner Road, Las Vegas, NM 87701 Phone: 1-866-635-0856 Notes: Located 1 block West of the intersection of 7 th and Legion Dr. behind the Wal-Mart. They are open from 9am-3pm and they close at noon on Wednesday.

TIPS FOR VISITING A SOCIAL SECURITY OFFICE:

- 1) **Make an Appointment** - Without an appointment, there will most likely be a long wait. Call the national toll-free phone number **1-800-772-1213** or a local office number, between 7am and 7pm, Monday through Friday. It is recommended to call as early as possible or after 6pm to set up an appointment. For deaf or hard of hearing, call the toll-free TTY number, **1-800-325-0778**, between 7am and 7pm Monday through Friday.
- 2) **Bring Necessary Documentation** - When on the phone with the representative, make sure to ask what information is needed for the appointment so that the applicant has all documents required for applying for Social Security benefits at the appointment. Some documents that may be needed are a US birth certificate, US passport, Social Security card, driver's license or ID card.
- 3) **Bring a List of Questions** - This will make it easier to get all of the information needed during the allotted appointment time. Make sure all questions get answered.
- 4) **Go Online** to www.ssa.gov to apply for some benefits, sign up for direct deposit, replace a Medicare card, change an address, estimate future payments and more.
- 5) **Visit the Social Security Office Locator** website at secure.ssa.gov/ICON/main.jsp

Questions? Call the CDD Information Network at

1-800-552-8195 or 505-272-8549

www.cdd.unm.edu/infonet

Social Security Plan to Achieve Self-Support (PASS)

New Mexico

What is the PASS program?

If an individual receives Supplemental Security Income (SSI) and has another source of income, Social Security's Plan for Achieving Self-Support (PASS) program allows them to save for a career goal. Income or resources that are set aside in a PASS plan account are not factored in when determining eligibility for SSI.

What is needed to qualify for a PASS?

To qualify, an individual must:

- have a disability,
- meet all SSI eligibility requirements, other than the income or resources that will be set aside in a PASS account, and
- have earnings, unearned income, or other financial resources.

An individual cannot set up a PASS if SSI is their only source of income. SSI funds may not be put into a PASS account.

How does the PASS work?

- Countable earnings are placed into a bank account that the individual has set up for the PASS. This account is dedicated to PASS funds only. It may be used to achieve a specified Social Security approved work goal or purchase items/services such as education or training.
- Countable earnings put into the PASS account will not reduce the individual's SSI check amount.

What can the PASS be used for?

- Expenses for college or education, such as tuition, books, supplies, etc.
- Job coaching assistance or job development services
- Business start-up expenses
- Although PASS is an SSI benefit, Social Security Disability Insurance (SSDI) recipients may use their cash benefit to save for a Social Security approved employment goal. They may then become eligible for and receive an SSI cash benefit while using a PASS. Contact the PASS Cadre for more information on this option.

How long can a PASS last?

PASS plans are written for up to 36 months, or 48 months if the plan involves an educational goal. The PASS Cadre usually reviews plans every 6 months.

In some cases, such as when a person's disability slows progress on a plan, the PASS may be extended beyond 36 or 48 months, in 6 month increments. The length of the PASS plan and any extensions are based on individual circumstances.



Social Security Administration

1-800-772-1213

www.ssa.gov

PASS Cadres for New Mexico

1-866-931-2876

Ext. 14671

www.socialsecurity.gov/disabilityresearch/wi/pass.htm

Partners for Employment Videos

PASS – Plan to Achieve Self-Support
cddunm.adobeconnect.com/p2xoh9db415/

Questions?

Call the CDD Information Network

1-800-552-8195

or visit our website at www.cdd.unm.edu/infonet

Informational Tip Sheets:

www.cdd.unm.edu/info/net/tip-sheets.html

Social Security Subsidy and Special Conditions

New Mexico

What are Social Security Subsidy and Special Conditions?

Subsidy and Special Conditions are supports that an individual receives on the job. These supports are provided by someone other than the employer, for example, a vocational rehabilitation agency, and may result in the individual receiving more pay than the actual value of the services they perform through work. This is a work incentive.

When would someone use a Subsidy and/or Special Conditions?

Subsidy and Special Conditions only apply after a Trial Work Period and only if the employee is earning over the Substantial Gainful Activity (SGA) amount. To see the current SGA amount approved by Social Security, go to www.ssa.gov/oact/cola/sga.html

What is a Trial Work Period?

During a trial work period, a person receiving Social Security disability benefits may test their ability to work and still be considered to have a disability. Social Security does not consider services performed during the Trial Work Period as showing that the disability has ended until services have been performed for at least 9 months, not necessarily consecutive, within a rolling 60-month period.

What is Substantial Gainful Activity (SGA)?

SGA is used to describe a level of work activity and earnings. Work is "Substantial" if it involves doing significant physical or mental activities or a combination of both. For work activity to be substantial, it may be part-time or full-time. "Gainful" work activity is work performed for pay or profit, or work of a nature generally performed for pay or profit, or work intended for profit, whether or not a profit is realized.

When do Subsidy and Special Conditions exist?

Subsidy and Special Conditions may exist if an employee:

- Does different tasks than other workers with the same job title
- Gets extra help from others (co-workers or supervisor)
- Works more slowly than others in the same job position
- Has a job coach or mentor who helps the employee perform some of their work

How does Subsidy and Special Conditions work?

To develop an employer Subsidy and Special Conditions, the employer is asked to submit information to the Social Security Administration to document the value of the work and services provided by the employee. The amount of the subsidy is determined by comparing this work in the amounts of time, skills, and responsibilities with that of people without disabilities doing similar work.

Remember:

- Reference the latest edition of The Red Book, published annually by the Social Security Administration, which is a summary guide to employment related questions about SSI and SSDI for persons with disabilities.
- The Subsidy and Special Conditions is not a guaranteed work incentive. An employee must get the Subsidy or Special Conditions approved by their local Social Security office.



Social Security Administration (SSA)

1-800-772-1213

www.ssa.gov

or

Visit your local Social Security Office

To find the Social Security office nearest you, go to:

<https://secure.ssa.gov/ICON/main.jsp>

Social Security The Red Book

www.ssa.gov/redbook

Questions?

Call the CDD Information Network

1-800-552-8195

or visit our website at www.cdd.unm.edu/infonet

Informational Tip Sheets:

www.cdd.unm.edu/info/net/tip-sheets.html

Section 3



Transportation

- Transportation – Accessible Options around the State
- Transportation – Accessible Options in Albuquerque
- Transportation – How to Schedule a Sun Van Ride
- Transportation – Sun Van Basics

Transportation – Accessible Options around the State

New Mexico

What is accessible transportation?

Accessible transportation, or paratransit, is door-to-door or curb-to-curb transportation for people with disabilities and senior citizens who are not able to use the regular public bus system, also known as fixed-route public transportation. Most cities require an application to determine eligibility before using this service. Once a rider is eligible, reservations need to be made ahead of time, as services are on a first-come first-serve basis. There is usually a cost for each ride. NM Centennial Care (Medicaid) provides non-emergency medical transportation. Centennial Care members may contact their Care Coordinator for more information about this benefit.

Farmington Red Apple Transit Dial-A-Ride Paratransit

- Door-to-door service within city limits, and limited service beyond the city.
- Hours of operation are Monday through Saturday, 7:00 am – 6:00 pm.
- Application required to determine eligibility to use service.
- Reservations are required and can be made up to one month in advance.

Las Cruces Dial-A-Ride Paratransit

- Curb-to-curb service within city limits.
- Hours of operation are Monday through Friday, 6:30 am – 6:30 pm.
- Application required to determine eligibility to use service.
- Reservations must be scheduled two weeks in advance.

Rio Rancho Dial-A-Ride Paratransit

- Door-to-door service within city limits for Rio Rancho residents 18 years and older with disabilities, and limited rides to and from Albuquerque for medical appointments only.
- Hours of operation are Monday through Friday, 7:30 am – 3:00 pm.
- Application required to determine eligibility to use service.
- Reservations can be up to two weeks in advance. Cash is not accepted for this service, and fare cards must be purchased at the Meadowlark Senior Center.

Santa Fe Ride Paratransit

- Curb-to-curb service for some areas of the city, with door-to-door service upon request.
- Hours of operation are Monday through Friday, 6:00 am – 10:00 pm, Saturday 8:00 am – 8:00 pm, and Sunday 8:30 am – 6:30 pm.
- Application required to determine eligibility to use service.
- Reservations required by 7:00 pm one day in advance, and can be made up to two weeks in advance.

Valencia County Dial-A-Ride Public Transportation

- Curb-to-curb transportation throughout Valencia County for everyone. When making a reservation, the rider can inform the operator about transportation accommodations that are needed, such as a wheelchair lift.
- Hours of operation are Monday through Friday, and times vary by location.
- No application required to use this service.
- Rides connect to the Rail Runner train, which links the rider to Albuquerque, Bernalillo, and Santa Fe. Bus fare is free with a valid Rail Runner pass.
- Reservations must be made by 12:00 pm one business day in advance.



**Farmington Red Apple
Dial-A-Ride**
505-325-3409

Las Cruces Dial-A-Ride
575-541-2777

Rio Rancho Dial-A-Ride
505-994-1608

Santa Fe Ride
505-955-2001
505-473-4444

**Valencia County
Dial-A-Ride**
505-352-3595

**Albuquerque Sun Van
Paratransit Service**
505-724-3100
[cabq.gov/transit/
paratransit-service](http://cabq.gov/transit/paratransit-service)

Questions?

Call the CDD
Information Network
1-800-552-8195
or visit our website at
www.cdd.unm.edu/infonet

Informational Tip
Sheets:

[www.cdd.unm.edu/infonet/
t/tip-sheets.html](http://www.cdd.unm.edu/infonet/tip-sheets.html)

Transportation – Accessible Options in Albuquerque

New Mexico

ABQ RIDE public bus system

- Serves the city of Albuquerque
- All buses are wheelchair accessible
- The ABQ RIDE website and free phone app can help plan routes and find bus stops
- Bus fare is \$1, \$.35 for students and seniors, and children under 9 ride free with an adult
- Bus fare must be paid in exact change or with a bus pass

Sun Van curb-to-curb bus service

- For people with disabilities who are not able to use ABQ RIDE
- Sun Van picks up and drops off anywhere in the Albuquerque area
- Anyone who wants to use Sun Van must fill out an eligibility application
- Reservations are required for each ride
- The fare is \$2 for each one-way trip, and can be paid with cash or Sun Van coupons
- Visitors to Albuquerque who meet eligibility requirements may use Sun Van for 21 days

NM Rail Runner Express Train Service

- The NM Rail Runner has 14 stations along its 100-mile route from Santa Fe to Belen
- All trains, stations and platforms are wheelchair accessible
- Train fare depends on the number of zones (1-6) a rider travels through
- Tickets can be purchased online or on the train; credit card users must show a valid ID

Centennial Care non-emergency medical transportation

- Centennial Care Managed Care Organizations (MCOs) can provide rides to and from medical appointments for eligible members
- Call the member's Care Coordinator to ask about eligibility

Department of Senior Affairs curb-to-curb transportation

- For people ages 60 and older who live in Bernalillo County
- Wheelchair accessible vehicles are available
- Reservations are required, and priority is given to people who have medical appointments
- Donations are accepted but not required

Disabled American Veterans (DAV) Transportation for Veterans

- Free transportation for veterans to get to medical appointments at the VA
- Vehicles are not wheelchair accessible, and drivers cannot lift or medically attend to riders
- If rider can get in and out of a DAV vehicle, then VA staff will get the rider into a wheelchair at the VA
- ABQ RIDE and NM Rail Runner offer free rides for veterans who show their VA ID card. Veterans may also be eligible for mileage reimbursement from the VA when traveling there for appointments.

Remember:

- There are no accessible taxi cabs in the Albuquerque metro area.



ABQ Transit
505-724-3100

ABQ RIDE App
[cabq.gov/transit/transit/
programs-and-projects/
abq-ride-apps/](http://cabq.gov/transit/transit/programs-and-projects/abq-ride-apps/)

Sun Van
505-243-7433
[www.cabq.gov/transit/para
transit-service](http://www.cabq.gov/transit/para-transit-service)

**Rail Runner Express
Stations & Connections**
riometro.org/stations

**Department of
Senior Affairs**
505-764-6464
[www.cabq.gov/seniors/seni
or-services/transportation](http://www.cabq.gov/seniors/senior-services/transportation)

**Disabled American
Veterans (DAV)
Transportation**
(505) 265-1711 ext. 2821
[www.dav.org/veterans/i-
need-a-ride/](http://www.dav.org/veterans/i-need-a-ride/)

Questions?

Call the CDD Information
Network

1-800-552-8195

or visit our website at
www.cdd.unm.edu/infonet

Informational Tip
Sheets:

[www.cdd.unm.edu/infonet
/tip-sheets.html](http://www.cdd.unm.edu/infonet/tip-sheets.html)

Transportation – How to Schedule a Sun Van Ride

New Mexico

How to schedule Sun Van rides:

Reservations are required to use Sun Van. Once someone has been certified to use this service, call to make a reservation for the time the rider wants to be picked up, or for the time of their appointment. Reservations are accepted three days in advance when made Monday through Thursday, and five days in advance on Fridays. Making a reservation as soon as possible gives the rider the best chance of getting a reservation for the time needed.

Below is a worksheet to help gather the information Sun Van will need. Remember to speak slowly when calling.

Sun Van Scheduling Worksheet

Name: _____

Sun Van ID#: _____

Where do you need a ride from?

☐ Pick up time: _____ or ☐ Time of appointment: _____

Where are you going? (Address) _____

Return Trip:

Do you need a return ride? ☐ Yes ☐ No

Time you want to be picked up for your return ride: _____

Where are you going? (Address) _____

When to Call Sun Van to Schedule a Ride:

It is best to call at 8:00 am, 3 days in advance, or on Fridays, 5 days in advance.

Calls can be made starting:

Friday at 8:00 am	→	Monday
Friday at 8:00 am	→	Tuesday
Friday at 8:00 am	→	Wednesday
Monday at 8:00 am	→	Thursday
Tuesday at 8:00 am	→	Friday
Wednesday at 8:00 am	→	Saturday
Thursday at 8:00 am	→	Sunday

For a ride on:

Remember:

- To ride Sun Van there is an application, certification and applicant interview process. See the *Sun Van Basics Tip Sheet* at the Informational Tip Sheets link to the right.
- Sun Van may arrive 15 minutes before or after the scheduled pickup time. Calls to check on pickup status can be made after this 30-minute window has passed.
- Riders have 5 minutes from the time Sun Van arrives to board the van. If the rider needs to cancel, call Sun Van 2 hours before the scheduled pick up time. No-shows can mean that a person's Sun Van certification is temporarily suspended.
- For more information about Sun Van and other accessible transportation options in Albuquerque, visit the Information Network website under Informational Tip Sheets.



Sun Van

505-243-7433

[www.cabq.gov/transit/
paratransit-service](http://www.cabq.gov/transit/paratransit-service)

Sun Van

Reservations

505-243-7433 Ext. 5

Cost of Rides

\$2.00 each

one-way trip

\$18.00 for 10 coupons

*Credit and debit cards
are not accepted as
payment.*

Questions?

Call the CDD
Information Network

1-800-552-8195

or visit our website at
www.cdd.unm.edu/infonet

Informational Tip
Sheets:

[www.cdd.unm.edu/info
net/tip-sheets.html](http://www.cdd.unm.edu/info
net/tip-sheets.html)

Transportation – Sun Van Basics

New Mexico

What is Sun Van?

Sun Van is Albuquerque's paratransit service. It provides accessible transportation to persons living in or visiting the Albuquerque metro area who have a disability and are not able to ride the regular bus system, also called the fixed route system. Sun Van picks the rider up in front of their home, and drops them off in front of their destination.

Sun Van serves Albuquerque and parts of Bernalillo County. The service hours for Sun Van are the same as the regular buses that travel this route. Sun Van is not a taxi service. It is a shared ride service, so other people will also be on the Sun Van ride.

Application process

Download an application for Sun Van online, or call Sun Van to have one mailed. There are three parts of the application, plus an interview. The first two parts are filled out by the applicant, and the third is filled out by the applicant's doctor. Sun Van will provide a free ride to and from the doctor's office to get the third part completed.

Once completed, applicants schedule an appointment for an interview by calling Sun Van. Sun Van will also provide a free ride to and from the interview. Be sure to bring the completed application to the interview.

Sun Van eligibility and certification

Eligibility is based on the functionality of the person, not the diagnosis. All riders must be certified through the application and interview process. Visiting riders may obtain a temporary certification for 21 days. Certification is given to people who are unable to get to and from a bus stop, cannot ride the bus system, or cannot independently navigate the bus system.

Types of eligibility

- Full/Unconditional Eligibility - Sun Van is the applicant's only means of public transportation.
- Conditional Eligibility – The applicant only needs occasional use of Sun Van as a supplement to the regular bus system.
- Sheltered Eligibility – Some riders need someone to sign when they arrive at their destination. Pre-determined destinations are set up and kept on file with Sun Van.
- Personal Care Attendants (PCA) – Accompany rider free of charge if "PCA" is on ID card.
- Companion Eligibility – Companions pay the same fare as the rider.

Riding Sun Van

Sun Van is on a reservation system. To use Sun Van, call Monday – Thursday to schedule the ride three days in advance. On Fridays, rides may be scheduled five days in advance. It is best to call at 8:00 am or soon after, on the first day the rider is able to schedule.

Remember:

- Sun Van may arrive 15 minutes before or after the scheduled pickup time. Calls to check on pickup status can be made after this 30-minute window has passed.
- Riders only have 5 minutes from the time Sun Van arrives to board the van.
- If riders need to cancel a trip, call Sun Van 2 hours before the scheduled pickup time.
- Rider "No-shows" can lead to Sun Van certification being temporarily suspended. Call Sun Van or look on their website to learn more.
- For more information about Sun Van and other accessible transportation options in Albuquerque, visit the Information Network website under Informational Tip Sheets.



Cost of Ride on Sun Van

\$2.00 each one-way trip
\$18.00 for 10 coupons

Buy coupon books at Alvarado Bus Station or some local Albertsons. Call ahead to Albertsons to make sure they have coupons available.

Fares may only be paid for in cash or coupon book.

Sun Van

505-243-7433

www.cabq.gov/transit/paratransit-service

Sun Van Application

www.cabq.gov/transit/paratransit-service/paratransit-application-instructions

Questions?

Call the CDD Information Network

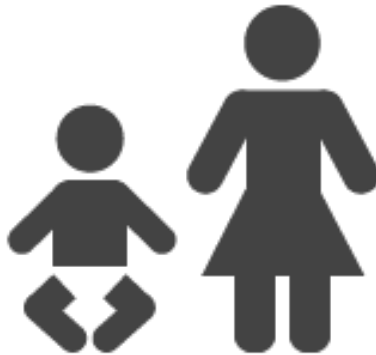
1-800-552-8195

or visit our website at www.cdd.unm.edu/infonet

Informational Tip Sheets:

www.cdd.unm.edu/info/net/tip-sheets.html

Section 4



Early Childhood

- Child Find – Developmental Screenings for Children Ages 3-4
- Family Infant Toddler (FIT) Program for Children Birth to Age 3
- Home Visiting for New and Expecting Families
- Home Visiting Programs for New and Expecting Families

Child Find Developmental Screenings for Children Ages 3-4

New Mexico

See "What is Child Find?" section at end of document

NM School District	Child Find Phone Number	Child Find Address	Who to contact to request a screening and other information
Alamogordo Public Schools	575-812-5981	1211 Hawaii Ave Bldg. B Alamogordo, NM 88310	Contact School Psychologist - Screening done in Fall and Spring
Albuquerque Public Schools	505-224-8600 Ext. 22906	Mailing address: P.O. Box 25704 Albuquerque, NM 87125-0704	Contact Diagnostic Technician - There are 3 Diagnostic Centers families may be assigned to for screening: SE/SW, NW or NE.
Animas Public Schools	575-548-2296 Ext. 247	#1 Panther Boulevard Animas, NM 88020	Contact Special Education Director
Artesia Public Schools	575-746-2777	704 South 11 th St. Artesia, NM 88210	Contact DD Preschool Coordinator
Aztec Municipal Schools	505-334-2621 Ext. 1850	401 Rio Pecos Aztec, NM 87410	Contact Preschool -Clinic every other Monday
Belen Consolidated Schools	505-966-1860	15 East Side Rd. Belen, NM 87002	Contact Special Education Specialist -Screening every 1 st Friday
Bernalillo Public Schools	505-404-5714	560 South Camino del Pueblo Bernalillo, NM 87004	Contact Diagnostician
Bloomfield Schools	505-634-3882	310 La Jara Street Bloomfield, NM 87413	Contact Early Child Interventionist - Screenings once a month
Capitan Municipal Schools	575-257-2368	237 Service Road, Ruidoso, NM 88345	Contact Region 9 Education Cooperative
Carlsbad Municipal Schools	575-234-3320 Ext. 2808	406 North Alameda Carlsbad, NM 88220	Contact Medicaid Liaison
Carrizozo Municipal Schools	575-257-2368	237 Service Rd. Ruidoso, NM 88345	Contact Services Coordinator
Central Consolidated Schools	505-598-4500	#10 CR 6400 Kirtland, NM	Contact Secretary
Chama Valley Schools	575-588-7297	State Road 531 Tierra Amarillo, NM 87575	Contact Medicaid Coordinator
Cimarron Municipal Schools	575-376-2512	165 N Collision Ave. Cimarron, NM 87714	Contact Special Education Coordinator
Clayton Municipal Schools	575-374-2741	323 South 5 th St. Clayton, NM 88415	Contact Special Education Director
Cloudcroft Municipal Schools	575-257-2368	237 Service Road Ruidoso, NM 88345	Contact Region 9 Education Cooperative
Clovis Municipal Schools	575-769-4490 Ext. 3205	1600 Sutter Place Clovis, NM 88101	Contact Child Find - Screening every 2 nd Wednesday
Cobre Consolidated Schools	575-537-4017	900 A. Central Ave. Bayard, NM 88023	Contact Special Education Secretary
Corona Public Schools	575-849-1911	PO Box 258 Corona, NM 88318	Contact Superintendent

Questions? Call the CDD Information Network at

1-800-552-8195 or 505-272-8549

www.cdd.unm.edu/infonet

Child Find Developmental Screenings for Children Ages 3-4

New Mexico

See "What is Child Find?" section at end of document

NM School District	Child Find Phone Number	Child Find Address	Who to contact to request a screening and other information
Cuba Independent Schools	575-289-0461	50 County Road 13 Cuba, NM 87013	Contact Special Education Coordinator
Deming Public Schools	575-546-0427	905 South Zinc Deming, NM 88030	Contact Special Education Secretary - Clinics once a month
Des Moines Municipal Schools	575-278-2611	500 Des Moines Ave. Des Moines, NM 88418	Contact Special Education
Dexter Consolidated Schools	575-734-5420	401 East 1 st Dexter, NM 88230	Contact Preschool Teacher
Dora Consolidated Schools	575-477-2211	100 School St. Dora, NM 88115	Contact Preschool Screening Clinic in Fall
Dulce Independent Schools	575-759-2922	PO Box 547 Dulce, NM, 87528	Contact Special Education Secretary
Elida Municipal Schools	575-274-6211	108 Church St. Elida, NM 88116	Contact Preschool Teacher
Espanola Public schools	505-367-3331	323 North Coronado Ave. Espanola, NM 87532	Contact Elementary Specialist Clinics once a month
Estancia Municipal Schools	505-384-2007	709 West Hopewell Estancia, NM 87016	Contact Special Education Director Clinics in Fall and Spring
Eunice Public Schools	575-394-3154	1707 Avenue M Eunice, NM 88231	Contact Special Education Director
Farmington Municipal Schools	505-599-8625	5840 Fortuna Dr. Farmington, NM 87402	Contact Health Aid Intake Coordinator
Floyd Municipal Schools	575-478-2211	1564 NM 267 Floyd, NM 88118	Contact Preschool Teacher
Fort Sumner Municipal Schools	575-355-3338	1001 Avenue C Fort Sumner NM 88119	Contact Special Education Office
Gadsden Independent Schools	575-882-6221	500 4 th St. Anthony, NM 88021	Contact Early Childhood Disabilities Specialist
Gallup-McKinley County Schools	505-721-1864	1000 East Aztec Gallup, NM 87301	Contact Child Find Coordinator
Grady Municipal Schools	575-357-2192	100 Franklin Ave. Grady, NM 88120	Contact Special Education Coordinator
Grants-Cibola County Schools	505-285-2622	402 2nd St. Grants, NM 87020	Contact Early Childhood Transition Specialist
Hagerman Municipal Schools	575-752-3284	406 North Cambridge Ave. Hagerman, NM 88232	Contact Special Education Office
Hatch Valley Public Schools	575-267-8290	204 Hill Street Hatch, NM 87937	Contact Special Education Director
Hobbs Municipal Schools	575-433-0600	510 North Dal Paso Hobbs, NM 88240	Contact Special Education Secretary

Questions? Call the CDD Information Network at

1-800-552-8195 or 505-272-8549

www.cdd.unm.edu/infonet

Child Find Developmental Screenings for Children Ages 3-4

New Mexico

See "What is Child Find?" section at end of document

NM School District	Child Find Phone Number	Child Find Address	Who to contact to request a screening and other information
Hondo Valley Public Schools	575-653-4411	PO Box 55 Hondo, NM 87121	Contact Special Education Director
House Municipal Schools	575-279-7353	309 Apple Street House, NM 88121	Contact Special Education Director
Jal Public Schools	575-395-2840	200 E. Panther Jal, NM 88252	Contact Preschool Coordinator
Jemez Mountain Public Schools	575-638-5419 Ext. 128	Highway 96 Gallina, NM 87017	Contact Secretary
Jemez Valley Public Schools	575-834-7391	8501 Hwy 4 Jemez Pueblo, NM 87024	Contact Superintendent
Lake Arthur Municipal Schools	575-365-2000	700 Broadway Lake Arthur, NM 88253	Contact Special Education Coordinator
Las Cruces Public Schools	575-527-6076	505 South Main St. Suite 249 Las Cruces, NM 88001	Contact Primary Child Find Facilitator
Las Vegas City Public Schools	505-454-5719	475 East Legion Las Vegas, NM 87701	Contact Administrative Assistant
Logan Municipal Schools	575-487-2252 Ext. 1214	301 N. 2nd St. Logan, NM 88426	Contact Special Education Director
Lordsburg Municipal Schools	575-542-3252	500 Ownby Lordsburg, NM 88045	Contact Special Education Director
Los Alamos Public Schools	505-663-2201	2075 Trinity Drive Los Alamos, NM, 87544	Contact Coordinator of Student Services
Los Lunas Public Schools	505-866-8337	343 Main St. Los Lunas, NM 87031	Contact Child Find Secretary
Loving Municipal Schools	575-745-2079	608 South 6 th St. Loving, NM 88256	Contact Special Education Director
Lovington Public Schools	575-739-2705	1000 South 1 st St. Lovington, NM 88260	Contact Secretary of Special Programs
Magdalena Municipal Schools	575-854-2241	201 Duggins Magdalena, NM 87825	Contact Pre-K Special Education Coordinator
Maxwell Municipal Schools	575-375-3024	411 Parque and 4th Maxwell, NM 87728	Contact Special Education Director
Melrose Public Schools	575-253-4266	100 E. Missouri Ave. Melrose, NM 88124	Contact Speech Therapist
Mesa Vista Consolidated Schools	505-583-2645 Ext. 1302	Highway 285, Junction 111 Ojo Caliente, NM 87549	Contact Special Education Director
Mora Independent Schools	575-387-3107	PO Box 179 Mora, NM 87732	Contact Support Services Secretary
Moriarty Municipal School	505-832-5814	2422 Highway 333 Moriarty, NM 87035	Contact Student Data Technician

Questions? Call the CDD Information Network at

1-800-552-8195 or 505-272-8549

www.cdd.unm.edu/infonet

Child Find Developmental Screenings for Children Ages 3-4

New Mexico

See "What is Child Find?" section at end of document

NM School District	Child Find Phone Number	Child Find Address	Who to contact to request a screening and other information
Mosquero Municipal Schools	575-673-2271	43 McNeil Ave. Mosquero, NM 87733	Contact Special Education Coordinator
Mountainair Public Schools	505-847-2231 Ext 2002	405 West Broadway Mountainair, NM 87036	Contact Child Find Coordinator
Pecos Independent Schools	505-757-4644	North Hwy 63 Pecos, NM 87552	Contact Support Services Secretary
Peñasco Independent Schools	575-587-2395 Ext. 1100	13 School Rd. Peñasco, NM 87553	Contact Secretary
Pojoaque Valley Public Schools	505-455-0801	1574 State Road 502 Santa Fe, NM 87506	Contact Special Education Secretary
Portales Municipal Schools	575-359-3707	520 West 5 th St. Portales, NM 88130	Contact Child Find Coordinator
Quemado Independent Schools	575-773-4700	3484 Highway 60 Quemado, NM 87829	Contact Child Find Coordinator
Questa Independent Schools	575-586-1604	Highway 522 #4 Wild Cat Road Questa, NM 87556	Contact Special Education Secretary
Raton Public Schools	575-445-7918	700 East 4th St. Raton, NM 87740	Contact Special Education Secretary
Reserve Independent Schools	575-533-6242	24 Mountaineer Rd. Reserve, NM 87830	Contact Special Education Director
Rio Rancho Public Schools	505-892-7735 Ext. 315	4477 9 th Avenue NE Rio Rancho, NM 87124	Contact Child Find
Roswell Independent Schools	575-637-3529	1800 West Alameda Roswell, NM 88203	Contact Child Find - Has Child Find Clinics
Roy Municipal Schools	575-485-2242 Ext. 204	525 Roosevelt St. Roy, NM 87743	Contact Special Education Director
Ruidoso Municipal Schools	575-257-2368 Ext. 126	237 Service Rd. Ruidoso, NM 88345	Contact Services Coordinator at Region 9
San Jon Municipal Schools	575-576-2466	7 th and Elm San Jon, NM 88434	Contact Special Education Coordinator
Santa Fe Public Schools	505-467-4600	3160 Agua Fria St. Santa Fe, NM 87507	Contact Receptionist
Santa Rosa Consolidated Schools	575-472-3171	344 Fourth Street Santa Rosa, NM 88435	Contact Special Education Director
Silver Consolidated Schools	575-956-2040	2810 North Swan St. Silver City, NM 88061	Contact Director of Special Education
Socorro Consolidated Schools	575-835-0300	700 Francisco De Avondo Socorro, NM 87801	Contact Educational Diagnostician
Springer Municipal Schools	575-483-3488	311 Miranda Springer, NM 87747	Contact Special Education Director

Questions? Call the CDD Information Network at

1-800-552-8195 or 505-272-8549

www.cdd.unm.edu/infonet

Child Find Developmental Screenings for Children Ages 3-4

New Mexico

See "What is Child Find?" section at end of document

NM School District	Child Find Phone Number	Child Find Address	Who to contact to request a screening and other information
Taos Municipal Schools	575-737-6122	310 Camino de la Placita Taos, NM 87571	Contact Child Find Coordinator
Tatum Municipal Schools	575-398-4455	306 West 3rd Street, Tatum, NM 88267	Contact Special Education Secretary
Texico Municipal Schools	575-482-3801	520 N. Griffin St. Texico, NM 88135	Contact Special Education Secretary
Truth or Consequences	575-894-8166	180 North Date Street T or C, NM 87901	Contact Director of Student Achievement
Tucumcari Public Schools	575-461-4344	700 W Amarosa Ave. Tucumcari NM 88401	Contact Special Programs
Tularosa Municipal Schools	575-585-8890	504 1st Street Tularosa, NM 88352	Contact Preschool Teacher
Vaughn Municipal Schools	575-584-2283	101 East 4th Street Vaughn NM 88353	Contact Special Education Director
Wagon Mound Public Schools	575-666-3045	PO BOX 158 Wagon Mound, NM 87752	Contact Child Find Coordinator
West Las Vegas Public Schools	505-426-2300	179 Bridge Street Las Vegas, NM 87701	Contact Special Education
Zuni Public Schools	505-782-5511	12 Twin Buttes Drive Zuni, NM 87327	Contact Special Education Director

What is Child Find?

The Individuals with Disabilities Education Act (IDEA) provides for the identification and evaluation of students ages 3-21 who are suspected of having a disability. The Child Find program primarily evaluates students ages 2 ½ to 5 years old.

Children may be referred by parents, medical personnel, social workers, school employees or others with whom they have direct contact. Children are initially screened and then referred for a multidisciplinary evaluation, if appropriate. The process starts when a referral for screening is made by calling the number listed next to the appropriate school district listed above. School districts are responsible for evaluating any student that lives in their district and is suspected of having a disability, whether or not they are attending a school program within their district.

An appointment is made and a Child Find screening is then conducted. Child Find typically offers screenings to pre-school aged children who are suspected of having a delay or impairment in one or more of the following areas:

- Speech
- Language
- Hearing
- Concepts/Cognitive Development
- Social Emotional Development
- Self-Help Skills
- Motor Skills
- Vision

If a child is found eligible for special education services, the Individual Education Plan (IEP) team will then develop an individualized program of services to meet the needs of the child. **For information, publications, trainings and conferences regarding special education services, contact the following organizations:**

- **Parents Reaching Out (PRO)** at 505-247-0192 or toll free 800-524-5176, website: www.parentsreachingout.org
- **Education for Parents of Indian Children with Special Needs (EPICS)** at 505-797-6630 or toll free 888-499-2070, website: www.epicsnm.org

Questions? Call the CDD Information Network at

1-800-552-8195 or 505-272-8549

www.cdd.unm.edu/infonet

Family Infant Toddler (FIT) Program for Children Birth to 3

New Mexico

What is the Family Infant Toddler (FIT) Program?

The FIT Program is a statewide program that provides early intervention services to infants and toddlers, ages birth to three, who have a developmental delay or who may be at risk for developmental delays, and their families.

How do children get a referral for the FIT Program?

Anyone who has a concern about a child's development may make a referral. This includes parents, guardians, foster parents and family members, pediatricians, other physicians, social workers, nurses, childcare providers, or others who have contact with the child. Individuals may make a referral directly to the local early intervention (EI) provider serving the community where the child lives, or contact the Center for Development and Disability (CDD) Information Network/BabyNet. They will help find a local EI provider. A fax referral may also be sent to the FIT Program and they will contact the appropriate provider.

Who is eligible?

If someone suspects a child is developing differently from other children the same age and is not making the same progress in development, the child may be eligible for the FIT program. Participation in early intervention (EI) services is voluntary and only a parent or guardian can give permission for evaluation and services through FIT. If a child is referred to the FIT program in his community, a service coordinator meets with the family to explain the EI program and arrange for an evaluation if appropriate.

What happens next?

An evaluation to determine if the child is eligible for FIT early intervention (EI) services is the next step. The family is a critical part of the evaluation team, along with professionals knowledgeable about child development. Through the evaluation it may be determined that a child is eligible for FIT EI services. If found eligible, team members and the family will develop the Individualized Family Service Plan (IFSP), a plan that details how the family and child will be supported in helping the child's development.

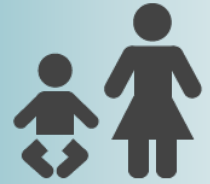
If a child does not qualify for early intervention services, the service coordinator will provide information about resources in the community that may help support child development.

What types of services are available through the FIT Program?

Each IFSP is different and tailored to the individual family priorities and identified needs and strengths of the child. Services may include special therapies, such as physical, speech and occupational therapy; family training in helping a child become more independent at home; support for the nutritional feeding needs of the child; and respite to give parents a break from the day to day care giving of the child.

Remember:

- Services should be provided in the child's natural environment, i.e. their home, preschool or childcare, whenever possible.
- Early intervention providers are also known as FIT providers.
- For more information and to get a copy of the FIT Family Handbook, contact the FIT Program.



Family Infant Toddler (FIT) Program

1-877-696-1472

FAX: 866-829-8838

www.hsd.state.nm.us/Lookin_gForInformation/family-infant-and-toddlers.aspx

For information and training on IFSP development:

Parents Reaching Out (PRO)

1-800-524-5176

505-247-0192

www.parentsreachingout.org

Education for Parents of Indian Children with Special Needs (EPICS)

1-888-499-2070

www.epicsnm.org

Questions?

Call the CDD
Information Network
BabyNet

1-800-552-8195

or visit our website at
www.cdd.unm.edu/infonet

Informational Tip
Sheets:

www.cdd.unm.edu/infonet/tip-sheets.html

Home Visiting for New and Expecting Families

New Mexico

What are Home Visiting programs?

Home Visiting programs are free and voluntary informational, educational, developmental and support services provided by trained professionals for families who are expecting, or who have children who have not entered kindergarten. Each program follows a specific curriculum model. Home visiting programs:

- Support parents and families to have a healthier pregnancy
- Help parents understand their role as their child's most important teacher
- Visit families in their home or an alternative location at the family's request and convenience
- Connect families to a variety of resources in the community

Why are home visitors important?

Nurturing parent-infant/toddler interactions are critical to the developing child in all areas of growth. A positive early experience leads to greater success during the school years. What a child experiences in their first years of life makes a big difference in how their brain will develop and how they will interact with the world throughout their life.

Who is eligible?

Most programs serve expectant parents through early childhood. Eligibility requirements vary from one program to the next. Most programs provide services for all families, including teen parents, grandparents raising an infant, adoptive parents, or family/court arranged placement. Some programs focus on first-time parents, low-income families or those in specific geographic areas. Certain programs require enrollment during pregnancy.

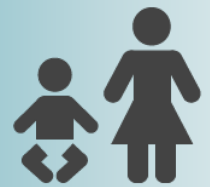
How to enroll with a home visiting program:

Expectant mothers or families can either enroll themselves or be referred by another family member, friend or professional to a Home Visiting program. For statewide programs and providers, contact New Mexico Kids Resource and Referral.

For additional resources and to read more about Home Visiting programs, visit the websites and video links provided on the right side of the page.

Remember:

- Home Visiting programs are free and voluntary.
- Home Visiting programs serve parents and families around the state of New Mexico.
- For a list of Home Visiting programs in New Mexico, visit the Information Network website under Informational Tip Sheets.



Statewide Home Visiting Resources

pulltogether.org/home-visiting

New Mexico Kids Resource & Referral

Referrals to Home Visiting and childcare providers

1-800-691-9067

newmexicokids.org

Home Visiting Video

Nurse Family Partnerships

cdd.unm.edu/echfs/NFP.html

New Mexico Home Visiting Agencies by County

pulltogether.org/home-visiting/find-a-home-visiting-program-1

Free App and Health Information

text4baby.org/

Questions?

Call the CDD Information Network

1-800-552-8195

or visit our website at www.cdd.unm.edu/infonet

Informational Tip

Sheets:

www.cdd.unm.edu/infonet/tip-sheets.html

Home Visiting Programs for New and Expecting Families

New Mexico

All Home Visiting programs are voluntary, and services are free. For more information call 1-800-691-9067 or email info@pulltogether.org Visit their website at pulltogether.org

Central Region

<p>Nurse Family Partnership (NFP), UNM Center for Development and Disability</p> <p>Address: 2300 Menaul Blvd. NE, Albuquerque, NM 87107 Phone: 505-362-7760 or 505-272-5828 Website: nursefamilypartnership.org</p> <p>Services: Provides first-time mothers with specially trained nurse home visitors throughout the pregnancy and until the baby turns 2, to offer knowledge and support. Program uses a rigorous evidence-based national model.</p> <p>Eligibility/Ages: First-time parents, less than 28 weeks pregnant and qualifying for WIC. Serves Albuquerque Metro area.</p>	<p>Young Children's Health Center (UNMH)</p> <p>Address: 306 A San Pablo SE, Albuquerque, NM 87108 Phone: 505-272-9242 Website: hospitals.unm.edu/children/young_childrens.shtml</p> <p>Services: Visits provide information, support and encouragement through home-based services for families of infants prenatal to age 3.</p> <p>Eligibility/Ages: First-time parents. Enroll prenatal until age 3. Serves zip codes 87108 and 87123 in southeast Albuquerque.</p>
<p>Peanut Butter and Jelly Therapeutic Family Services (PB&J) Home Visitation Program</p> <p>Address: 1101 Lopez Rd. SW, Albuquerque, NM 87105 Phone: 505-877-7060 E-mail: info@pbjfamilyservices.org Website: pbjfamilyservices.org</p> <p>Services: Provides parenting educational services, child developmental guidance, and local community resource information to families with children prenatal to age 3 in the home, or at alternative locations at the family's request.</p> <p>Eligibility/Ages: First-time parents, enroll prenatal until child is 3. Serves Albuquerque and Bernalillo.</p>	<p>Parents as Teachers, UNM Center for Development & Disability</p> <p>Address: 2300 Menaul Blvd. NE, Albuquerque, NM 87107 Phone: 505-925-7899 or 505-272-3000 Website: cdd.unm.edu/echfs/pat.html</p> <p>Services: Visits focus on the parent-child relationship to support optimal development and social-emotional health; assistance with community resources.</p> <p>Eligibility/Ages: Serving families in Bernalillo and Valencia counties prenatally through kindergarten entry. Services are free and voluntary.</p>
<p>Catholic Health Initiative (CHI) St. Joseph's Children Home Based Health Education & Enhanced Referral Services Programs</p> <p>Address: 1516 5th Street NW, Albuquerque, NM 87102 Phone: 505-924-8000 Website: stjosephnm.org</p> <p>Services: Focuses on a child's health and development from prenatal to age 3. First-time mothers and families receive weekly home visits by a trained health educator.</p> <p>Eligibility/Ages: Enroll prenatal or newborn under 2 months of age. Available to women having their first child, first-time families, and families adopting their first baby. Serves Bernalillo, Sandoval (certain areas) and Valencia Counties. Serves Albuquerque Metro, including Rio Rancho, Bernalillo, Los Lunas, and Belen.</p>	<p>Native American Professional Parent Resources (NAPPR), Tribal Home Visiting Program</p> <p>Address: 2201 San Pedro NE, Building #3, Ste. 210, Albuquerque, NM 87110 Phone: 505-345-6289 Website: nappr.org</p> <p>Services: Prenatal support and education. Provides basic infant care, health, nutrition and safety. Specialized services for teen parents, grandparents raising grandchildren, and dads. Access to community supports for Diné and Keres language learning and traditional child-rearing practices.</p> <p>Eligibility/Ages: No first-time parent requirements. Serving Native American families, prenatal until child is 3. Service can continue through child's 5th birthday. Serves Bernalillo, Cibola, and Sandoval Counties, as well as Tribal Lands.</p>

Home Visiting Programs for New and Expecting Families

New Mexico

<p>Parents as Teachers, Presbyterian Medical Services (PMS)</p> <p>Address: 12 Unser Blvd. SE, Rio Rancho, NM 87124 Phone: 505-896-9431 Website: pmsnm.org/locations/sandoval-county-home-visiting-program</p> <p>Services: Visits focus on the parent-child relationship to support optimal development and social-emotional health; assistance with community resources. Service until child is 3.</p> <p>Eligibility/Ages: No first-time parent requirements. Enroll prenatal to age 3. Serves Sandoval and Valencia Counties. Serves low income Rio Rancho residents.</p>	<p>San Felipe Pueblo Project KEVA, Family Spirit Home Visiting Program</p> <p>Address: P.O. Box 4339, San Felipe Pueblo, NM 87001 Phone: 505-771-9900 Website: caih.jhu.edu/programs/family-spirit</p> <p>Services: Home visiting focuses on the parent-infant relationship. Family Spirit focuses on practical lessons for parenting. Circle of Security provides parents with support in fostering strong and healthy behaviors.</p> <p>Eligibility/Ages: Provides services to women who are first-time mothers, expectant teenage mothers, and families at risk for substance abuse. Serves Sandoval county.</p>
<p>Torrance County Project Office (TCPO) Home Visiting Program</p> <p>Address: 300 S. 8th Street, PO Box 48, Estancia, NM 87016 Phone: 505-544-4740 Website: tcponm.com/index.php?page=home-visiting</p> <p>Services: Visits focus on the parent-child relationship to support optimal development and social-emotional health; assistance with community resources.</p> <p>Eligibility/Ages: No first-time parent requirements. Enroll prenatal to age 3. Service in Torrance, Guadalupe, Eastern Bernalillo, and Southern Santa Fe Counties that are part of the Moriarty-Edgewood School District. Travel to homes from Stanley to Mountainair, Chilili to Punta de Agua, and Edgewood to Willard.</p>	

North Central Region

<p>First Born Program of Los Alamos</p> <p>Address: 190 Central Park Square, Ste 113, Los Alamos, NM 87544 Phone: 505-661-4810 E-mail: welcome@firstbornla.org Website: firstbornla.org/home/contact-us</p> <p>Services: Home visits encourage the development of skills and knowledge around infant growth and development, nurturing positive relationships, and creating safe environments. Serves prenatal to 3 years of age.</p> <p>Eligibility/Ages: Prenatal or newborn under 2 months of age. Available to women having their first child, first-time families, and families adopting their first baby. Serves Los Alamos County.</p>	<p>Española Presbyterian Hospital First Born Program</p> <p>Address: 1010 Spruce St., Española, NM 87532 Phone: 505-753-1510 Website: espanola-hospital.phs.org/services</p> <p>Services: Home visits encourage the development of skills and knowledge around infant growth and development, nurturing positive relationships, and creating safe environments. Serves prenatal to 3 years of age.</p> <p>Eligibility/Ages: Prenatal or newborn under 2 months of age. Available to women having their first child, first-time families, and families adopting their first baby. Serves Rio Arriba County.</p>
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Home Visiting Programs for New and Expecting Families

New Mexico

<p>Las Cumbres Community Services</p> <p>Address: 404 Hunter Street, Española, NM 87532 Phone: 505-753-4123 Address: 805 Early Street, Suite B-102 Santa Fe, NM 87505 Phone: 505-955-0410 Website: www.lascumbres-nm.org/child-family-services</p> <p>Services: Provides information, support and encouragement through home-based services for families of infants prenatal to age 3. Spanish-speaking staff are available in both counties. Eligibility/Ages: Enroll prenatal to age 3. No first-time parent requirements. Serves Rio Arriba and Santa Fe Counties.</p>	<p>Taos Holy Cross Hospital First Steps Program</p> <p>Address: 413 Sipapu Street, Taos, NM 87571 Phone: 575-751-5764 Website: taoshospital.org/Services/taos-first-steps-program</p> <p>Services: Home visits provide new parents with information, support, and access to resources in the community that promote early childhood development and a positive family foundation. Eligibility/Ages: Prenatal to 3 years old. Available to women having their first child, first-time families including fathers, adoptive parents and foster families. Serves Taos County.</p>
<p>United Way of Santa Fe First Born Program</p> <p>Address: 440 Cerrillos Road, Ste. A, Santa Fe, NM 87501 Phone: 505-819-0139 E-mail: firstborn@uwsfc.org Website: uwsfc.org/our-programs/first-born-program</p> <p>Services: Serves prenatal to 3 years old. Home visits encourage the development of skills and knowledge around infant growth and development, nurturing positive relationships, and creating safe environments. Eligibility/Ages: Enroll prenatal to 2 months old. Available to women having their first child, first-time families, and families adopting their first baby. Serves Santa Fe County.</p>	<p>Youth Development, Inc. (YDI)</p> <p>Address: 340 N. Railroad Ave., Espanola, NM 87501 Phone: 505-747-0502 or 505-747-1456 Website: ydinm.org/index.php/early-childhood-development</p> <p>Services: Serves prenatal to 5 years old. Provides support services that include child education and care, home visitation, family development and engagement, support services for grandparents raising young children, relationship training, and parent training/advocacy. Eligibility/Ages: No first-time parent requirements. Enroll prenatal to age 3. Serves Rio Arriba County.</p>
<p>Taos Pueblo Division of Health and Community Service Tiwa Babies Home Visiting Program</p> <p>Address: 230 Rotten Tree Road, Taos, NM 87571 Phone: 575-758-7824 Website: www.tiwababies.com</p> <p>Services: Aims to increase access to high quality early childhood services. Supports optimal child and family development, healthy lifestyles, and strong connections to family, community, culture, and tradition. Services until child's 5th birthday. Eligibility/Ages: No first-time parent requirements. Serving Native American families, enroll prenatal until child is 4 years old. Services available during pregnancy, for grandparents who are primary caregivers, foster, and adoptive parents. Serves Taos County.</p>	

Home Visiting Programs for New and Expecting Families

New Mexico

Northeast Region

<p>Colfax County Youth Empowerment Services</p> <p>Address: 116 S. 3rd Street, Raton, NM, 87747 Phone: 575-445-8191 E-mail: ccyes@colfaxcountyyouthempowermentservices.com Website: colfaxcountyyouthempowermentservices.com</p> <p>Services: Home visitors partner with families to promote child development and confident parenting by supporting relationships.</p> <p>Eligibility/Ages: No first-time parent requirements. Enroll prenatal until child is 3 years old. Serves Colfax County and areas of Union County, specifically the Clayton area.</p>	<p>ENMRSH, Inc. Early Childhood Services</p> <p>Address: 2700 East 7th Street, Clovis, NM 88101 Phone: 575-742-9032 E-mail: enmrsh@enmrsh.org Website: www.enmrsh.org</p> <p>Services: Home visitors partner with families to promote child development and confident parenting by supporting the relationship among the family, home visitor and the community.</p> <p>Eligibility/Ages: No first-time parent requirements. Enroll prenatal until child is 3 years old. Serves Curry, DeBaca, and Roosevelt Counties.</p>
<p>Greater Santa Rosa Council on Alcoholism</p> <p>Address: 419 S 2nd Street, Tucumcari, NM 88401 Phone: 505-306-6064 or 505-321-3665</p> <p>Services: Provides parenting educational services, child developmental guidance, and local community resource information to families with children prenatal to age 3 in the home or alternative locations at the family's request.</p> <p>Eligibility/Ages: No first-time parent requirements. Enroll prenatal until child turns 3. Serves Guadalupe County.</p>	<p>Northern NM-Kiwanis First Born Program</p> <p>Address: 901 6th Street, Las Vegas, NM 87701 Phone: 505-454-1343 Website: lanlfoundation.org/First-Born</p> <p>Services: Home visits encourage the development of skills and knowledge around infant growth and development, nurturing positive relationships, and creating safe environments. Serves prenatal to 3 years of age.</p> <p>Eligibility/Ages: Available to women having their first child, first-time families, and families adopting their first baby. Enroll prenatal to age 2; service until child is 3 years old. Serves San Miguel County.</p>
<p>Parents as Teachers, Presbyterian Medical Services (PMS)</p> <p>Address: 615 S. 2nd Street, Tucumcari, NM 88401 Phone: 575-461-7964 or toll free 1-844-782-9043 Website: pmsnm.org/locations/quay-county-home-visiting-program</p> <p>Services: Visits focus on the parent-child relationship to support optimal development and social-emotional health; assistance with community resources.</p> <p>Eligibility/Ages: No first-time parent requirements. Enroll prenatal to age 5; service until child is 5 years old. Open to all parents, teen and adoptive parents. Serves Quay and Curry Counties.</p>	

Home Visiting Programs for New and Expecting Families

New Mexico

Southeast Region

<p>Guidance Center of Lea County Inc. Humphrey House</p> <p>Address: 3821 West College Lane, Hobbs, NM 88242</p> <p>Phone: 575-392-2231</p> <p>Website: healthgrove.com/l/5815/Guidance-Center-of-Lea-County-Inc-Humphrey-House</p> <p>Services: Serves prenatal to age 3. Home visits encourage the development of skills and knowledge around infant growth and development, nurturing positive relationships, and creating safe environments.</p> <p>Eligibility/Ages: No first-time parent requirements. Enroll prenatal to age 2; service until child is 3 years old. Serves Lea County.</p>	<p>Parents as Teachers, Presbyterian Medical Services (PMS), Lea County Home Visiting Program</p> <p>Address: 208 N. Turner Street, Hobbs, NM 88240</p> <p>Phone: 575-430-4465</p> <p>Website: pmsnm.org/locations/hobbs-home-visiting-program</p> <p>Services: Serves prenatal to age 3. Visits focus on the parent-child relationship to support optimal development and social-emotional health; assistance with community resources. Eligibility/Ages: No first-time parent requirements. Open to all parents, teen and adoptive parents. Enroll prenatal to 35 months. Serves Lea County.</p>
<p>Parents as Teachers, Presbyterian Medical Services (PMS), Eddy County Home Visiting Program</p> <p>Address: 2013 San Jose Boulevard, Carlsbad, NM 88220</p> <p>Phone: 575-234-6928, 575-430-4465</p> <p>Website: pmsnm.org/locations/eddy-county-home-visiting-program</p> <p>Services: Visits focus on the parent-child relationship to support optimal development and social-emotional health; assistance with community resources. Service until child is 3 years old.</p> <p>Eligibility/Ages: No first-time parent requirements. Open to all parents, teen and adoptive parents. Enroll prenatal to 35 months. Serves Lea County.</p>	

Southwest Region

<p>Apple Tree Education Center</p> <p>Address: 402 North Broadway, Truth or Consequences, NM 87901</p> <p>Phone: 575-894-6180</p> <p>Website: appletreeeducation.org/index.php/little-things-matter</p> <p>Services: Provides parenting educational services, child developmental guidance, and local community resource information to families with children prenatal to age 3 in the home, or at alternative locations at the family's request.</p> <p>Eligibility/Ages: No first-time parent requirements. Enroll prenatal until child is 3. Serves Sierra County.</p>	<p>Avance Parent-Child Education Program</p> <p>Address: 2245 S. Main Street, Las Cruces, NM 88005</p> <p>Phone: 575-526-6666</p> <p>E-mail: info@avance.org</p> <p>Website: avance.org/regional-offices/nm</p> <p>Services: The AVANCE Parent-Child Education Program (PCEP) enhances parents' knowledge of child growth and development skills and their role as their child's first and most important teacher for social, emotional, physical, and cognitive development. Service until child is 3 years old.</p> <p>Eligibility/Ages: No first-time parent requirements. Enroll prenatal to 3. Serves Doña Ana County.</p>
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Home Visiting Programs for New and Expecting Families

New Mexico

<p>Ben Archer Health Center</p> <p>Address: 1600 Thorpe Road, Las Cruces, NM 88012</p> <p>Phone: 575-382-9292</p> <p>Website: bahcnm.org/site/donaana.php</p> <p>Services: Provides parenting educational services, child developmental guidance, and local community resource information to families with children prenatal to age 2 for Healthy Start program and prenatal to age 3 for CYFD program.</p> <p>Eligibility/Ages: No first-time parent requirements. Enroll prenatal until child is 2 years old for Healthy Start program, and prenatal to age 3 for CYFD program. Serves Doña Ana, Luna, and Otero Counties. Healthy Start also serves Sierra County.</p>	<p>Parents as Teachers Gadsden Independent School District</p> <p>Address: 609 Church St., Anthony, NM 88021</p> <p>Phone: 575-882-6769</p> <p>Services: Visits focus on the parent-child relationship to support optimal development and social-emotional health; assistance with community resources. Service until child is 5 years old.</p> <p>Eligibility/Ages: No first-time parent requirements. Enroll prenatal to age 5. Serves Gadsden District, and Doña Ana County.</p>
<p>Gila Regional Medical Center First Born Program</p> <p>Address: 3202 North Ridge Loop, Silver City, NM 88061</p> <p>Phone: 575-388-9708 ext. 30</p> <p>Website: grmc.org/Our-Services/Maternal-Child-Services/First-Born-Program.aspx</p> <p>Services: Home visits encourage the development of skills and knowledge around infant growth and development, nurturing positive relationships, and creating safe environments.</p> <p>Eligibility/Ages: Prenatal to 3 years old. Available to women having their first child, first-time families, and families adopting their first baby. Serving Grant County.</p>	<p>La Clínica de Familia</p> <p>Address: 385 Calle De Alegra, Las Cruces, NM 88005</p> <p>Phone: 575-532-2002</p> <p>Website: lcdfehs.org/services.php</p> <p>Services: Prenatal support and education for low-income families with infants, toddlers, and pregnant women. Partners with parents in establishing goals for their infants, toddlers and family.</p> <p>Eligibility/Ages: No first-time parent requirements. Enroll prenatal until child is 3 years old. Serves families that meet income guidelines and who live within Las Cruces city limits, and Las Cruces Public Schools District. Serves Doña Ana County.</p>
<p>Parents as Teachers Luna County</p> <p>Address: 205 E. Hemlock, Deming, NM 88030</p> <p>Phone: 575-546-9254</p> <p>Website: parentsasteachers.org</p> <p>Services: Visits focus on the parent-child relationship to support optimal development and social-emotional health; assistance with community resources. Service until child is 5 years old.</p> <p>Eligibility/Ages: No first-time parent requirements. Enroll prenatal to 4 years 6 months. Serves Luna and Hidalgo Counties.</p>	<p>Socorro General Hospital, First Born Socorro & More</p> <p>Address: 308 N. California Street, Socorro NM 87801</p> <p>Phone: 575-835-8791</p> <p>Website: firstbornprogram.org/programsites.html</p> <p>Services: Home visits encourage the development of skills and knowledge around infant growth and development, nurturing positive relationships, and creating safe environments.</p> <p>Eligibility/Ages: Enroll prenatal or newborn under 2 months of age. Available to women who are pregnant for the first time, first-time families, and families adopting their first baby. Also available to families with 2nd child, as long as that child is under 2 years old. Serves Socorro County.</p>

Home Visiting Programs for New and Expecting Families

New Mexico

Catholic Health Initiative (CHI) St. Joseph's Children Home Based Education & Enhanced Referral Program

Address: 201 E. Pine Street, Deming, NM 88030

Phone: 575-543-5900

Website: stjosephnm.org

Services: Focuses on a child's health and development from prenatal to age 3. First-time mothers and families receive weekly home visits by a trained health educator.

Eligibility/Ages: Enroll prenatal or newborn under 2 months of age. Available to women having their first child, first-time families, and families adopting their first baby. Serves Luna County.

Catholic Health Initiative (CHI) St. Joseph's Children Home Based Education & Enhanced Referral Program

Address: 151 South Walnut Street, Ste. C1, Las Cruces, NM 88001

Phone: 575-640-0188

Website: stjosephnm.org

Services: Focuses on a child's health and development from prenatal to age 3. First-time mothers and families receive weekly home visits by a trained health educator.

Eligibility/Ages: Enroll prenatal or newborn under 2 months of age. Available to women having their first child, first-time families, and families adopting their first baby. Serves Doña Ana County.

Northwest Region

Gallup-McKinley County Schools Parents as Teachers

Address: Gallup-McKinley County Schools, P.O. Box 1318, Gallup, NM 87305

Phone: 505-721-1431

Website: gmcs.k12.nm.us/groups/parent-education-program

Services: Partners first-time mothers with Certified Parent Educators. Visits focus on the parent-child relationship to support optimal development and social-emotional health; assistance with community resources. Service until child turns 3 years old.

Eligibility/Ages: First-time parent requirements. Enroll prenatal to age 3. Serves McKinley County.

Laguna Pueblo Department of Education

Address: 11 Rio San Jose Rd, New Laguna, NM 87026

Mailing Address: PO Box 798 Laguna, NM 87026

Phone: 505-552-1013 ext.5205

Website: lagunaed.net

Services: Visits focus on the parent-child relationship to support optimal development and social-emotional health; assistance with community resources.

Eligibility/Ages: No first-time parent requirements. Serving prenatal until age 3. Serves Laguna Pueblo and surrounding areas including Cubero, Acoma Pueblo and Seboyetta.

Parents as Teachers, Presbyterian Medical Services (PMS), San Juan County Home Visiting Program

Address: 608 Reilly Avenue, Farmington, NM 87401

Phone: 505-326-6434

Website: pmsnm.org/locations/san-juan-county-home-visiting-program

Services: Visits focus on the parent-child relationship to support optimal development and social-emotional health; assistance with community resources.

Eligibility/Ages: No first-time parent requirements. Open to all parents, teen and adoptive parents. Enroll prenatal to age 5; service until child is 5 years old. Serves San Juan County.

Parents as Teachers, Presbyterian Medical Services (PMS), Cibola County Home Visiting Program

Address: 551 Washington Avenue, Grants, NM 87020

Phone: 505-285-3542

Website: pmsnm.org/locations/cibola-county-home-visiting-program

Services: Visits focus on the parent-child relationship to support optimal development and social-emotional health; assistance with community resources.

Eligibility/Ages: No first-time parent requirements. Open to all parents, teen and adoptive parents. Enroll prenatal to age 5; service until child is 5. Serves Cibola County.

Home Visiting Programs for New and Expecting Families

New Mexico

First Born Program of Northwest New Mexico

Address: 190 Central Park Square, Ste. 113, Los Alamos, NM 87544

Phone: 505-325-9187 San Juan County
505-863-8850 McKinley County

E-mail: Su@NWNMFirstBorn.org

Website: firstbornprogram.org/overview.html

Services: Home visits encourage the development of skills and knowledge around infant growth and development, nurturing positive relationships, and creating safe environments. Serves to age 3.

Eligibility/Ages: Enroll prenatal or newborn under 2 months of age. Available to women having their first child, first-time families, and families adopting their first baby. Serves McKinley and San Juan Counties.

Native American Professional Parent Resources (NAPPR), Tribal Home Visiting Program

Address: 2201 San Pedro NE, Building #3 Suite 210, Albuquerque, NM 87110

Phone: 505-345-6289

Website: nappr.org

Services: Prenatal support and education. Provides basic infant care, health, nutrition and safety. Specialized services for teen parents, grandparents raising grandchildren, and dads. Access to community supports for Diné and Keres language learning and traditional child rearing practices.

Eligibility/Ages: No first-time parent requirements. Serving Native American families, prenatal until child is 3 years old. Service can continue through child's 5th birthday. Must live within the counties of Bernalillo, Cibola, or Sandoval, or on Tribal Lands.

Questions? Call the CDD Information Network at

1-800-552-8195 or 505-272-8549

www.cdd.unm.edu/infonet

Section 5



Disability Resources

- ABLE – Achieving a Better Life Experience Savings Account
- Accessible Recreation Options for Children & Adults with Disabilities in Albuquerque
- Advocacy in the Legislative Process – How to Be Effective
- Americans with Disabilities Act (ADA)
- Assistive Technology for People with Disabilities
- Assistive Technology for Lifelong Brain Health
- College Accommodations for Students with Disabilities
- College Disability Offices
- Division of Vocational Rehabilitation (DVR)
- Guardianship Alternatives for Adults with Disabilities – English/Spanish
- Guardianship for Adults with Disabilities – English/ Spanish
- Hippotherapy & Therapeutic Riding Facilities
- Hippotherapy vs Therapeutic Riding
- Microenterprise
- Movie Theatres – Accessible Options in ABQ and Surrounding Area
- Native American Disability Resources
- People First – Using Respectful Language
- Service Animals for Persons with Disabilities
- Special Needs Trusts

ABLE – Achieving a Better Life Experience Savings Account

New Mexico

The ABLE Act is a federal law that allows eligible people with disabilities to open an ABLE savings account:

- to use for qualified disability-related expenses, and
- without losing eligibility for Medicaid, Supplemental Security Income (SSI), and other programs.

In New Mexico, the ABLE Act is called the Accounts for Persons with Disabilities Act, and it was enacted in 2016.

Why open an ABLE account?

Many people with disabilities rely on Medicaid, SSI, and other public programs. To qualify for these programs, someone generally must have a low monthly income and no more than \$2,000 in countable assets. The ABLE Act allows a person to save more than this usual asset limit in an ABLE account without losing these important benefits, and to use those savings to pay for qualified expenses related to his or her disability.

Who is eligible?

An eligible person is someone whose disability began before the age of 26, and who has been living with their disability for at least one year, or expects it to last for at least a year. The applicant must also meet one of the following criteria:

- Be entitled to SSI because of their disability
- Be entitled to Social Security Disability Insurance (SSDI) because of their disability
- Have a condition listed on the Social Security Administration's List of Compassionate Allowances Conditions at www.ssa.gov/compassionateallowances/conditions.htm
- Self-certify their disability and diagnosis when opening an ABLE account

How can someone open an ABLE account?

ABLE accounts will be available New Mexico starting in early 2018. Other states have setup programs that allowed New Mexico residents who meet federal eligibility requirements to open an ABLE account in that state. For more information, visit the New Mexico State Treasurer's Office Able Act website or the ABLE National Resource Center.

Key facts:

- Each eligible person can open only one ABLE account.
- Anyone, such as a family member or friend, may contribute to the account.
- Up to \$14,000 can be put into an ABLE account each year. More than one person can contribute, but the total contributions from all sources is limited to \$14,000 per year.
- If the total amount in the ABLE account exceeds \$100,000, then SSI benefits will be suspended until the amount in the account drops back down to \$100,000 or less.
- The money in an ABLE account does not affect eligibility for Medicaid.
 - It is important to note that when an account holder who has Medicaid passes away, the state can take money from their ABLE account to cover up to the amount it spent on Medicaid services for that recipient since their ABLE account was opened.
- ABLE account funds must be spent on qualified disability expenses, which are costs related to living with a disability.
- Qualified disability-related expenses may include health care, education, housing, personal support services, transportation, employment training, assistive technology and other services.



**NM State Treasurer's
Office ABLE Act
overview of Act**
www.nmsto.gov/able-act

**ABLE National
Resource Center**
202-296-2040

**How to Open an ABLE
Account**
www.specialneedsalliance.org/how-to-open-an-able-account

Questions?

Call the CDD
Information Network
1-800-552-8195
or visit our website at
www.cdd.unm.edu/infonet

Informational Tip
Sheets:

www.cdd.unm.edu/info-net/tip-sheets.html

Accessible Recreation Options for Children and Adults with Disabilities in the Albuquerque Area



Art and Dance

Arts Adventures at VSA North Fourth Art Center

Address: 4904 Fourth Street NW, Albuquerque, NM 87107

Phone: 505-345-2872

Website: vsartsnm.org

Free community-based art and respite program for youth ages 7 through 18 who have Autism Spectrum Disorder, and their families, living in the greater Albuquerque area.

OffCenter Community Arts Project

Address: 808 Park Ave., Albuquerque, NM 87102

Phone: 505-247-1172

Website: offcenterarts.org

Offcenter offers free and low-cost art making classes and workshops to community members.

Keshet Dance Academy

Address: 4121 Cutler Ave NE, Albuquerque, NM 87110

Phone: 505-224-9808

Email: info@keshetdance.org

Website: keshetarts.org

Keshet offers dance classes, dance outreach programs, summer camps, a program for youth and adults with physical disabilities, and annual productions.

Dance It Up! @ Sandia Presbyterian Church

Address: 10704 Paseo del Norte NE, Albuquerque, NM 87122

Phone: 505-856-5040

Website: sandiapres.org

This monthly themed dance is in the Family Life Center and is for the developmentally delayed community, ages 18 and up.

Camps

Camp Rising Sun

Phone: 800-270-1861

Website: www.cdd.unm.edu/camprisingsun

Camp Rising Sun is an annual summer camp for individuals with Autism Spectrum Disorder. A lottery registration system is used due to the large number of applicants.

Camp Adventure

Phone: 505-243-6626

Website: www.carrietingleyhospitalfoundation.org/programs/camp-adventure/

This is the only camp in New Mexico that is for Teens and kids with physical disabilities. Camp Adventure provides opportunities for campers to unleash the possibilities of their abilities in areas of sports, music, art and more.

Cross of Hope Church -

Special Needs Vacation Bible School (VBS)

Address: 6104 Taylor Ranch Rd NW, Albuquerque, NM 87120

Phone: 505-897-0047

Website: <http://www.crossofhope.org/>

Special Needs VBS is a week-long vacation Bible school every summer that is especially for children who have special needs.

Accessible Recreation Options for Children and Adults with Disabilities in the Albuquerque Area



City Programs

City of Albuquerque Therapeutic Recreation Program

Address: 1700 Yale SE, Albuquerque, NM 87106

Phone: 505-764-1525

Website: <https://www.cabq.gov/family>

This program is fully inclusive, and offers a variety of services that include art, leisure education, performing arts, gross motor activities, and games. Programs are offered throughout the city for persons with and without disabilities, ages 6 through high school, and there are some programs for adults.

Accessibility of Open Space Lands

Website: cabq.gov/parksandrecreation/open-space/lands/accessibility

The City of Albuquerque Open Space Division has several accessible recreation locations for all visitors. A list of accessible trails in the Albuquerque area can be found on the website.

Family

Parents Reaching Out (PRO)

Family Support Night and Sibshops

Address: 1920 Columbia Dr. SE, Albuquerque, NM 87106

Phone: 505-247-0192

Website: parentsreachingout.org

PRO offers Family Support Nights throughout the year at different locations. These are free events with food, activities, games, socializing, and more for children with disabilities and their families. They also offer Sibshops every 3 months, which include new games, new friends, and discussion activities for siblings of children who have disabilities.

Reach for the Stars Hot Air Balloon Event

Phone: 951-538-7368

Website: reach4thestars.org

The annual Albuquerque International Balloon Fiesta often hosts [Reach for the Stars Hot Air Balloon Foundation](http://reach4thestars.org), which operates wheelchair-accessible balloon rides. The accessible balloon baskets have wide-access doors to allow for easy and fast loading and unloading of passengers of every ability level.

Playground

A Park Above

Address: 2441 Westside Court, Rio Rancho, NM 87124

Phone: 505-975-0928

Website: aparkabove.org

A Park Above has inclusive play equipment that is accessible to children of all ages and abilities. There is a water splash area, a labyrinth, a basketball court, special equipment, musical instruments, hills, tunnels, slides, wheelchair swings, and shade structures. Restrooms are accessible.

La Ladera Playground

Address: 7807 Edith Blvd. NE, Albuquerque, NM 87113

La Ladera is a fully integrated and inclusive playground for children of all abilities. It has a smooth surface, and is wheelchair accessible.

Accessible Recreation Options for Children and Adults with Disabilities in the Albuquerque Area



Love to Play Together Accessible Playground City of Albuquerque Therapeutic Recreation Program Loma Linda Community Center

Address: 1700 Yale Blvd. SE

Phone: 505-764-1525

Website: cabq.gov/family/facilities-centers/community-center-locations/southeast/loma-linda-community-center-therapeutic-recreation-program

This playground is wheelchair accessible and has a soft, rubber mat surface for playing on the ground. The playground is shaded, and the equipment is accessible to children of all ages and abilities. Restrooms are accessible.

Sports

We Rock the Spectrum – Kid’s Gym for all Kids

Address: 10131 Coors Blvd., NW #07, Albuquerque, NM 87114

Phone: 505-890-0912

Website: werockthespectrumalbuquerque.com

This gym provides open play, minicamps, parties and classes for children of all abilities.

Saga Gymnastics

Address: 2832 Girard Blvd. NE, Albuquerque, NM 87107

Phone: 505-884-6949

Website: sagagymnastics.com

SAGA offers Shining Stars classes for children who have disabilities.

Just for Kicks

Address: 319 Mountain Rd. NE, Albuquerque, NM 87102

Phone: 505-220-0524

Email: lgilljust4kicks@gmail.com

Just for Kicks offers a fully inclusive, adaptive martial arts program designed to support individuals with Autism Spectrum Disorder, and their siblings, friends, and peers. Instruction is provided for individuals across the lifespan and at any ability level on a year-round weekly basis.

Mountain Path Kung Fu

Address: 7849 Tramway Blvd. NE, Ste A, Albuquerque, NM 87122

Phone: 505-681-5603

Email: shenabq@gmail.com

Website: mountainpathabq.com

Mountain Path Kung Fu offers an Adaptive Kung Fu program for anyone with any physical disability. They also offer an Adaptive Kung Fu program for students with Autism Spectrum Disorder, Tourette Syndrome or Down Syndrome. Family members can participate in the class on a periodic basis to allow them to assist their child or loved one in self-paced study at home.

Full Spectrum Recreation Services

Phone: 1-800-270-1861

Email: HSC-Full-Spectrum-Rec@unm.edu

Website: cdd.unm.edu/autism/programs/recreationservices

Autism Programs partners with various community organizations and instructors to provide inclusive social-recreational programs for adolescents and adults with Autism Spectrum Disorder. Call or email the program to learn more about current activities.

Accessible Recreation Options for Children and Adults with Disabilities in the Albuquerque Area



Adaptive Sports Programs New Mexico

Phone: 505-954-1224

Address: 33 Monte Alto, Santa Fe, NM 87508

Website: adaptivesportsprogram.org/index.html

The Adaptive Sports Program offers safe and supportive adaptive sports lessons for adults and children ages 5 and up who have a wide array of disabilities. Lessons take place in various locations around the state.

Global Opportunities Unlimited Inc.

Phone: 505-480-2374

Website: gounlimited.org

This organization provides children and adults who have limited mobility access to outdoor recreational opportunities and sporting activities.

American Youth Soccer Organization VIP Program

Phone: 505-926-1438

Mailing address: AYSO Region #1447, 3807 Atrisco Dr. NW, Suite B, Albuquerque, NM 87120

Email: Vip.coordinator@ayso1447.org

Website: www.ayso1447.org

The VIP Program provides a soccer experience for children and adults who have physical or mental disabilities. VIP teams may include persons who are blind or visually impaired, have Autism Spectrum Disorder, Down Syndrome or cerebral palsy, and/or are amputees or have conditions that impair mobility.

Mile High Little League/ Challenger Division

Address: 725 Juan Tabo Blvd. NE, Albuquerque, NM 87123

Email: info.officer@milehighll.com

Website: www.milehighll.com

Mile High Little League has a Challenger League for children and young adults who have disabilities.

Special Olympics New Mexico

Address: 6600 Palomas NE, Suite 207, Albuquerque, NM 87109

Phone: 800-371-5525 or 505-856-0342

Website: www.sonm.org

Special Olympics New Mexico provides sports training and athletic competition for persons ages 8 and older who have intellectual disabilities. Children ages 6 and 7 can participate in sports training programs.

Fish Factory Swim School

Address: 3707 Eubank Blvd. NE, Albuquerque, NM 87111

Phone: 505-299-SWIM (7946)

Website: www.fishfactoryswim.com

The Fish Factory offers swim lessons for all children, including children who have disabilities.

Jewish Community Center (JCC) - Adaptive Swim Lessons, ASD Swim Program, and Therapy Pool

Address: 5520 Wyoming Blvd. NE, Albuquerque, NM 87109

Phone: 505-332-0565

Website: www.jccabq.org

The JCC offers adaptive swim lessons for individuals of all ages who have disabilities. There is also an Autism Spectrum Disorder (ASD) program for children with ASD.

Questions? Call the CDD Information Network at

1-800-552-8195 or 505-272-8549

www.cdd.unm.edu/infonet

Advocacy in the Legislative Process – How to be Effective

New Mexico

The legislative process relies on you:

Our legislative body is made up of real people elected into office by you. The legislators need and want to hear from their constituents. They rely on constituents for information.

How the legislative bodies work:

The Legislative Session begins the 3rd Tuesday of January. Interim committees are made up of both senators and representatives. They meet in-between Sessions while standing committees meet during the Session. The Session runs for 60 days on odd years & 30 days on even years. Committee meetings are formal but open to the public and have set times for public comment. These meetings can also be watched online via webcasting.

Find your legislator:

Find your senator or representative at the New Mexico Legislature website by zip code or address. Find contact information for legislators on the website or in the Legislative Almanac, a free tabloid like newspaper published annually. The almanac is available at the east entrance to the Round House in Santa Fe. It can also be downloaded from the NM Rural Electric Cooperatives website. Please note that it is a very large file to download however.

To become law, legislation must go through these steps:

1. Bills are drafted with input from interested parties. They are sponsored by legislators, given a number and assigned to a standing committee.
2. Assigned committees hear each bill and either pass, or do not recommend the bill.
3. If passed by all committees, the bill moves on to the Senate or House respectively, considered again for a pass, no pass, or no recommendation.
4. If the bill passes the House or Senate, it moves back to the next series of committee hearings where it is considered again for a pass, no pass or no recommendation.
5. If the bill passes its 2nd round, it moves on to the House or Senate, respectively.
6. If the bill passes both the Senate AND the House it will go to the Governor to be signed.
7. If the bill is signed by the Governor, it becomes law.

Use **Bill Finder** or **My Roundhouse** to follow a bill. The Legislative Council Service researches information regarding proposed bills and provides interpreter services.

Remember:

- Get to know your legislator and get them to know you and what is important to you! The best time to do this is before or after the session. Invite them to meet with you.
- **Numbers count!** Get the people who are affected by the legislation to call, write, or email. Call the Capital switchboard and ask to be transferred if you are unsure of the direct phone number. Legislators also pay attention to Twitter feeds, e.g. **#nmlegis**.
- If a bill is on the Governor's desk, contact their office to urge signing or not, of a bill.
- Tell your own story and how your situation will be impacted by this bill. Organize and write your group's point of view in a 1-3 minute script or fact sheet. This should be 1-page, 1-sided, and only on one issue. Be clear in your language, do not use jargon, and include contact information.
- The Disability Coalition hosts an annual pre-legislative Session forum, as well as regular legislative reports throughout the Session. Contact Disability Rights NM (DRNM) to be added to the email list.



New Mexico Legislature

www.nmlegis.gov

#nmlegis

Find your Legislator

nmlegis.gov/lcs/legislator_search.aspx

Bill Finder

nmlegis.gov/lcs/billfinder/bill_finder.aspx

My Roundhouse

nmlegis.gov/lcs/roundhouse/

Live Webcasting

nmlegis.gov/lcs/webcast/default_session.aspx

Capitol Switchboard

505-986-4300

Office of the Governor

505-476-2200

www.governor.state.nm.us

Legislative Council

505-986-4600

DRNM

505-256-3100

NM Capital building "The Round House"

490 Old Santa Fe Trail

FREE parking garage:

420 Galisteo St.

Questions?

Call the CDD

Information Network

1-800-552-8195

or visit our website at

www.cdd.unm.edu/infonet

Informational Tip

Sheets:

www.cdd.unm.edu/infonet/tip-sheets.html

Americans with Disabilities Act (ADA)

New Mexico

What is the ADA?

The ADA is a civil rights law that prohibits discrimination against individuals with disabilities in all areas of public life, including jobs, schools, transportation, and all public and private places that are open to the general public.

What is the Purpose of the ADA?

The purpose of the law is to make sure that people with disabilities have the same rights and opportunities as everyone else. The ADA is divided into five titles (or sections) that relate to different areas of public life.

The Five Titles of the ADA

Title I Employment- Designed to help people with disabilities access the same employment opportunities and benefits available to people without disabilities.

Title II Public Services- Prohibits discrimination on the basis of disability by “public entities,” which are programs, services and activities operated by state and local governments. Requires public entities to make their programs, services and activities accessible to individuals with disabilities

Title III Public Accommodations - Prohibits places of public accommodation from discriminating against individuals with disabilities. Public accommodations include privately-owned, leased or operated facilities like hotels, restaurants, retail merchants, doctor’s offices, golf courses, private schools, day care centers, health clubs, sports stadiums, movie theaters, and so on.

Title IV Telecommunications - Requires telephone and Internet companies to provide a nationwide system of interstate and intrastate telecommunications relay services that allows individuals with hearing and speech disabilities to communicate over the telephone. Requires closed captioning of federally funded public service announcements.

Title V Miscellaneous Provisions - Contains a variety of provisions relating to the ADA as a whole, including its relationship to other laws, state immunity, its impact on insurance providers and benefits, prohibition against retaliation and coercion, illegal use of drugs, and attorney’s fees. Provides a list of certain conditions that are not to be considered as disabilities.

Some Examples of How the ADA has Helped People with Disabilities

- Curb cuts on sidewalks have become more common, allowing individuals who use a wheelchair or have mobility issues easier access on and off the sidewalk.
- Braille and lifted letters are required in elevators, this has allowed individuals who are blind or have low vision to be more independent.
- Hand rails are required on both sides of public stair cases, making it safer for individuals to walk up and down both sides.



ADA Homepage

www.ada.gov/

ADA National Network

adata.org/

1-800-949-4232

State of New Mexico Governor’s Commission On Disability

www.gcd.state.nm.us/

505-476-0412

NM ADA Advisory Council

(505) 768-4500

Questions?

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Information Network

1-800-552-8195

or visit our website at
www.cdd.unm.edu/infonet

Informational Tip
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www.cdd.unm.edu/info-net/tip-sheets.html

Assistive Technology for People with Disabilities

New Mexico

What is Assistive Technology (AT)?

AT is any item, equipment, or software program used to improve the capabilities of persons with disabilities. These devices can help an individual with daily living activities, work, or go to school.

Types of AT may Include:

Below are some of the different types of AT:

- **Computer Assistive Technology**- Adaptive keyboards, adaptive mice, typing software, magnification software, talk-to-text software, screen reading software, etc.
- **Speech Communication Device**- Single and multiple message communicators, picture communicators, type-to-talk devices such as a speech generating keyboard, voice synthesizers, amplifiers, etc.
- **Daily Living Devices**- Lamps and adjustable lighting, large print items, writing aids, book stands, feeding and eating devices such as adaptive utensils that help individuals with Parkinson's disease steady their hand to eat, dressing devices such as those to assist with buttons, with bathing such as safety bars, etc.
- **Hearing Devices**- Flashing clocks and lights, conversation amplifiers, signalers and alerts, telephones that display every word the caller says throughout the conversation, etc.
- **Vision Devices**- Blind and braille aids, large display clocks, large print and braille watches, electronic magnifiers, electronic note taker such as a "PAC Mate," labelers and label readers, etc.
- **Learning Cognition and Development**- Abbreviation expanders, electronic math worksheets, talking calculators, etc.
- **Sensory**- Items to help with sensory processing such as adaptive toys, fidgets, pressure and weighted vests, adaptive seating options, etc.
- **Recreation and Leisure**- Adaptive sports equipment such as adaptive bicycles, handcycles, adaptive wheelchairs, etc

Determining What AT is Needed:

- **New Mexico Technology Assistance Program (NM TAP)** - NM TAP offers a wide variety of AT for individuals with disabilities, as well as demonstrations of devices.
- **New Mexico Division of Vocational Rehabilitation (DVR)** – NM DVR may be able to provide AT assessments for those who qualify.
- Schools may be able to provide an AT assessment to determine what AT is needed to support educational needs.

Where Can One Get AT?

- **NM TAP**- NM TAP offers short-term 30-day device loans that enable individuals to see if AT devices will work for their needs.
- **Access Loan New Mexico**- This company offers low-interest loans for New Mexico residents who have a disability to purchase an AT device or make home modifications.
- Businesses such as The Hearing and Vision center or Enablemart sell a wide variety of AT devices for individuals with disabilities.
- Insurance companies may cover certain AT devices.



NM TAP

(505) 841 4464

www.tap.gcd.state.nm.us/

NM DVR

505-841-5600

www.dvr.state.nm.us/

Access Loan New Mexico

(505) 566-5831

www.tap.gcd.state.nm.us/

access-loan-new-mexico.aspx

The Hearing and Vision Center

(505) 222-0608

hearingandvisioncenter.com/

EnableMart

(888)-640-1999

<https://www.enablemart.com/>

Questions?

Call the CDD

Information Network

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or visit our website at

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Informational Tip

Sheets:

www.cdd.unm.edu/infonet/tip-sheets.html

Assistive Technology for Lifelong Brain Health

New Mexico

To find and download these Apps, visit an App Store.

Emotional Regulation Apps

- **Breathe2Relax** is a stress management tool with breathing exercises that can help with mood stabilization, anger control, and anxiety management.
- **PTSD Coach** is for veterans and service members who have, or may have, post-traumatic stress disorder (PTSD). It includes education about PTSD, help finding support, and tools that can help manage the stresses of daily life with PTSD.
- **Virtual Hope Box (VHB)** contains simple tools to help patients with coping, relaxation, distraction, and positive thinking. Patients and providers can work together to personalize the VHB for each individual.

Sleep Apps

- **Relax Melodies** provides white noise sounds, music melodies and customizable mixes that can help with sleep.
- **White Noise** features ambient sounds from various environments that can help with relaxation and sleep.
- **Calm** is designed to help with meditation, sleep and relaxation.

Cognitive Functioning Apps

- **Luminosity** has brain exercises for memory, attention, speed, flexibility, and problem solving. Personalized training can be designed in this app, including “courses” with TBI- and/or PTSD-specific content.
- **Med Coach** helps track medication and vitamin schedules and sends reminder messages to the user’s phone.
- **EverNote** helps organize information across all of a person’s devices. It can be used to take notes, capture photos, create to-do lists, record voice reminders, and make notes completely searchable.
- **Cozi Family Organizer** includes a shared calendar, shopping lists, to do lists, and a family journal. It is designed for families to stay up to date with each other’s schedules and activities.

Communication Apps

- **Dragon Dictation** is a voice recognition app that allows users to speak and instantly see their words on the screen. It can be used to send short text messages, longer email messages, and to update Facebook and Twitter statuses.
- **Functional Planning System (iOS only)** provides a visual approach to daily planning, and can be used to plan out the user’s entire day. Step-by-step videos prompt the user to complete each step of every scheduled activity.
- **Tactus Therapy 4 in 1 App for Aphasia (iOS only)** helps people of all ages with fundamental language skills, and combines two receptive and two expressive aphasia apps.
- **NeuroHero for Aphasia (Android)** provides rehabilitation and education for those living with speech and language difficulties that may accompany stroke, brain injury, dementia, aphasia, autism and a range of other conditions.

Apps for Professionals

- **Provider Resilience** is for health care providers who treat military personnel. It offers tools for frontline providers to stay productive and emotionally healthy as they help military personnel and their families.
- **mTBI (Mild Traumatic Brain Injury) Pocket Guide** gives health providers instant access to a comprehensive quick-reference guide on improving care for mTBI patients.
- **CDC HEADS UP Concussion and Helmet Safety App** can help providers learn how to spot a possible concussion and what to do if someone thinks a child or teen has a concussion or other serious brain injury. It also includes a 3D helmet fit feature that teaches about proper helmet fit, safety and care.

Questions? Call the CDD Information Network at

1-800-552-8195 or 505-272-8549

www.cdd.unm.edu/infonet

College Accommodations for Students with Disabilities

New Mexico

College Student Learning Accommodations

In college, accommodations are reasonable adjustments that the college provides to students to make it possible for students to access the class curriculum and reach educational goals. Students are responsible for connecting with the college disability office and requesting their own accommodations.

Accommodations in college may be different from what the student had in high school.

- High school students may want to ask their Individual Education Plan (IEP) team for recommendations about accommodations they might need as college students.
- Most four-year colleges require college student applicants to take either the American College Test (ACT), or the Scholastic Aptitude Test (SAT). Students may request test-taking accommodations in advance for these tests. For the ACT, request through the American College Testing website. For the SAT, request through the College Board website. Accommodations may include large print, extended time, frequent breaks or other.
- To request college accommodations, students may need to submit notes from doctors, an IEP plan, or other documentation.
- Students, ages 14 and up, can request supports from the Department of Vocational Rehabilitation (DVR) such as assistive technology, books, tuition, tutors, etc.

Requesting Accommodations in College

- Once accepted into a college, students may request accommodations by contacting the college disability office.
- Some valuable skills for students getting ready to go to college include knowing how to document their disabilities, understanding the college disability office's requirements and services, and advocating for their own learning needs.
- In high school, the Individuals with Disabilities Education Act (IDEA) is the law that specifies available accommodations for students.
- Once in college, Section 504 of the Americans with Disabilities Act (ADA) is the law that guides student accommodations and services.

Examples of Accommodations College Students Might Request:

- | | |
|----------------------------------|--|
| • Organizational skills training | • Adaptive technology, such as lecture recording devices |
| • Help with taking notes | • Financial aid considerations for reduced course load |
| • Separate testing room | • Assistive technology, such as audio books |
| • Alternate test formats | • Taking breaks from prolonged sitting |
| • Extended test times | • Accompaniment of a service animal |
| • Interpreter services | • Modified seating equipment |

Remember:

- Each semester, students must contact the disability office and submit their schedule or other paperwork.
- If a college student over the age of 18 wants to allow family or other persons to have access to their educational records, the student will need to give written permission.



DVR

Student Guidelines
<http://bit.ly/2v6nR63>

ACT

Accommodations and Supports
<http://bit.ly/2t4TrzB>

College Board

Request SAT, PSAT & AP Exam Accommodations
866-630-9305
<http://bit.ly/2uDyiAh>

CDD Information Network

College Disability Offices – New Mexico Tip Sheet
<http://bit.ly/2gLruep>

Partners for Employment

Postsecondary Education Transition Tip Sheet
<http://bit.ly/2uDDCUG>
The Transition from High School to College
<http://bit.ly/2uJIRUD>

U.S Dept. of Education Transition Guide

www2.ed.gov/about/offices/list/ocr/transitionguide.html

Questions?

Call the CDD Information Network

1-800-552-8195

or visit our website at
www.cdd.unm.edu/infonet

Informational Tip Sheets:

www.cdd.unm.edu/info-net/tip-sheets.html

College Disability Offices

New Mexico

Four-year Colleges and Universities

Diné College

Student Success Center, Disability Support Services

Shiprock, NM

928-724-6855 (main campus number in Tsale, AZ)

www.dinecollege.edu/services/student-services.php

Institute of American Indian Arts

Disability Support Services, Santa Fe, NM

505-424-5707

iaia.edu/student-success-center/disability-support-services/

New Mexico Highlands University (NMHU)

Office of Accessibility Services, Las Vegas, NM

505-454-3252

www.nmhu.edu/campus-services/accessibility-services/

New Mexico State University (NMSU)

Student Accessibility Services, Las Cruces, NM

575-646-6840

sas.nmsu.edu

Email: sas@nmsu.edu

University of New Mexico (UNM)

Accessibility Resource Center, Albuquerque, NM

505-277-3506

as2.unm.edu/

Email: arc@unm.edu

Eastern New Mexico University (ENMU)

Disability Services and Testing, Portales, NM

575-562-2280

www.sfcc.edu/disability_services

Navajo Technical University

Student Support Services, Crownpoint, NM

505-786-4138

www.navajotech.edu/campus-life/student-support-services

New Mexico Institute of Technology (NM Tech)

Counseling and Disability Services, Socorro, NM

575-835-6619

www.nmt.edu/disability-services

Northern New Mexico College

Accessibility Resource Center, Espanola, NM

505-747-2152

Email: accessibility@nnmc.edu

Western New Mexico University (WNMU)

Disability Support Services, Silver City, NM

575-538-6400

wnmu.edu/specialneeds/contact.shtml

Email: dss@wnmu.edu

Questions? Call the CDD Information Network at

1-800-552-8195 or 505-272-8549

www.cdd.unm.edu/infonet

College Disability Offices

New Mexico

Two-year Associate Degree/Community Colleges

Central New Mexico (CNM) Community College

Disability Resource Center, Albuquerque, NM

505-224-3277

www.cnm.edu/depts/disability-resource-center

Email: disability_resource_center@cnm.edu

Eastern New Mexico University (ENMU) – Roswell

Special Services, Roswell, NM

575-624-7286

www.roswell.enmu.edu/areas-of-study/special-services/special-services-home

Mesalands Community College

Vice President of Student Affairs, Tucumcari, NM

575-461-4413 ext. 189

www.mesalands.edu/

San Juan College (SJC)

Disability Services Team, Farmington, NM

505-566-3643 or 505-566-3271

www.sanjuancollege.edu/student-services/departments/advising-and-counseling-center/disability-services/

Email: disabilityservices@sanjuancollege.edu

Southwestern Indian Polytechnic Institute (SIPI)

Academic Support Services, Albuquerque, NM

505-922-4093

www.sipi.edu/students/

Clovis Community College

Special Services, Clovis, NM

575-769-4020

www.clovis.edu/advising/specialservices.aspx

Email: advising@clovis.edu

Luna Community College

Disability Support Services, Las Vegas, NM

505-454-2541

www.luna.edu/disability-support-services/

New Mexico Junior College

Disability Services Office, Hobbs, NM

575-492-2576

www.nmjc.edu/student-services/counseling/special-needs-services.aspx

Santa Fe Community College (SFCC)

Disability Services, Santa Fe, NM

505-428-1711

www.sfcc.edu/disability_services

Questions? Call the CDD Information Network at

1-800-552-8195 or 505-272-8549

www.cdd.unm.edu/infonet

Division of Vocational Rehabilitation (DVR)

New Mexico

NMDVR is a state and federally funded agency that helps prepare people with disabilities to get employment through individualized employment planning, services and support. They also work with companies that want to hire people with disabilities.

Who receives NMDVR services?

Persons 14 or older who have a medically documented disability, who want to work and who need assistance to get and keep a job may be eligible.

How can NMDVR help?

Every job seeker who uses this service is assigned a vocational rehabilitation counselor (VRC), and is interviewed to identify their strengths, talents, circumstances, and needs. The job seeker works with their VRC to develop an Individualized Plan for Employment (IPE), or their “roadmap to success,” to determine what supports they need to start working or return to work.

NMDVR may:

- Provide Guidance and Counseling (G&C) in finding a career/job based on the job seeker’s goals, strengths, interests, skills and abilities.
- Send a job seeker for a work skills assessment to help determine if additional training, education or job site supports are needed.
- Provide job support services such as trial work experiences, on-the-job training, and/or job placement assistance and support; this may include referral to an NMDVR approved job developer.
- Provide “follow along” services for up to 90 days after someone has started a job to make sure it is a good fit, and they have the supports needed to keep the job.
- Help find and get assistive technologies to aid the participant to be successful. This may include referrals to organizations such as NM Technical Assistance Program (NMTAP).
- Connect a participant with a specialized benefits advisor who can provide information about Social Security and the Ticket to Work incentive program.

NMDVR also prepares students with disabilities for employment after high school, starting at age 14, through their school’s Individualized Education Plan (IEP).

Remember:

- Determination of eligibility for NMDVR services may take up to 60 days. After becoming eligible, it may take up to 90 days to develop an IPE.
- Once a participant’s case is closed successfully by getting a job, they are eligible for Post-Employment Services (PES) for up to 10 years. This means they can go back to DVR and re-open their case at any point during this time.

Partners for Employment (PFE) works to build capacity within New Mexico among professionals, families, self-advocates/job seekers, employers and others. Visit their website at <http://www.cdd.unm.edu/pfe/index.html> for upcoming trainings and helpful documents.



New Mexico DVR

1-800-224-7005

www.dvrgetsjobs.com

Navajo Nation Office of Special Education & Rehabilitation Services

1-866-341-9918

www.osers.navajo-nsn.gov

Ticket to Work Program

[yourtickettowork.com/
web/ttw/home](http://yourtickettowork.com/web/ttw/home)

Project Think Work

www.thinkwork.org

Questions?

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net/tip-sheets.html](http://www.cdd.unm.edu/info
net/tip-sheets.html)

Guardianship Alternatives for Adults with Disabilities

New Mexico

What is guardianship?

Guardianship is the legal relationship that is created when the court appoints a guardian for an adult, 18 years or older, who has a disability and is not able to make or communicate safe decisions about their own health and where they live.

A person may be determined to be “incapacitated,” or in need of a guardian, because of developmental disability, dementia, brain injury, mental illness, chronic substance abuse or other disabilities. Once appointed by the court, the guardian makes all decisions related to healthcare and placement for the “protected individual,” which means the person who has the guardian.

What are less restrictive alternatives to guardianship?

There are many alternatives to full, or plenary, guardianship that may meet a person’s needs for support and help with decision-making. These alternatives are less restrictive than full guardianship.

In **limited guardianship**, the guardian’s role is limited to the powers specifically outlined by the court, which are less extensive than in full guardianship. This allows the individual to retain some legal rights and to make some decisions themselves.

Treatment guardianship is temporary, limited guardianship for 30 days to one year, for a person with a psychiatric diagnosis who is not able to make decisions about their health as they enter into treatment care.

An **emergency temporary guardian** may be appointed for up to 60 days when a person is not able to communicate what they need for a short time, as in the case of emergency medical care.

A **conservator** may be appointed to manage a person’s estate if they are not able to do so, but are able to manage their own healthcare and housing decisions.

A **representative payee** may be appointed by the Social Security Administration if someone needs help managing their Social Security benefits, but can manage other needs on their own.

If a person is able to manage everything except their bank account, someone else may become a **joint account holder** in order to help manage that bank account.

Medical power of attorney and **financial power of attorney** can be put in place in case a person who is able to make medical and financial decisions becomes incapacitated.

Someone can choose a **surrogate healthcare decision-maker**, and allow the surrogate to access their medical files for a specific provider. The surrogate can then make healthcare decisions for the individual only if the individual becomes incapacitated.

Remember:

- Full, or plenary, guardianship severely limits the rights of an individual, and is only considered as a last resort.
- One or more alternatives to full guardianship may meet the particular needs of some individuals.
- For more information about guardianship, visit the Information Network website under Informational Tip Sheets.



**NM Developmental
Disabilities Planning
Council (NMDDPC)
Guardianship Program**

505-841-4519

nmddpc.com

The Arc of NM

1-800-358-6493

arcnm.org

**Disability Rights NM
(DRNM)**

1-800-432-4682

drnm.org

**NM Guardianship
Association**

info@nmguardianassoc.org
nmguardianassoc.org

**National Guardianship
Association**

1-877-326-5992

guardianship.org

Questions?

Call the CDD
Information Network

1-800-552-8195

or visit our website at

www.cdd.unm.edu/infonet

Informational Tip
Sheets:

[www.cdd.unm.edu/info
net/tip-sheets.html](http://www.cdd.unm.edu/info
net/tip-sheets.html)

Guardianship for Adults with Disabilities

New Mexico

What is guardianship?

Guardianship is the legal relationship that is created when the court appoints a guardian for an adult, 18 years or older, who has a disability and is not able to make or communicate safe decisions about their own health and where they live. A person may be determined to be “incapacitated,” or in need of a guardian, because of a developmental disability, dementia, brain injury, mental illness, chronic substance abuse or other disabilities.

If someone is concerned that a person they know or care for may need a guardian, they may petition through the court for a guardian to be appointed. Once appointed by the court, the guardian becomes responsible for all decisions related to healthcare and housing for the “protected individual,” which means the person who has a guardian.

When is full guardianship appropriate?

Full, or plenary, guardianship severely limits the rights of an individual, and should be considered only as a last resort after alternatives have been explored. Guardianship may be appropriate for someone who is not able to make or communicate safe decisions about their health and housing, and no alternatives to guardianship will keep them safe.

How is a guardian appointed?

A specific series of legal steps is followed when seeking guardianship. This process can take several months, and may be started when the individual is 17½ years old.

- The person seeking guardianship for an individual hires an attorney, who submits a petition for guardianship to the court.
- The court appoints a “Guardian Ad Litem” (GAL) to represent the interests of the individual who may need guardianship, and to do an assessment of what that individual wants and needs.
- The court assigns a court visitor and a qualified health professional to carry out formal assessments of the individual’s needs.
- All findings are submitted to a judge, and the judge determines whether a guardian will be appointed, and if so, who that will be. It may be the person who originally petitioned to be the guardian, or it may be someone else the judge decides is in the protected individual’s best interest.

What are the costs?

The legal costs of obtaining guardianship can be approximately \$6,000. The NM Developmental Disabilities Planning Council (NMDDPC) has limited funding to help cover these costs for incapacitated individuals and proposed guardians who meet financial eligibility requirements. There may be a waitlist for this funding.

Remember:

- Guardianship is the most restrictive measure with regards to a person’s ability to manage their own affairs, and is considered only when no alternatives will meet the needs of the individual.
- Petitioning for a guardian follows a specific legal process, and a guardian is always court-appointed.
- For information about alternatives to guardianship, visit the Information Network website under Informational Tip Sheets.



NM Developmental Disabilities Planning Council (NMDDPC) Guardianship Program

505-841-4519

nmddpc.com

The Arc of NM
1-800-358-6493

arcnm.org

Disability Rights NM (DRNM)

1-800-432-4682

drnm.org

NM Guardianship Association

info@nmguardianassoc.org
oc.org

nmguardianassoc.org

National Guardianship Association

1-877-326-5992

guardianship.org

Questions?

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or visit our website at
www.cdd.unm.edu/infonet

Informational Tip Sheets:

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Hippotherapy and Therapeutic Riding Facilities

New Mexico

Providers of Hippotherapy:

FOUR POINT THERAPY, LLC

Address: 173 El Camino Campo
Corrales, NM 87048

Phone: 505-710-7668 cell or 505-890-4117

E-mail: DebbieLanphere@aol.com

Services: Using Equine movement as part of Occupational Therapy and Physical Therapy, aka Hippotherapy

Eligibility/Ages: 3 years to adulthood; Initial screening to determine eligibility

Insurance Accepted: Presbyterian, DD Waiver, Mi Via Waiver, Private Pay, and Centennial Care/Medicaid MCO: Presbyterian

KIDSBIDGE THERAPY SERVICES

Address: Located in Albuquerque North Valley
PO Box 7755
Albuquerque, NM 87107

Phone: 505-908-0717

Website: www.kidsbridgetherapy.com

Eligibility/Ages: Children ages 2-15 years old

Services: Using Equine movement as part of Speech Therapy and Occupational Therapy, aka Hippotherapy

Insurances Accepted: Presbyterian, Blue Cross/Blue Shield, Molina, and Centennial Care/Medicaid MCOs: Presbyterian, Blue Cross/Blue Shield, and Molina

Other: Facility therapy dog also a treatment option

PEGASUS THERAPY

Address: 2410 Venetian Way SW
Albuquerque, NM 87105

Phone: 505-255-1100

Website: www.pegasusspeechtherapy.com/

Eligibility/Ages: Typically children < 85 lbs.

Services: Using Equine movement as part of Speech Therapy, aka Hippotherapy

Insurance Accepted: Molina, Presbyterian

Other: Spanish speaking

SKYLINE THERAPY SERVICES

Address: 1090 Mountain Valley Rd
Edgewood, NM 87015

Phone: 505-281-1811

E-mail: skylinetherapy@aol.com

Eligibility/Ages: Birth to 18-years-old

Services: Using Equine movement as part of Physical Therapy, Occupational Therapy and Speech Therapy, aka Hippotherapy

Insurance Accepted: Presbyterian, Blue Cross/Blue Shield, Molina, United, Tricare Military, Cigna and all Centennial Care/Medicaid Managed Care Organizations (MCOs).

Providers of Therapeutic Riding:

CLOUD DANCERS THERAPEUTIC HORSEMANSHIP PROGRAM, INC.

Address: Located in Corrales

2309 Inez Dr. NE, Albuquerque, NM 87110

Phone: 505-926-1426

Website: www.cloudancerssthp.org

Eligibility/Ages: 5-years-old through adulthood

Services: Recreational Horsemanship for people with disabilities, Therapeutic Horsemanship

Insurance Accepted: Private pay, Mi Via Waiver

Other: Scholarships may be available

LOVING THUNDER THERAPEUTIC RIDING, INC.

Address: Located in Rio Rancho
PO Box 44517

Rio Rancho, NM 87174

Phone: 505-554-9493

E-mail: info@lovingthunder.com

Website: www.lovingthunder.com

Eligibility/Ages: Age 4 and up; Veterans

Services: Therapeutic Riding

Insurances Accepted: Private pay, Mi Via Waiver

Other: Scholarships may be available

MANDY'S FARM

Address: 346 Clark Road SW
Albuquerque, NM 87107

Phone: 505-873-1187

Website: www.mandysfarm.org

Eligibility: 18-years-old and over

Services: Horsemanship for people with disabilities

Insurance Accepted: DD Waiver, Mi Via Waiver

Other: Private adaptive riding lessons for children with disabilities, ages 7 and up, also available.

Providers in other areas of New Mexico:

NEW MEXICO CENTER FOR THERAPEUTIC RIDING (NMCTR)

Santa Fe, NM

Phone: 505-471-2000

Website: info@nmctr.org

NMSU THERAPEUTIC RIDING PROGRAM

Las Cruces, NM

Phone: 575-646-2929

Website: trp.nmsu.edu

REIN DANCE ASSOCIATION, INC.

Flora Vista, NM (Four Corners area)

Phone: 505-801-0373 **Email:** candra_lor_iac@msn.com

Questions? Call the CDD Information Network at

1-800-552-8195 or 505-272-8549

www.cdd.unm.edu/infonet

Hippotherapy vs Therapeutic Riding

New Mexico

What is Hippotherapy?

Hippotherapy is when the movement of the horse is used as a treatment tool by Physical Therapists (PT), Occupational Therapists (OT), and Speech Language Pathologists (SLP) to address impairments, functional limitations, and disabilities in patients. This strategy is used as part of an integrated treatment program to achieve functional outcomes (American Hippotherapy Association, 2000).

- Hippotherapy is not a horseback riding lesson
- Physician referral is required and therapy is implemented by a licensed and credentialed physical, occupational, or speech therapist
- Prescribed interventions may address, but are not limited to, head and trunk control, muscle tone and strength, coordination, balance, and attention
- The therapist, a professional horse handler, and a highly trained horse work as a team to treat impairments
- One-on-one treatment is provided by the therapist at all times
- Horses are specifically chosen based on the type of movement, gait, and figure to influence the rider and assist in meeting therapy goals
- The goal is to improve client function in cognition, body movement, organization, and attention levels

What is Therapeutic Riding?

Therapeutic Riding is an adaptive/recreational sport activity and is not therapy. The benefits from riding could include health, education, or leisure.

- Adaptive recreational horseback riding lessons are for people with disabilities
- The team consists of a certified therapeutic horseback riding instructor and volunteers
- Lessons are typically taught in a group format of 4-6 riders
- Occasional hands-on assistance from an instructor or volunteers is needed, but the instructor typically teaches from the center of the arena
- Horses have been screened for appropriate temperament
- The emphasis is on proper riding position, reining skills, and pleasure riding
- The goal is to achieve riding skills and horsemanship

Who is eligible?

- Eligibility for **Hippotherapy** requires a physician referral. Hippotherapy is reimbursed by the majority of medical insurances (third party) because therapy (OT, PT, SLP) is provided.
- Eligibility for **Therapeutic Riding** requires a physician's approval. Medical insurance does not cover therapeutic riding because therapy is not provided.
- Depending on the site, partial scholarships or limited funding from grants may be provided for qualifying applicants. The Mi Via Self-Directed Waiver may cover therapeutic riding.



American Hippotherapy Association

www.americanhippotherapyassociation.org

PATH International Therapeutic Riding

www.pathintl.org/resources-ducation/workshops/27-resources/general/198-learn-about-therapeutic-riding

Questions?

Call the CDD Information Network

1-800-552-8195

or visit our website at www.cdd.unm.edu/infonet

Informational Tip Sheets:

www.cdd.unm.edu/infonet/tip-sheets.html

Microenterprise

New Mexico

What is a microenterprise?

A microenterprise is a small business that employs a small number of people. Sometimes the person who starts and owns the business is the only employee.

What are the benefits of starting a microenterprise?

Starting one's own business empowers individuals to create their own employment opportunities, contribute to their communities, and become their own boss. This employment option is open to anyone who is interested in starting their own business.

What do microenterprises provide?

Many small and home-based businesses and self-employment efforts are microenterprises. They provide a variety of products and services such as repairs, cleaning, specialty foods, jewelry, arts and crafts, gifts, clothing, computer technology, childcare, and other services. These businesses are located in cities, villages, pueblos, and other communities.

Who can help with starting a microenterprise?

Several public and private organizations support microenterprise, and there is a network of service providers that offer training, technical assistance and lending to micro entrepreneurs.

- **PFE** (Partners for Employment) builds capacity within the state of New Mexico to increase employment outcomes for individuals with intellectual or developmental disabilities. PFE offers training and resources on employment best practices and the school-to-work transition.
- **WESST** provides the business training and support individuals need to succeed. They offer workshops, webinars, personal consulting on a variety of topics, and small business loans to help start or expand a New Mexico business.
- **NMSLP** (New Mexico Seed Loans Program) serves persons with disabilities who are looking for equipment loans to help with a home-based business or self-employment. NMSLP provides loan guarantees and interest rate subsidies to help people with disabilities work independently.
- **NMSBDC** (New Mexico Small Business Development Center) provides small business assistance with business planning, marketing, applying for business financing, small business startup, entrepreneur training, and other specialized areas to help grow and strengthen businesses in New Mexico.
- **NMDVR** (New Mexico Division of Vocational Rehabilitation) provides support to help people with disabilities achieve a suitable employment outcome.



**Partners for
Employment (PFE)**
www.cdd.unm.edu/pfe

WESST

1-800-GO-WESST
(1-800-469-3778)
www.wesst.org

New Mexico Seed Loans Program (NMSLP)

1-855-891-8295
<http://www.tap.gcd.state.nm.us/financial-assistance/new-mexico-seed-loan-program/>

New Mexico Small Business Development Center (NMSBDC)

1-800-281-7232
www.nmsbdc.org/access-to-capital.aspx

New Mexico Division of Vocational Rehabilitation (NMDVR)

1-800-224-7005
www.dvrgetsjobs.com

Questions?

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Information Network
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or visit our website at
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Movie Theatres - Accessible Options in Albuquerque and Surrounding Area

New Mexico

Accessibility in this context refers to ease of access using a wheelchair, free use of accessibility devices (see descriptions at end of document), the availability of sensory friendly showings, etc. Not all theatres offer all options.

Metro Area

<p align="center">CARMIKE GRANDE 12</p> <p>Address: 3810 Las Estancias Way SW Albuquerque, NM 87121</p> <p>Phone: 505-544-2361</p> <p>Website: www.carmike.com</p> <p>Accessibility Devices: Headsets with volume control, Closed Caption Glasses, and Descriptive Audio Headsets.</p> <p>Wheelchair Places: At least 2 per theatre.</p> <p>Other Information: There is an accessible family restroom.</p>	<p align="center">CENTURY 14 DOWNTOWN</p> <p>Address: 100 Central Ave. SW Albuquerque, NM 87102</p> <p>Phone: 505-243-9555</p> <p>E-mail: 447@cinemark.com</p> <p>Website: www.cinemark.com</p> <p>Accessibility Devices: Headsets with volume control, CaptiView (Cup Holder) CC system, and Descriptive Audio Headsets.</p> <p>Wheelchair Places: At least 2 per theatre.</p> <p>Other Information: The theatre is willing to customize movie experience if needed. This can be done by reserving a theatre online and requesting the sensory friendly options when speaking with the general manager.</p>
<p align="center">CENTURY RIO 24 PLEX AND XD</p> <p>Address: 4901 Pan American Freeway NE Albuquerque, NM 87109</p> <p>Phone: 505-343-9000</p> <p>E-mail: 419@cinemark.com</p> <p>Website: www.cinemark.com</p> <p>Accessibility Devices Offered: Headsets with volume control and CaptiView (Cup Holder) CC system.</p> <p>Wheelchair Places: At least 2 per theatre.</p>	<p align="center">CINEMARK MOVIES 8 and MOVIES WEST (DOLLAR MOVIES)</p> <p>Address: 4591 San Mateo Blvd NE 9201 Coors Blvd NW Albuquerque, NM 87109 Albuquerque, NM 87114</p> <p>Phone: 505-888-4773 505-898-4664</p> <p>E-mail: 014@cinemark.com 178@cinemark.com</p> <p>Website: www.cinemark.com</p> <p>Accessibility Devices Offered: Headsets with volume control, CaptiView (Cup Holder) CC System, and Descriptive Audio Headsets, Neckloop Receivers.</p> <p>Wheelchair Places: At least 2 per theatre.</p>
<p align="center">ICON CINEMA</p> <p>Address: 13120-A Central Ave SE in Four Hills Shopping Center Albuquerque, NM 87123</p> <p>Phone: 505-814-7469, 505-299-0172 (Manager)</p> <p>Website: albuquerque.iconcinemas.com (All tickets come with reserved seating)</p> <p>Accessibility Devices Offered: Headsets with volume control.</p> <p>Wheelchair Places: Back row is accessible with about 4-6 spaces. Wide aisles can accommodate smaller wheelchairs for transfer options.</p> <p>Other Information: Sensory friendly movie experiences are available for big group showings only and must be set up with the owners ahead of time. There is an accessible family restroom.</p>	<p align="center">PREMIERE CINEMA 14 - RIO RANCHO</p> <p>Address: 1000 Premiere Parkway (Southern & Unser) SE Rio Rancho, NM 87124</p> <p>Phone: 505-994-8307 (Box Office), 505-994-3300 (Movie Hotline)</p> <p>Website: www.pccmovies.com</p> <p>Accessibility Devices Offered: Headsets with volume control.</p> <p>Wheelchair Places: Large theatres can accommodate about 10 with transfer seating available. Smaller theatres can accommodate about 2 with transfer seating available.</p> <p>Other Information: Sensory friendly movie experiences are offered through the New Mexico Autism Society (NMAS). For more information, contact NMAS at 505-332-0306.</p>

Movie Theatres - Accessible Options in Albuquerque and Surrounding Area

New Mexico

<p>REGAL WINROCK STADIUM 16 IMAX & RPX</p> <p>Address: 2100 Louisiana Blvd NE Albuquerque, NM 87110</p> <p>Phone: 505-881-2211</p> <p>Website: www.regmovies.com</p> <p>Accessibility Devices Offered: Headsets with volume control, CaptiView (Cup Holder) CC System, Closed Caption Glasses and Descriptive Audio Headsets.</p> <p>Wheelchair Places: 3-4 per regular theatre, and 10 spaces each in the RPX and IMAX theatres</p> <p>Other Information: An elevator is available to access balcony seating in the RPX and IMAX theatres.</p>	<p>UNITED ARTISTS COTTONWOOD 16</p> <p>Address: 10000 Coors Bypass NW Albuquerque, NM 87114 On the East corner of Cottonwood Mall</p> <p>Phone: 505-897-5919 (Box Office)</p> <p>Website: www.regalmovies.com</p> <p>Accessibility Devices Offered: Headsets with volume control, CaptiView (Cup Holder) CC System, and Closed Caption Glasses.</p> <p>Wheelchair Places: At least 2-3 per theatre.</p> <p>Other Information: There are ramps and an elevator.</p>
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Surrounding Area

<p>MITCHELL THEATERS: STARLIGHT CINEMA 8 - LOS LUNAS</p> <p>Address: 2226 Sun Ranch Loop Los Lunas, NM 87031</p> <p>Phone: 505-866-9635 (Movie Theatre), 505-866-9066 (Office)</p> <p>Email: Starlightcinemanm@gmail.com (Manager Email)</p> <p>Website: www.starlightcinema8.com</p> <p>Accessibility Devices Offered: Headsets with volume control and CaptiView (Cup Holder) CC system.</p> <p>Wheelchair Places: 2-3 spaces per theatre. Some are accessible due to no stairs leading to the seats.</p> <p>Other Information: Sensory friendly movie experiences are available for selected showings, and are offered in partnership with the New Mexico Autism Society.</p>	<p>VIOLET CROWN CINEMA – SANTA FE</p> <p>Address: 1606 Alcaldesa Street Santa Fe, NM 87501</p> <p>Phone: 505-216-5678</p> <p>Website: santafe.violetcrown.com</p> <p>Accessibility Devices Offered: Headsets with volume control, CaptiView (Cup Holder) CC System, and Descriptive Audio Headsets.</p> <p>Wheelchair Places: At least 2 per theatre.</p> <p>Other Information: There is an elevator to access all floors. There are some Open Caption (OC) showings for big release movies. These showings are posted on the theatre website. There is an accessible family restroom.</p>
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Accessibility Device Descriptions:

- The **CaptiView Cupholder (CC) System** shows captions on a small display screen attached to an adjustable arm that fits into the theatre seat cup holder.
- **Closed Caption Glasses** have captions projected onto the lenses for viewing while watching the movie.
- **Descriptive Audio Headsets** give descriptive narration throughout the movie.
- **Headsets with volume control** allow for individual volume control.
- **Neckloop receivers** allow people with hearing aids or cochlear implants to receive the sound directly from the sound source and to adjust the volume as needed.
- **Open Captioning** shows have captions directly on the movie screen for all viewers to see.
- **Sensory friendly showings** may include low lighting and a low volume in the theatre during the film.

Questions? Call the CDD Information Network at

1-800-552-8195 or 505-272-8549

www.cdd.unm.edu/infonet

Native American Disability Resources

New Mexico

Healthcare resources for Native Americans

Agencies that specifically serve the healthcare needs of Native Americans include Indian Health Services (IHS), First Nations Community HealthSource, and tribal hospitals and clinics. Free dental/orthodontic care is available on the Southwestern Indian Polytechnic Institute (SIPI) campus. Find local IHS service units, including where the clinic or hospital is located and services offered on the IHS website. Enter a zip code to find the nearest health care facilities.

Native Americans with Medicaid may use Exempt/Fee-for-Service, or select a Centennial Care Managed Care Organization (MCO). Either way, IHS or Tribal clinics and hospitals may be accessed. For those with complex needs, it may be beneficial to select an MCO, as a Care Coordinator is only available through an MCO. For services such as personal care, assisted living, respite, home health aide, etc., enrolling with an MCO is required.

UNMH Native American Health Services helps coordinate care for Native American patients and assists them to get assigned to a primary care provider (PCP).

Early intervention assistance for Native American children, prenatal to age 3

- Native American Professional Parent Resources (NAPPR) provides early intervention assessment and therapies, as well as parenting education for families in Cibola, Valencia, Sandoval and Bernalillo counties with young children experiencing developmental delays.
- Growing in Beauty (GIB) serves Navajo families who have infants or toddlers with developmental delays. Services include early intervention, interim service coordination, assessment and therapies, and referrals. They have offices in Shiprock, Gallup and Crownpoint.
- Tribal Women, Infants & Children (WIC) programs, such as Navajo WIC, can also help families find resources. WIC service units and clinics are located on tribal lands, pueblos and other towns such as Farmington, Gallup and Bernalillo.

Help for Native American students receiving special education services in school

- Education for Parents of Indian Children with Special Needs (EPICS) is a parent resource center for families who have children with disabilities and/or special healthcare needs from birth to age 26. Services provided through EPICS include: free workshops, advocacy, parent-to-parent support and referral.
- Parents Reaching Out (PRO) provides training and advocacy for all families of children with disabilities regarding healthcare, school services and parent-to-parent support.
- The Native American Disability Law Center advocates for Native Americans with disabilities. They provide individual representation to help access appropriate special education services.

Remember:

- Eligibility requirements vary program to program. Most programs will require a Certificate of Indian Blood (CIB) number to become eligible to receive services. Other factors may include: tribal ancestry, age, county residency, income and level of need.
- The Albuquerque Indian Center provides a variety of community wrap-around services including counseling, case management, food commodities, legal services, and more.



**Indian Health Services
(IHS), ABQ Unit**
505-248-4000

**First Nations Community
HealthSource**
505-262-2481

**ABQ Indian Dental Clinic,
SIPI campus**
505-346-2306

**UNMH Native American
Health Services**
505-272-1612

**Medicaid/Centennial
Care Tribal Liaison**
505-827-3122

NAPPR
505-345-6289

Growing in Beauty
505-722-9289

WIC
www.nmwic.org

EPICS
1-888-499-2070

Parents Reaching Out
1-800-524-5176

Questions?

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People First Language – Being Respectful

New Mexico

What is People First Language?

People First Language is using language that is appropriate and respectful about an individual with a disability. People First Language or Person First Language recognizes the person first, and not the disability.

Disability is a natural part of the human experience and people with disabilities make up our nation's largest minority group. Though disabilities can be defined, having a disability does not define the person.

Using respectful language

When referring to individuals with disabilities, consider the words used. Focus on the person, and who they are, and not on their medical diagnosis. One way to do this is by putting the person's name first. If someone had cancer, it would not be respectful to refer to them as "cancerous." If someone named Bob has autism, it is respectful to refer to him as Bob, who has autism, as opposed to saying that Bob is autistic. Stating the person's disability or diagnosis may not even be relevant or necessary.

Using People First Language is about respectful language. It is important to recognize that People First Language tells us what conditions people have, not what they are. The Person-First perspective helps to reduce stigma, stereotyping, and prejudice towards people with disabilities. If disrespectful language is unknowingly used, a sincere apology can help.

Read more about People First Language by visiting the websites and video links provided on the right side of the page.

Applying respectful language in everyday life

Engage in conversations with and about persons with disabilities in the same manner as with anyone else. Using respectful language is a way of showing respect for the individual.

There are words that one should never use, as they have come to be derogatory over time. One example is the use the word *retarded* or the "R-word." Rosa's Law was enacted to eliminate the use of this word as it is considered to be outdated and offensive.

Remember:

Always emphasize abilities and never limitations. Below are a few examples of appropriate use of People First Language, followed with language to avoid.

Do say:

- They have a disability
- They use or drives a wheelchair
- They have an intellectual disability
- They have autism
- They needs behavioral supports
- They are a Brain Injury Survivor
- How should I describe your disability?
- They have Down syndrome
- Accessible parking, hotel room, etc.

Don't say:

- Handicapped, disabled
- They are wheelchair bound
- They are mentally retarded
- They are autistic
- They have behavior problems
- They have a traumatic brain injury
- What happened to you?
- They are a Downs person
- Handicapped parking, hotel room, etc.



To learn more about respectful language visit:

cerebralpalsy.org/information/disability/people-first-language

Your Words, Our Image

www.rtcil.org/guidelines

A word about the R-Word:

cerebralpalsy.org/information/abuse/r-word

People First Language video:

youtube.com/watch?v=pbYIhUK9BPY

Questions?

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1-800-552-8195

or visit our website at www.cdd.unm.edu/infonet

Informational Tip

Sheets:

www.cdd.unm.edu/infonet/tip-sheets.html

Service Animals for Persons with Disabilities

New Mexico

What is a service animal?

A service animal is a dog that is individually trained to do work or perform specific tasks for the benefit of a person with a disability. This disability may include physical, medical, and psychiatric diagnoses. The tasks performed by the service animal must be directly related to the person's disability. Examples of the specific tasks service animals may perform include, but are not limited to:

- A **Guide Dog** or **Seeing Eye Dog** is trained to assist a person who is blind or visually impaired with way-finding.
- A **Hearing Dog** is trained to alert a person who is deaf or hearing impaired when a sound occurs.
- A **Seizure Response Dog** is trained to assist a person with a seizure disorder by alerting them in advance of a seizure or standing guard over the person during a seizure.
- A **Psychiatric Service Dog** is trained to detect the onset of a psychiatric episode and lessen the impact of the attack.
- A **Mobility Dog** is trained to assist a person with a disability to retrieve dropped items, and to provide physical support and assist with balance and stability.

A person using a service animal has the right to have their service animal in most public places and may not be questioned about the nature or extent of their disability when entering a public facility.

Legally, only the following two questions may be asked, and the person cannot be asked to have the service animal demonstrate tasks.

- Is the animal required because of a disability?
- What work or tasks has this animal been trained to perform?

Considerations before getting a service animal

- Individuals and families may want to consider the responsibility of the time, energy and cost involved in obtaining, caring for, supervising, and maintaining the standard of care for the service animal.
- Depending on the organization, a service dog may cost anywhere from \$0 - \$25,000+.
- Service dog programs vary widely in quality, training philosophies, training processes, sources of potential service dogs, and the cost to potential recipients. It is important to consider these points before selecting which program works best for each individual.
- Eligibility for a service dog varies depending on the organization and population served. Potential recipients must complete an application and screening process before being placed on a list. The wait time to get a service dog may be as long as 5 years.

Remember:

- Emotional Support Animals (ESAs), comfort, or companion animals use an animal's natural instincts and companionship to comfort an individual. Support animals do not qualify as service animals under the Americans with Disabilities (ADA) because they are not trained to perform specific tasks, and they do not have public access rights.
- For more information, see the links at the right. To apply for a service animal, contact Assistance Dogs of the West.
- It is a misdemeanor to misrepresent a pet or ESA as a service animal in New Mexico.



NM Governor's Commission on Disability- Service Animals

1-877-696-1470

gcd.state.nm.us/service-animals.aspx

Revised ADA Requirements: Service Animals

ada.gov/regs2010/service_animal_qa.html

"We Welcome Service Animals" video for businesses

youtube.com/watch?v=LLVMIO5P5H8&feature=youtu.be

Service Animals and Emotional Support Animals

adata.org/publication/service-animals-booklet

Assistance Dogs of the West

1-866-986-3489

assistancedogsofthewest.org

Questions?

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Special Needs Trusts

New Mexico

What is a Special Needs Trust?

A Supplemental Needs Trust, often referred to as a Special Needs Trust, is a trust designed to benefit an individual with a disability who has qualified for Supplemental Security Income (SSI) and Medicaid.

Trusts provide funds to improve a person's quality of life but *may not replace* government benefits that cover basic needs, such as SSI, Social Security Disability Insurance (SSDI), Medicaid or Waivers. The person who the trust is set up for is called the beneficiary.

There are two main types of Special Needs Trusts: Third Party and Self-Settled.

Third Party Special Needs Trust

A Third Party Special Needs Trust is established by a parent, grandparent or other third party. Typically, family members create a trust to leave assets such as a house, money and other items of value for a loved one with special needs.

Only assets from a third party, not from the beneficiary, can be added to this type of trust. Any funds left at the death of the beneficiary may be left to charity, siblings or others.

Self-Settled Trusts - Two main types: (d)(4)(A) Trust and (d)(4)(C) Trust

- A “(d)(4)(A) Trust” or “payback” trust is a Self-Settled Trust that is set-up by a parent, grandparent, court, or guardian. The beneficiary must be younger than 65 years old and can be funded with settlement or judgement funds. The state of New Mexico must be reimbursed with any remaining funds when the beneficiary passes away.
- A “(d)(4)(C) Trust” or “Pooled Trust” is established by a non-profit 501(c)(3) organization such as The Arc of New Mexico. The non-profit is the trustee and manages the funds. Individual sub-accounts are established by a parent, grandparent, guardian, court or beneficiary themselves. Trust funds come from excess earnings, court settlements, back payments from Social Security, annuity payments, gifts or other sources.

What can trust funds be used for?

- A person with a Special Needs Trust may use funds for items that are supplemental and extra care over and above what the government provides.
- If the beneficiary is receiving government benefits, such as SSI, Medicaid or Waivers, the trust may not be used to purchase items or services that the government services would cover.
- Purchased items cannot be illegal and violate the terms of the trust.
- Common services that may be paid for include: some medical services not covered by Medicaid or Medicare, dental services, caregiving, education, internet, cable, computers, a vehicle and more.

Remember:

- A Special Needs Trust must be written. It cannot be just a verbal agreement.
- The Special Needs Trust is irrevocable and cannot be reversed.
- Careful selection of a trustee is very important. The trustee must understand how to make distributions that will not cause the beneficiary to lose their benefits.



Common distributions from a trust:

- Travel/Transportation
- Recreation
- Technology
- Entertainment
- Education
- Caregiving
- Accessibility

For more information:

The Arc of New Mexico

3655 Carlisle NE
Albuquerque, NM
87110
505-883-4630

Southern Office:
950 Anthony Drive,
Ste. 4
Anthony, NM 88021
575-882-9208

Questions?

Call the CDD
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1-800-552-8195

or visit our website at
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Section 6



Brain Injury

- Brain Injury – Guide to Services for Veterans
- Brain Injury – Neuropsychological Evaluations
- Brain Injury – Neuropsychological Evaluations for Children
- Brain Injury – Swallowing Difficulties/Dysphagia
- Brain Injury – Youth Concussion and Sports
- Brain Injury & Dystonia
- Brain Injury & Pseudobulbar Affect (PBA)
- Brain Injury Behavioral Terminology
- Brain Injury Online Support for Families & Caregivers
- Brain Injury Services Fund (BISF)
- Brain Injury Support Groups
- Brain Injury Tips – How to Support a Brain Injury Survivor

Brain Injury – Guide to Services for Veterans

New Mexico

Traumatic brain injury (TBI) is one of the invisible wounds of war. In the year 2014 there were approximately 25,044 service members and veterans diagnosed with TBI. Below is a list of resources to help veterans with a brain injury connect to services.

New Mexico Services:

- **New Mexico Veteran and Family Support Services** helps families experiencing issues associated with trauma and other behavioral health problems, through comprehensive behavioral health and medication management.
505-962-6655
- **New Mexico Veterans Counseling and Therapy Project** provides mental health services.
1-888-920-6333
- **Goodwill** provides employment, job training, rapid re-housing, and case management.
505-881-6030
- **Paws & Stripes** provides service dogs for wounded military veterans.
www.pawsandstripes.org
- **Full Battle Rattle** provides music lessons free of charge for wounded veterans.
<http://www.desertforge.org/full-battle-rattle/>

National Services:

- **Defense and Veterans Brain Injury Center** is an online source for veterans with brain injuries, with state-of-the-art clinical care, innovative clinical research initiatives and education programs.
<http://dvbic.dcoe.mil/>
- **Polytrauma/TBI System of Care (PSC) Programs** are dedicated to serving veterans and service members with both combat and civilian-related TBI.
505-265-1711 ext. 2453
- **Assisted Living for Veterans with Traumatic Brain Injury Pilot Program** provides specialized residential care and rehabilitation to veterans with TBI to enhance rehabilitation, quality of life, and community integration.
- **Wounded Warrior Project** provides direct programs and services to post-9/11 service members.
www.woundedwarriorproject.org
- **Hope for the Warriors** programs serve post-9/11 service members, veterans and their families, focusing on transition, health and wellness, and connections to community resources.
www.hopeforthewarriors.org

Remember:

- Services are not guaranteed. Please contact each agency for eligibility requirements.
- Veterans need to have their DD Form 214 readily available.
- If someone has been diagnosed with a brain injury due to combat-related injury, they may be entitled to compensation from the Veterans Administration (VA). File a disability claim at www.ebenefits.va.gov or contact the local VA center to file a claim.



Veteran's Crisis Line
1-800-273-8255
or text 838255

**New Mexico Brain
Injury Resource
Center**

1-844-366-2472

Email:

NMBIRC@Arcaspirit.org
[www.arcaopeningdoors.org
/services/new-mexico-brain-
injury-resource-center/](http://www.arcaopeningdoors.org/services/new-mexico-brain-injury-resource-center/)

Questions?

Call the CDD
Information Network
1-800-552-8195

or visit our website at
www.cdd.unm.edu/infonet/

Informational Tip
Sheets:

[www.cdd.unm.edu/infonet/
tip-sheets.html](http://www.cdd.unm.edu/infonet/tip-sheets.html)

Brain Injury - Neuropsychological Evaluations

New Mexico

What is a neuropsychological evaluation?

- A neuropsychological evaluation is an assessment of how the brain functions.
- It examines how well the brain is working when it performs certain functions, such as memory. It is different from CAT scans and MRIs, which show the structure of the brain.
- The neuropsychological evaluation involves questions and answers, or working with materials on a table, or working on a computer.
- The evaluation helps to answer questions about functioning of normal life activities, such as “Can I go back to work?” or “What kind of accommodations do I need for school?”

How can someone get a neuropsychological exam?

A referral is needed from a primary care physician or other medical specialist for this assessment. Depending on what insurance someone has, a prior authorization may be needed as well.

How to prepare

These are not tests that one can study for, but there are several things that can be done to prepare for the evaluation:

- Bring a current list of ALL medications and doses.
- If the individual has difficulty providing information about their history, it is helpful for a family member or friend to accompany them for at least part of the clinical interview.
- If possible, bring records of previous testing, such as CT or MRI scans, and/or results from previous neuropsychological evaluations, especially if completed at another hospital or institution.

How long will the evaluation take?

A complete evaluation may take between 3 and 8 hours to complete, depending on the complexity of the issues being addressed by the evaluation. Be sure to let the person doing the testing know if a break is needed to stretch, use the bathroom, get a snack or to just rest.

What skills and abilities will the test measure?

This test will examine a variety of skills and abilities such as problem solving, attention, memory, language, visual perception, sensory skills, and general intelligence. Depending on the injury, the evaluation may focus on other things as well and some more than others.

How will the results of the evaluation help?

- The results can provide a guide to better understand the strengths and weaknesses of the individual’s brain.
- The results can give information that the doctor or care team can use to guide a treatment plan and better address problems and challenges that the individual may be having. It will also provide recommendations for day-to-day life that will help the individual, as well as family members, with recovery and more independent living.
- Depending on the injury, this evaluation may also provide a diagnostic code called an ICD-10 code, which may help to qualify for disability-related benefits, such as the New Mexico Brain Injury Services Fund (BISF).



UNM Center for Neuropsychological Services

505-272-8833

hospitals.unm.edu/outpt/cns

New Mexico Brain Injury Resource Center

1-844-366-2472

Email:

NMBIRC@Arcaspirit.org
www.arcaopeningdoors.org/services/new-mexico-brain-injury-resource-center/

Questions?

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1-800-552-8195

or visit our website at www.cdd.unm.edu/infonet

Informational Tip Sheets:

www.cdd.unm.edu/infonet/tip-sheets.html

Brain Injury - Neuropsychological Evaluations for Children

New Mexico

What is a pediatric neuropsychological evaluation?

This evaluation uses tests and observations of behavior to look at patterns in the way a child's thinking develops. How well a child learns, remembers, and adapts may show what treatment can help address challenges the child has.

This kind of evaluation might be ordered if a child:

- has a disability, like a learning disability
- has behavioral challenges
- has a medical condition, like a brain injury
- is on a medication that affects the brain
- has a neurological disorder such as Autism, Cerebral palsy, Tourette's Syndrome, or Epilepsy

The evaluation usually includes:

- an interview with parents about the child's history
- observation of and interview with the child
- testing
 - using paper and pencil
 - with hands-on activities using toys, games and cards
 - answering questions
 - sometimes using a computer

Parents may be asked to fill out questionnaires about their child's development and behavior.

How can someone get this exam for their child?

The child's doctor or school will need to request the evaluation. If ordered by a school, it is important to find out if the school is going to pay for the evaluation. If a doctor requests the evaluation, prior authorization may be needed from the child's health insurance provider.

How to prepare

- Make sure the child gets plenty of rest the night before the test.
- Tell the child that no shots or medicine will be given.
- Try to leave brothers and sisters at home.
- Make sure the child does not need to go to the bathroom and is not hungry before the evaluation begins.

How can a neuropsychological evaluation help a child?

- A neuropsychological evaluation and report looks at the child's strengths and weaknesses.
- The report will also have recommendations on how to help the child, such as learning how to use the child's stronger skills, and suggestions for improving behavior.
- It may also help parents to know what is fair to expect from the child at this point and what the child's future needs may be.



UNM Center for Neuropsychological Services

505-272-8833

hospitals.unm.edu/outpatient/cns

Southwest Neuropsychology & Behavioral Health

505-247-4900

www.swneuropsych.com/index.html

New Mexico Brain Injury Resource Center

1-844-366-2472

Email:

NMBIRC@Arcaspirit.org

www.arcaopeningdoors.org/services/new-mexico-brain-injury-resource-center/

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Brain Injury - Swallowing Difficulties/Dysphagia

New Mexico

What is dysphagia?

Swallowing difficulties, also known as dysphagia, are usually an indication of a problem with the throat getting food and liquids from the back of the mouth to the stomach. This may occur as a result of a brain injury in children or adults. Previous eating patterns may change, and there may be new challenges in managing food in the mouth and throat. Swallowing may become uncomfortable and awkward.

Symptoms of dysphagia may include the following:

1. Changes in eating food or drinking liquid
 - Avoiding eating and drinking with others
 - Fear of eating and drinking
 - Avoiding foods and/or liquids
 - Unable to take oral medication
 - Longer mealtimes
 - Needing to change head and neck positions during swallowing
 - Difficulty with keeping food in mouth and/or chewing and swallowing
 - Coughing, and/or choking on food or liquid during or after eating and/or drinking
2. Changes in the ability to use mouth
 - Difficulty speaking as clearly as before the injury, or having a wet hoarse voice
 - Drooling or losing food from the mouth
 - Collection of food or saliva in the mouth after eating
 - Frequent clearing of the throat
 - Difficulty brushing teeth
3. Complaints or observations
 - Feels like something is stuck in the throat or chest; patting the throat or chest following swallowing
 - Foods, liquids, or digestive acids coming up into the throat and/or mouth
 - Unexplained weight loss
 - Discomfort or pain with swallowing
 - Frequent respiratory infections

If these symptoms are present:

- When these symptoms are present, an eating evaluation should be considered.
- Typically, the doctor will make a referral to a speech language pathologist (SLP) or to radiology for a video swallow study.
- The SLP can evaluate and treat dysphagia to help eat and drink as safely as possible.
- Referrals for children may be made to the pediatric Supports and Assessment for Feeding and Eating (SAFE) Clinic. This clinic provides assessments for children, birth to age 17.



**SAFE Clinic -
Supports and
Assessment for
Feeding and Eating
for children**

505-272-0125

www.cdd.unm.edu/nmsafe

**UNM Speech-Language
Swallow Center
for adults**

505-272-2455

hospitals.unm.edu/sls/index.shtml

**Carrie Tingley Feeding
Clinic**

for children

505-272-3681

hsc.unm.edu/health/location/s/carrie-tingley-hospital.html

**New Mexico Brain
Injury Resource Center**

1-844-366-2472

Email:

NMBIRC@Arcaspirit.org
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Brain Injury – Youth Concussion and Sports

New Mexico

What is a concussion?

A concussion is a type of traumatic brain injury (TBI), often referred to as a closed head injury. It is caused by a bump, jolt, or blow to the head resulting in trauma to the brain and a disruption in the way the brain normally functions.

Concussions are usually considered mild brain injuries because they are not life threatening. Due to structural and chemical changes, however, the brain is in a vulnerable state during the period of recovery. This means that the effects of a concussion can be serious.

Since the rate of recovery is different for different people, it is important for the person who has a concussion to avoid activities that could create additional injury, until they are symptom-free.

What are the signs and symptoms?

- Cannot recall events *prior to or after* a hit or fall
- Appears dazed or stunned
- Forgets an instruction, is confused about an assignment or position, or is unsure of the game, score, or opponent
- Moves clumsily
- Answers questions slowly
- Loses consciousness, even briefly
- Shows mood, behavior, or personality changes

Recovery from concussion

- Rest is very important after a concussion because it helps the brain heal.
- Physical activities or activities that involve a lot of concentration, like studying, working on the computer, or playing video games may cause concussion symptoms, such as headache or tiredness, to get worse.

Returning to school after a concussion

Talk to the youth's coach and school about the concussion and symptoms. As symptoms decrease, the extra help or support needed during recovery may be gradually removed.

Children and teens who return to school after a concussion may need to:

- Take rest breaks
- Spend fewer hours at school
- Be given more time to take tests or complete assignments
- Receive help with homework
- Reduce time spent reading, writing, or on the computer



Link to New Mexico law about concussion and youth sports

www.nmlegis.gov/Sessions/16%20Regular/final/SB0137.pdf

NM Activities Association Concussion in Sports Fact Sheet for Athletes and Parents

http://www.nmact.org/file/Facts_4_Families.pdf

CDC Heads Up Initiative

www.cdc.gov/headsup

New Mexico Brain Injury Resource Center

1-844-366-2472

Email:

NMBIRC@Arcaspirit.org
www.arcaopeningdoors.org/services/new-mexico-brain-injury-resource-center/

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Brain Injury & Dystonia

New Mexico

What is dystonia after a brain injury?

Dystonia is a movement disorder that does not allow the brain and muscles to communicate. This causes the muscles to move and contract involuntarily. This may be mild or severe and may interfere with daily tasks. The movements may be painful, and some individuals with dystonia may have a tremor or other neurologic symptoms.

There are several different forms of dystonia that may affect only one muscle, or groups of muscles throughout the body. There is currently no cure for dystonia. Dystonia is one of many symptoms that an individual may experience after a brain injury, and it may not appear until several months after the injury.

What are the symptoms?

- Dystonia symptoms following a brain injury often affect the side of the body opposite of the side of the brain injury.
- Dystonia can cause muscles in the body to contract or spasm involuntarily, resulting in twisting, repetitive movements and abnormal postures. This often results in pain and cramping.
- Individuals who are affected by dystonia have difficulty controlling or predicting the movement of their bodies. Early symptoms may include loss of fine motor control, frequent small injuries to the hands, dropping items, trembling, or pain and cramping from very minor exertions.

What treatments are available?

Currently, there are no medications available to prevent dystonia or slow its progression. There are, however, several treatment options that can help with the symptoms. Doctors can select the best approach based on each individual. Treatments may include:

- Oral medications
- Rehabilitative therapy
- Neurological surgery
- Botulinum neurotoxin injections

Remember:

- Seek out medical care from a neurologist and medical team with experience in treating brain injuries and movement disorders. Learn about all treatment options.
- Find and use a good support system of family, friends and professionals.
- Stress does not cause dystonia, however many people with dystonia have reported that their symptoms worsen in stressful situations. This worsening is temporary and resolves when the stressful situation has passed. Techniques that result in reducing the stressful feelings may be beneficial. Relaxation techniques and moderate exercise may be of considerable help.



New Mexico Dystonia Support Group

505-298-6129

Dystonia Society

www.dystonia.org.uk

New Mexico Brain Injury Resource Center

1-844-366-2472

Email:

NMBIRC@Arcaspirit.org

www.arcaopeningdoors.org/services/new-mexico-brain-injury-resource-center/

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Brain Injury and Pseudobulbar Affect (PBA)

New Mexico

What is Pseudobulbar Affect?

Pseudobulbar Affect (PBA) is a condition that causes frequent, uncontrollable outbursts of crying or laughing in people who have certain neurologic conditions or brain injuries. PBA can occur when there is damage to the part of the brain that controls emotion. This damage can disrupt brain signaling, causing an involuntary episode of crying or laughing.

Who gets PBA?

Nearly two million Americans with neurologic conditions or brain injuries are estimated to be affected by PBA. It can affect men and women, and both the old and the young. A recent national registry of more than 5,000 participants showed that 52% of people with brain injury had symptoms of PBA.

PBA treatment

There are treatments that can help with PBA symptoms. It is important to be able to accurately describe the symptoms to a doctor. Here are some things to think about in order to clearly describe the episodes:

- Is the episode exaggerated or inappropriate?
- Does the episode reflect the person's feelings?
- Has the person avoided spending time with family or friends because of the outbursts?
- Could the crying be mistaken for depression?

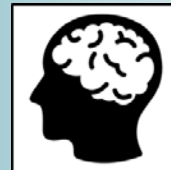
Once the doctor is able to make a diagnosis, a treatment plan can be developed to help manage the PBA outbursts.

Tips for living with PBA

- Keep an episode diary to help understand what may trigger episodes.
- Be open with other people about PBA. Let them know that a person with PBA cannot always control their emotions because of a neurologic condition.
- It can help to distract oneself. If the person feels an episode coming on, it may help to focus on something unrelated.
- Take slow deep breaths until symptoms are under control.
- Release tension in the forehead, shoulders, and other muscle groups that tense up during a PBA episode.
- Note the posture that a person takes when having an episode. Then next time they feel they are about to cry or laugh, encourage them to change their posture into a different position.

Remember:

- If someone has an underlying neurologic condition or brain injury and are experiencing uncontrollable outbursts of crying or laughing, these episodes may be signs of PBA.



Pseudobulbar Affect Information

www.pbainfo.org

Facts and Science about PBA

www.pbafacts.com

PBA Online Assessment Tool

pbainfo.org/assessment

New Mexico Brain Injury Resource Center

1-844-366-2472

Email:

NMBIRC@Arcaspirit.org

www.arcaopeningdoors.org/services/new-mexico-brain-injury-resource-center/

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Brain Injury Behavioral Terminology

New Mexico

What is brain injury-specific behavior?

Brain injury-specific behavior is behavior that results from an injury to some or all of the neurons, or nerve cells, in the brain. These cells do not regenerate, but sometimes other parts of the brain can be retrained to compensate for the injury, and address brain injury-specific behavior. Recovery from a brain injury can take many years, and brain injury-specific behavior may be a lifelong issue.

Autonomic/sympathetic storming

The autonomic nervous system is the most primitive part of the brain. It is responsible for the “fight or flight” reaction. It is difficult for an injured brain to turn this switch off, even after the crisis is over. This is because the brain becomes aware of its injury and has prolonged anxiety.

Storming might present itself as repetitive movements, usually pacing, or sound-making, usually grunting. The person’s pupils might be dilated and they might be anxious or angry. When this occurs, it is important to create a low-stimulation environment and encourage sleep so the nervous system can reset.

Low-stimulation environment

A low-stimulation environment reduces sound, light, and movement. During times of duress, limit visitors to two or fewer. Turn off the television. Turn down the lights. Avoid activities during states of anxiety and try not to argue. Usually a person with a brain injury will be more receptive after resting in a less stimulating environment. Avoid crowds, conversations involving too many speakers, and allow times of rest to process information.

Confabulation

People with brain injuries sometimes believe a story that is not true. They might confuse timelines, or jump to conclusions they are unwilling to let go of. This is a natural coping mechanism as the brain tries to make sense of situations with missing information or poor memory organization. It might be hard to redirect a person who is confabulating. Making daily log notes, bringing pictures of events, and providing correct details may help a person remember more correctly. Whenever possible, follow a routine when trying to help redirect someone.

Impulsiveness

It is normal for people with brain injuries to be impulsive, especially early in their recovery. If there is unsteadiness or a history of falls, make sure shoes are on for traction. If the doctor has ordered a helmet, make sure it is worn at all times, even while sitting down. Make sure glasses are on and hearing aids are in, and that the person is using any necessary equipment like a walker or cane. Provide a safe environment by removing unnecessary clutter. If a person is impulsive in the community, reducing stimulation could help.

Remember:

- People with brain injuries experience good days and bad days.
- A person who has a brain injury might become upset more easily, need more space, and might not seem as warm, friendly, or sensitive as before. This could improve in time, but this might also be a new normal. Someone with a brain injury might need more alone time than before.
- Like most people, a person with a brain injury does not like to be told what to do. Whenever possible offer choices.



Brain Injury Association of America

703-761-0750

www.biausa.org

New Mexico Brain Injury Alliance

505-292-7414

www.braininjurynm.org

New Mexico Brain Injury Resource Center

1-844-366-2472

Email:

NMBIRC@Arcaspirit.org
www.arcaopeningdoors.org/services/new-mexico-brain-injury-resource-center/

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Brain Injury Online Support for Families and Caregivers

New Mexico

There are many online resources for caregivers, family members, and supporters of brain injury survivors, including the following:

Brain Injury Association of America

Website: www.biausa.org/brain-injury-family-caregivers.htm

Phone: 703-761-0750

Provides information and resources for family and caregivers for brain injury survivors.

Caregiver Action Network (CAN)

Website: www.caregiveraction.org

Email: info@caregiveraction.org

Phone: 202-454-3970

Provides education, peer support and resources to family caregivers of individuals who have chronic conditions, disabilities, disease or who are aging and in need of caregiving support.

Caring.com

Website: www.caring.com/support-groups

Phone: 1 - 800-973-1540

Provides a wide range of online support groups for caregivers.

Facebook: TBI Caregivers & Supporters

Website: www.facebook.com/TbiCaregiverSupport

Provides information and networking for caregivers and supporters of individuals with traumatic brain injury (TBI).

Family Caregiver Alliance (FCA)

Website: www.caregiver.org

Phone: 1 - 800-445-8106

Provides members with resources, online classes, assistance with resource navigation, and help finding support.

New Mexico Direct Caregivers Coalition

Website: www.nmdcc.org

Email: info@nmdcc.org

Phone: 505-867-6046

Provides a forum for direct caregivers to define and advocate on topics of interest to them, with the goal of improving the quality of life for caregivers.

TryMunity

Website: www.trymunity.com

Phone: 972-757-9312

Provides an online social community for traumatic brain injury (TBI) survivors and their families, and increases awareness about Traumatic Brain Injury (TBI).

For more information and resources about brain injury, contact the New Mexico Brain Injury Resource Center at 1-844-366-2472 or www.arcaopeningdoors.org/services/new-mexico-brain-injury-resource-center/

Questions? Call the CDD Information Network at

1-800-552-8195 or 505-272-8549

www.cdd.unm.edu/infonet

Brain Injury Services Fund (BISF)

New Mexico

What is the Brain Injury Services Fund?

The Brain Injury Services Fund (BISF) provides short-term services to New Mexico residents who have been diagnosed with a traumatic brain injury (TBI), and who do not have Medicaid/Centennial Care. The Program is funded in part from a \$5 fee that is added to New Mexico traffic violation tickets.

Who is eligible for the BISF program?

A person may be eligible to receive short-term funds from the BISF program if they:

- have been diagnosed with a TBI, which has been confirmed by a psychologist or a doctor,
- have written documentation of a brain injury-specific ICD-10 code, and
- are a resident of New Mexico.

It is important to note that the NM BISF Program is the payer of last resort. If a participant has services through another program, such as Medicaid/Centennial Care, they are not eligible for BISF.

How to apply

To apply for the BISF, contact the local Service Coordination Provider from the list on the right. They can provide more information and can help with filling out the application if needed.

What services are available?

- **Service Coordination** helps people access appropriate services. The provider will look at unmet needs and find the services and programs that may help the individual. They may be able to assist in coordinating treatment and services.
- **Crisis Interim Services** are provided during a crisis by contacting a BISF Service Coordinator. Funds may be used for home health care, outpatient mental health, respite, therapies, transportation, medication, or insurance deductibles. Funds may also be used special equipment, such as communications devices and durable medical goods such as wheelchairs, shower chairs, walkers, etc. Funding is allocated on a case-by-case basis.
- **Life Skills Coaching** helps in the following areas: Activities Daily Living (ADL's), time management, financial organization, dealing with personal relationships, anger management, the use of memory prompts, and accessing social, recreational, educational, and employment resources.

Remember:

- The Brain Injury Resource Center is available to assist with the application process and to help people connect to other brain injury resources.



Service Coordination Providers:

Goodwill Industries of New Mexico

Metro Region
505-881-6401

Northeast Region
505-216-3306

Northwest Region
505-863-6374

Southeast Region
575-622-4980

Southwest Region
505-881-6401, ext 3398

New Mexico Brain Injury Resource Center

1-844-366-2472

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NMBIRC@Arcaspirit.org
www.arcaopeningdoors.org/services/new-mexico-brain-injury-resource-center/

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Brain Injury Support Groups

New Mexico

The “Retrain My Brain” Support Group Date: Every Wednesday Time: 11:00 am – 1:00 pm Place: Contact Ralph for current location Contact: Ralph Frakes 505-296-0173	Post Stroke and TBI Support Group at UNM Date: 3 rd Thursday of every month Time: 5:30 pm – 6:30 pm Place: 1700 Lomas NE, Suite 1300 Albuquerque, NM 87131 Contact: Jennifer Hanson, M.S., CCC-SLP je Hanson@unm.edu 505-277-0331 Bilingual Group – English and Spanish
Care and Share Brain Injury Support Group Date: Every Wednesday Time: 9:00 am – 10:00 am Place: Healthcare for the Homeless 1217 1st St. NW Albuquerque, NM 87102 Contact: Joe Chavez 505-315-0754	Survivor & Caregiver Brain Injury Support Group Date: 3 rd Wednesday of every month Time: 7:00 pm – 9:00 pm Place: HealthSouth Rehabilitation 7000 Jefferson NE Albuquerque, NM 87109 Contact: David Small 505-858-0939
Stroke Club Support Group Date: Every Friday Time: 11:00 am – 12:30 pm Place: UNMH Sandoval Regional Medical Center 3001 Broadmoor Blvd., NE Rio Rancho, NM 87144 Contact: Gloria Archuleta 505-358-9647	Brain Injury Support Group Date: 1 st Friday of every month Time: 7:00 pm – 9:00 pm Place: Lovelace Rehabilitation Hospital Pinon Room 505 Elm Street NE Albuquerque, NM 87102 Contact: Cardo Gallegos 505-288-1216 Afternoons/Evenings
Brain Injury Support Group Date: Every Tuesday Time: 11:00 am – 1:00 pm Place: Brain Injury Alliance of New Mexico 7005 Prospect Place NE Albuquerque, NM 87110 Contact: 505-292-7414 or 888-292-7415	Brain Injury Online Support Groups https://www.facebook.com/pages/Traumatic-Brain-Injury-Support-Group/180684948672011 Brain Injury Online Support for Caregivers https://caregiver.org/caregiver-connect

Brain Injury Support Groups

New Mexico

Stroke Club – Support Group Dates: Mondays – Lenny Mangano 505-293-9362 Wednesdays – Jim Hecker 505-340-5585 Thursdays – Marvin Taylor 505-268-1694 Fridays – Rod Avery 505-610-4086 Time: 10:00 am – 11:30 am Place: St. Andrews Presbyterian Church 5301 Ponderosa NE Albuquerque, NM 87110	Farmington – Living Life After Stroke Date: First Saturday of every month Time: 10:00 am – 11:30 am Place: San Juan Regional Rehabilitation Hospital 525 S. Schwartz Farmington, NM 87401 Contact: Don Sisson 505-320-8452
Gallup Brain Injury Support Group Date: Every Friday Time: 1:00 pm – 3:00 pm Place: Hozho Center 216 West Maloney Ave. Gallup, NM 87301 Contact: Ken Collins 505-726-2709	Las Cruces Brain Injury Support Group Date: Every Friday Time: 9:00 am – 12:00 pm Place: The Housing Authority 926 San Pedro Las Cruces, NM 88001 Contact: 575-526-5541
Las Cruces Stroke Club Date: 1 st Thursday of every month Time: 1:00 pm – 2:30 pm Place: Munson Senior Center 975 S. Mesquite Las Cruces, NM 88001 Contact: 575-528-3000	Los Alamos Brain Injury Support Group Date: Last Tuesday of every month Time: 6:30 pm – 8:30 pm Place: Trinity on the Hill Episcopal Church Library 3900 Trinity Dr. Los Alamos, NM 87544 Contact: Nancy 505-709-8400 or Brian 505-412-7756
Roswell Brain Injury Survivor Support Group Date: 2 nd Wednesday of every month Time: 2:00 pm – 4:00 pm Place: Goodwill 2601 N. Main St Roswell, NM 88201 Contact: Michelle Glass 575-622-4980	Santa Fe Stroke Support Group Date: Every Friday Time: 11:00 am – 12:30 pm Place: Christus St. Vincent Regional Medical Center 455 St. Michaels Dr. Santa Fe, NM 87505 Contact: Niki Fitz-Callaghan 505-931-5742

Questions? Call the CDD Information Network at

1-800-552-8195 or 505-272-8549

www.cdd.unm.edu/infonet

How to Support a Brain Injury Survivor

New Mexico

Brain injury (BI) survivors need a lot more rest than they used to

- Individuals with brain injury can get physically fatigued as well as “brain fatigued.” This makes it very difficult and tiring to think, process, and organize.
- Cognition, or thinking, is a fragile function for a brain injury survivor. Some days are better than others.
- Offering to help or suggesting other options for getting something done may help a survivor who is trying to accomplish a task.
- Let the individual to work at their own pace. This allows new pathways to form in their brain.

Brain injury rehabilitation takes years

- Rehabilitation continues long after a hospital stay has ended. A brain injury survivor may seem very different compared to who they were before the injury.
- Have patience with the survivor’s memory and processing speed. They may not remember things as well or as easily as they used to.
- When listening to an individual, try not to interrupt. Allow them to find their words and follow their thoughts. This will help them rebuild their language skills.
- Repeating instructions and tasks in the same way each time is a rehabilitation strategy.
- Allow the survivor time to register what they are doing so that they can be more successful at completing tasks.

Be aware of the circumstances if a behavioral challenge arises

- Behavior challenges are often an indication of the brain injury survivor’s inability to cope with specific situations, and are often not mental health issues.
- Social situations can be difficult for a survivor. Crowds, confusion, and loud sounds can quickly overload an injured brain, which may not filter sounds as well as it used to. Limiting exposure to social situations may be a coping strategy.

Remember that the brain injury survivor is starting over

- Help them by writing information down.
- Be mindful of the lighting and noise in the environment when meeting with a survivor.
- Reminder phone calls about appointments are very important, especially on the day of the appointment.
- Help and encourage their efforts.
- Be patient, and allow the individual time to process information. They need to be able to use many coping mechanisms, accommodations and strategies to navigate their new life.



**New Mexico Brain
Injury Advisory Council**
505-476-7328

www.nmbiac.com

**New Mexico Brain
Injury Alliance**

505-292-7414

braininjurynm.org

**New Mexico Brain
Injury Resource Center**

1-844-366-2472

Email:

NMBIRC@Arcaspirit.org
[www.arcaopeningdoors.org/
services/new-mexico-brain-
injury-resource-center/](http://www.arcaopeningdoors.org/services/new-mexico-brain-injury-resource-center/)

Questions?

Call the CDD
Information Network

1-800-552-8195

or visit our website at

www.cdd.unm.edu/infonet

Informational Tip

Sheets:

[www.cdd.unm.edu/infonet/
et/tip-sheets.html](http://www.cdd.unm.edu/infonet/tip-sheets.html)

Section 7



CDD Programs

- CDD Early Childhood Direct Service Programs
- CDD Evaluation Clinics
- CDD Library - Available in Spanish
- CDD Library Catalog - Available in Spanish
- Selected CDD Service Programs

Early Childhood Mental Health (ECMH) Program/Infant Mental Health Team

- ECMH Services are provided by licensed social workers, psychologists, counselors, and advanced psychology trainees with specialized training in infant and early childhood mental health approaches. We offer an extended assessment process to be sure we understand family concerns fully before developing a plan for intervention designed to bring relief to both children and their caregivers/families. Parents, other caregivers and family members are our partners in this process and are always actively involved in all aspects of the assessment and treatment process. Services are primarily home-based, or can take place in our offices.
- www.cdd.unm.edu/echfs/ECMHS.html or call 505-272-0243

FOCUS Program (an Early Intervention program)

- The FOCUS Program is an integrated Early Intervention Program and medical home for families with children birth to 3-years-old who are at risk for a developmental delay, or who are diagnosed with a developmental delay or established condition. Our Early Intervention Program provides home based services which include, but are not limited to, developmental and resource support. The doctors in the FOCUS medical home provide pediatric care, Medication Assisted Treatment for opiate addiction (prescribing Suboxone), and adult medical care. These medical services are available to caregivers and siblings of a child enrolled in the FOCUS Early Intervention Program. While FOCUS is open to any family, our team's expertise is supporting and treating adults with addictions, and working with children who are prenatally exposed to substances.
- www.cdd.unm.edu/echfs/Focus.html or call 505-272-3459

Nurse Family Partnership (a Home Visiting Program)

- Nurse-Family Partnership helps transform the lives of vulnerable first-time moms and their babies. Through ongoing home visits from registered nurses, low-income, first-time moms receive the care and support they need to have a healthy pregnancy, provide responsible and competent care for their children, and become more economically self-sufficient. From pregnancy until the child turns two, Nurse-Family Partnership Nurse Home Visitors form a trusting relationship with the first-time moms, instilling confidence and empowering them to achieve a better life for their children and themselves.
- www.nursefamilypartnership.org or call 505-272-5828

Parents as Teachers (a Home Visiting program)

- Parents as Teachers is a strong evidence-based home visiting model providing a broad context of parenting education and family support, and building protective factors, especially for those families in vulnerable situations. At its core, Parents as Teachers is relationship-based and parenting-focused. Our approach and curriculum focus on parent-child interaction, development-centered parenting, and family well-being; on strengths, capabilities and skills; and on building protective factors within the family. Parents as Teachers serves a range of families with high needs—not just first time parents, pregnant parents or teen parents—and offers services from prenatal to kindergarten entry.
- www.parentsteachers.org or call 505-925-7899

Questions? Contact the CDD Information Network at

1-800-552-8195

www.cdd.unm.edu/infonet

Center for Development and Disability

Evaluation Clinics

New Mexico

Autism Spectrum Evaluation Clinic (ASEC) (formerly the Neurodevelopmental Clinic)

- The Autism Spectrum Evaluation Clinic is staffed with professionals with unique expertise in the diagnosis of Autism Spectrum Disorder (ASD) and related disabilities. The clinical team consists of a medical doctor, clinical psychologist, speech-language pathologist and a clinical social worker. Following evaluation, the team assists families to locate community and statewide resources that may be appropriate for their child.
- www.cdd.unm.edu/autism/programs/neuroclinic.html for more information and a Clinic Intake Packet.
- Phone: 505-272-9337 or toll free 1-800-270-1861

Early Childhood Evaluation Program (ECEP)

- The Early Childhood Evaluation Program (ECEP) provides evaluations for children ages birth to three living in New Mexico. ECEP addresses concerns regarding developmental delay, complex medical conditions, Autism Spectrum Disorder, cerebral palsy, behavioral/regulatory issues, and other specialized evaluation questions for very young children.
- www.cdd.unm.edu/ecep for more information and referral forms.
- Phone: 505-272-9846 or toll free 1-800-337-6076
- Email: HSC-ECEP@salud.unm.edu

Neurocognitive Assessment Clinic (formerly the Fetal Alcohol Syndrome Clinic)

- The Neurocognitive Assessment Clinic provides comprehensive neuropsychological evaluations for children who have been identified as having a known genetic syndrome with cognitive implications, who have been exposed to alcohol prenatally, or who are Native American children identified as needing a comprehensive neuropsychological evaluation. Additionally, diagnostic evaluations are performed by a multi-disciplinary team to assess children with prenatal alcohol exposure.
- Phone: 505-272-6157
- E-mail: HSC-neurocog@salud.unm.edu

NM SAFE Program – Supports and Assessment for Feeding and Eating Clinic

- The New Mexico SAFE (Supports and Assessment for Feeding and Eating) Pediatric Resource Team provides evaluations and recommendations for children with feeding difficulties for a variety of reasons (e.g. Autism Spectrum Disorder (ASD), behavior difficulties, and medical concerns). Feeding assessment focuses on behavioral feeding issues, oral motor function, positioning, adaptive equipment, food textures, health screening and diet analysis.
- www.cdd.unm.edu/nmsafe for more information and a referral form.
- Phone: 505-272-0125
- Email: HSC-NMSAFE@salud.unm.edu

Questions? Call the CDD Information Network at

1-800-552-8195 or 505-272-8549

www.cdd.unm.edu/infonet

CDD Library

New Mexico

What is the CDD Library?

Located at the University of New Mexico (UNM) Center for Development and Disability (CDD), the CDD Library contains the largest collection of disability-specific books, eBooks, videos, DVDs, periodicals and journals in the state of New Mexico. Materials are available for checkout or onsite use by the public.

Where is the CDD Library located?

The CDD Library is in the Midtown Center at 2300 Menaul Blvd. NE, between University and Carlisle. There is free parking behind the building on the south side. The library is in the west building on the first floor, adjacent to the CDD reception area.

Who can use the library?

The library is open to the public. Anyone who lives in New Mexico can receive a library card and become a CDD Library patron. There are no membership costs. The CDD Library welcomes all community members.

How can someone become a library patron and check out library materials?

To become a patron, either register in person at the library, by telephone, or online.

To register online:

- Go to www.cdd.unm.edu/InfoNet
- Click on the Library button
- Click on *Go to this page* and then *Register Now*
- Complete the self-registration form by creating a temporary User ID, and entering the requested contact information.
- Click *Register* to complete the process
- The library will email a permanent patron number. It may take up to 24 hours to receive this number. A blue library card containing the patron number will be mailed.

With a library card/User ID, patrons may check out library materials for 8 weeks, and eBooks for 3 weeks.

- Library materials may be renewed for another 4 weeks if no one has placed a hold on the item.
- For patrons outside Albuquerque, materials may be mailed free of charge to a home or office. Free postage-paid return mailers are included to mail the items back.
- Requests for information or materials can be made in person, by phone, or by email.

Remember:

- The CDD Library offers books, videos, DVDs, journals, eBooks, accessible public access computers, brochures from community agencies, a fax machine, a copier, Onyx Text Magnifier, Dragon Speak, JAWS, iPad Apps, and Talking Books.
- A library drop box is located inside the main entrance of the CDD's west building. The drop box is open Monday – Friday from 8:00am – 5:00pm.



CDD Library Hours:

Monday – Friday
8:30am – 5:00pm

CDD Library Contact:

505-272-0281 or
1-844-231-5003

Email:

HSC-InfoNet@salud.unm.edu

Specialized Library Collections include:

- Autism Spectrum Disorders (ASD)
- The Blind/Visually Impaired, Deaf/Hard of Hearing and DeafBlind
- Brain Injury
- Children's Books
- Down Syndrome
- eBooks
- Early Childhood
- Employment for Persons with Disabilities
- Native American Topics
- Self-Advocacy
- Spanish Materials
- And more...

eBooks:

The CDD Library offers eBooks from *Sebco* and *Cloud Library*.

Questions?

Call the CDD
Information Network

1-800-552-8195

or visit our website at
www.cdd.unm.edu/infonet

CDD Library Catalog

New Mexico

What is the CDD Library Catalog?

The Center for Development and Disability (CDD) Library Catalog is an online, interactive catalog that lists all books, eBooks, DVDs and videos in the CDD Library. The CDD Information Network Library is a specialized library with books, videos, DVDs, periodicals, and journals available for checkout or onsite use. It is New Mexico's premier source for intellectual and developmental disability-related information and resources.

The online CDD Library Catalog allows patrons to search the library collection, put an item on hold, and review items. To use the catalog, go to the CDD Information Network website. Click *Library* < green Catalog tab < click *CDD Library Catalog*. The catalog will show what items are currently in the library, checked out, or on hold.

How to search for an item in the CDD Library collection

While in the catalog, go to the *Advanced Search* area at the bottom of the page. Under Advanced Search, in the *Select field* drop down menu, select to search by: Word(s), Author, Publisher, Subject, etc. Then type a topic or phrase in the search box. It is an exact search so spelling is important. Examples of words could include: Autism, Asperger's, Blindness, Brain Injury, Cerebral Palsy, Down Syndrome, Early Intervention, etc.

How to put an item on hold

To put an item on hold a patron must be signed in using their patron number as both their user ID and password. Once signed in, go to the *Search* page. Then select an item from the catalog by clicking on the title or by selecting one of the Featured Titles. Click on the title to open full details about the item. At the bottom of the items list, click the *Hold icon with the green curved arrow*.

Select *Hold at Library for Pickup*. Click the *Hold* button one more time. If the item is already checked out, then the Librarian will contact you when the item is available.

How to change a password

To change their password a patron must be signed in using their patron number as both their user ID and password. Once logged in click on the *My Account* tab at the top of the screen. Select *Change Password*. After entering the old password, enter and confirm the new password, and click *Save*.

How to access eBooks

The CDD Library uses two different platforms for eBooks – *Sebco* and Cloud Library.

- The *Sebco* platform allows multiple users to check out an eBook at one time. Patrons can access eBooks on *Sebco* with the following link:
<http://library.esebco.com/site/login>
- The Cloud Library platform allows only one user to check out and view a book at a time. Patrons can access eBooks on Cloud Library with the following link:
<http://www.yourcloudlibrary.com/index.php/en-us/>

Contact the CDD Library for a brochure on how to download the free eBook apps, check out eBooks and view reading tips.

Remember:

- A library drop box is located inside the main entrance of the west building at 2300 Menaul Blvd. NE, Albuquerque, NM 87107. The drop box hours are 8:00am – 5:00pm.



CDD Library Hours:

Monday – Friday
8:30am – 5:00pm

CDD Library Contact:

505-272-0281 or
1-844-231-5003

Email:

HSC-InfoNet@salud.unm.edu

Catalog direct link:

<https://c95037.eos-intl.net/C95037/OPAC/Index.aspx>

Specialized Library Collections include:

- Autism Spectrum Disorders (ASD)
- The Blind/Visually Impaired, Deaf/Hard of Hearing and DeafBlind
- Brain Injury
- Children's Books
- Down Syndrome
- eBooks
- Early Childhood
- Employment for Persons with Disabilities
- Native American Topics
- Self-Advocacy
- Spanish Materials
- And more...

Questions?

Call the CDD
Information Network

1-800-552-8195

or visit our website at
www.cdd.unm.edu/infonet

Center for Development and Disability

Selected Service Programs

New Mexico

Autism Family and Provider Resource Team

- A state-wide information phone line for families, individuals with Autism Spectrum Disorder (ASD) and providers seeking autism specific resources. At team of resource specialists can assist individuals with ASD, families and providers in finding autism-specific resources as well as offer guidance in “navigating the system.”
- www.cdd.unm.edu/autism/programs for more information
- Phone: 505-272-1852 or toll free 1-800-270-1861
- E-mail: HSC-AutismPrograms@salud.unm.edu

Center for Development and Disability (CDD) Information Network

- The CDD Information Network has Information Specialists who can connect people to local, state, and national organizations and program resources. There is a specialized library that is open to the public with disability related books, eBooks, DVDs, videos, periodicals, and journals available for check-out or onsite use by individuals with disabilities, families, healthcare professionals, school personnel, advocates, case managers, and others.
- www.cdd.unm.edu/infonet for more information
- Disability Resource Phone Line: 505-272-8549 or toll free: 1-800-552-8195
- E-mail: HSC-infonet@salud.unm.edu
- Informational Tip Sheets and Videos: www.cdd.unm.edu/infonet/tip-sheets.html
- Disability Resource Directory: www.referweb.net/icnm

Medically Fragile Case Management Program (MFCMP)

- The Medically Fragile Case Management Program (MFCMP) provides statewide RN case management/service coordination of children who have both a developmental disability and a medically fragile condition for the Medically Fragile Waiver and Centennial Care Managed Care Organization (MCO) services.
- The MFCMP has contracts with all the Centennial Care MCO programs: Blue Cross/Blue Shield, Molina, Presbyterian and United Health Care.
- www.cdd.unm.edu/mfcmp for more information
- Phone: 505-272-2910 or toll free 1-800-675-2910
- Fax: 505-272-8100

UNM CDD Mi Via Consultant Agency

- Mi Via is a state Medicaid Waiver program that helps persons of all ages with disabilities to self-direct their services using available funding. The UNM CDD Mi Via Consultants provide program information and orientation; assist participants with the eligibility process, planning and implementation of Service and Support Plans (SSP) and Budgets; and submit SSP and Budget paperwork to the Third Party Assessor for individuals receiving Mi Via Waiver (non-traditional DD Waiver and Medically Fragile Waiver Services).
- www.cdd.unm.edu/mivia for more information
- Phone: 505-272-6797 or toll free 1-866-383-3820
- E-mail: hsc-mivia@salud.unm.edu

Questions? Contact the CDD Information Network at

1-800-552-8195

www.cdd.unm.edu/infonet

Section 8



Community Resources

- Crisis Lines
- Emergency Food, Shelter, Clothing and Dental Care in Albuquerque
- Family-Centered Care – Cultural and Linguistic Competence
- Family-Centered Care Principles
- Free and Low-cost Food Resources in Albuquerque
- Information & Referral Agencies
- Rent and Utility Assistance in Albuquerque
- Transitional Housing Programs in Albuquerque

Crisis Lines

New Mexico

*** In case of any emergency call 911 ***

Note: Those who are Deaf/Hard of Hearing may call 711 and Relay NM will connect with any phone number listed below.

New Mexico Crisis and Access Line (NMCAL) 1-855-NMCRISIS (662-7474) Toll free in NM (se habla español) 1-855-227-5485 TTY nmcrisisline.com Professional mental health counselors answer calls 24 hours a day. They provide support for people in crisis and people who know someone who is in crisis.	National Suicide Prevention Lifeline 1-800-273-TALK (8255) Toll free (se habla español) 1-800-799-4889 TTY (2 pm – 2 am EST Monday – Friday) Live chat: suicidepreventionlifeline.org The Lifeline is a confidential suicide prevention hotline and live online chat available 24 hours a day to anyone in suicidal crisis or emotional distress.
Veterans Crisis Line 1-800-273-8255, press 1 Toll free (se habla español) 1-800-799-4889 TTY Send a text message to 838255 Live chat: veteranscrisisline.net Qualified responders from the Department of Veterans Affairs provide confidential support 24 hours a day to veterans in crisis and to their families and friends.	Rape Crisis Center of Central New Mexico 505-266-7711 Local Albuquerque number (se habla español) 1-888-811-8282 (se habla español) RapeCrisisCNM.org Live chat: Ohi.rainn.org/online This 24-hour crisis hotline and online chat service provides support, crisis intervention, resources, and counseling and referrals to anyone affected by sexual violence.
Solace Crisis Treatment Center 1-800-721-7273 Toll free in NM (se habla español) findsolace.org Solace offers a 24-hour crisis advocacy hotline to help anyone who is in crisis or suffering from trauma.	National Sexual Assault Hotline 1-800-656-HOPE (4673) (se habla español) rainn.org/get-help/national-sexual-assault-hotline Live chat: Ohi.rainn.org/online This confidential hotline and online chat service of the Rape, Abuse and Incest National Network (RAINN) is available 24 hours a day.
Agora Crisis Center 1-866-HELP-1-NM (435-7166) Toll free in NM Live chat: agoracares.org Trained hotline and online specialists provide help for anyone in need of emotional support in both crisis and non-crisis situations.	S.A.F.E. House Statewide Domestic Violence Hotline 1-800-773-3645 safehousenm.org The 24-hour Shelter and Family Empowerment (S.A.F.E) hotline provides crisis support and referrals as needed for shelter and other services. Interpreter services are available 24 hours a day for Spanish, German, Vietnamese, Chinese and French.
La Piñon Sexual Assault Recovery Services 1-888-595-3437 Toll free in NM (se habla español) 575-526-3437 Local Las Cruces number (se habla español) lapinon.org Advocates provide 24-hour hotline crisis and first response services to survivors of sexual assault. La Piñon also provides comprehensive sexual assault recovery services for sexual abuse victims and their families.	Community Against Violence (CAV) 575-758-9888 Local Taos number (se habla español) taoscav.org CAV offers a 24-hour confidential crisis hotline for victims of domestic and sexual violence. Responders can provide emotional support, safety planning, advocacy and information.

Questions? Call the CDD Information Network at

1-800-552-8195 or 505-272-8549

www.cdd.unm.edu/infonet

Emergency Food, Shelter, Clothing and Dental Care in Albuquerque

New Mexico

Hot meal

Steelbridge and Rock @ Noon Day Address: 2400 2 nd St. NW Phone: 505-346-4673 Services: <ul style="list-style-type: none"> • Mon, Wed, Fri & Sat dinner 4pm – 5:15pm Eligibility/Ages: All	Good Shepherd Center Address: 218 Iron Ave. SW Phone: 505-243-2527 Services: <ul style="list-style-type: none"> • Mon, Tue, Wed & Fri dinner 3:15 pm – 4 pm • Sat lunch 11:30am – 12pm Eligibility/Ages: All
First United Methodist Address: 315 Coal Ave. SW Phone: 505-243-5646 Services: <ul style="list-style-type: none"> • Monday only, warm lunch 12pm – 1pm • The entrance for the meal is on the corner of Lead & 3rd St. Eligibility/Ages: All	St. Martin's Hospitality Center Address: 1201 3 rd St. NW Phone: 505-843-9405 Services: <ul style="list-style-type: none"> • Mon – Fri breakfast 9 am – 10 am, Sun 8:45 am – 9:30 am • Mon – Fri lunch 11:30am – 12pm • Mon – Sat dinner 4:30pm – 5:30pm Eligibility/Ages: All. Go to front desk for an assessment and to get a scan card for access to meals.
The Rock @ Noon Day Ministry Address: 2400 2 nd St. NW Phone: 505-246-8001 Services: <ul style="list-style-type: none"> • Tue – Fri lunch 12pm • Sun lunch 11am Eligibility/Ages: All	Presbyterian Hospital Cafeteria Address: 1100 Central Ave. SE Phone: 505-841-1234 Services: <ul style="list-style-type: none"> • Free meal • Go to cafeteria 1pm – 7pm and ask for a meal, once per day Eligibility/Ages: Children 3-18 years of age

Emergency Shelters

Winter Shelter – Steelbridge Phone: 505-414-4378 Website: www.mysteelbridge.org Eligibility: Open to everyone Length of Stay: Overnight <ul style="list-style-type: none"> • Nov. 15th – March 15th • Call for information about pick-up and drop-off locations and times 	Joy Junction Address: 4500 2 nd St. SW Phone: 505-877-6967 Website: www.joyjunction.org Eligibility: Families, females and males Length of stay: No limit <ul style="list-style-type: none"> • Women arrive anytime, men call 877-6967 at 5:30 pm • Pick people up at ABQ rescue mission at 7pm • New Mexico background check on everyone. Violent charges in the past five years are disqualifiers.
SAFE House Address: P.O. Box 25363 Phone: 505-247-4219 Website: safehousenm.org Eligibility: Intimate partners of domestic violence Length of Stay: 90 days <ul style="list-style-type: none"> • Call to set up an interview 	Good Shepherd Center Address: 218 Iron SW Phone: 505-243-2527 Eligibility: Single males Length of Stay: 7 nights in a row <ul style="list-style-type: none"> • Must be first time at a night shelter • Sign up for bed in courtyard between 5pm – 6pm with I.D. and fill out paperwork

Emergency Food, Shelter, Clothing and Dental Care in Albuquerque

New Mexico

Barrett Foundation – Single Women with Children Address: 10300 Constitution NE Phone: 505-243-4887 Website: www.barrettfoundation.org Eligibility: Single women and single women with children Length of Stay: 28 days <ul style="list-style-type: none">• Call 9am – 10am, daily, until bed is available	Albuquerque Opportunity Center (AOC) Address: 715 Candelaria NE Phone: 505-344-2323 Website: www.abqheadinghome.org Eligibility: Single males Length of Stay: 30 days <ul style="list-style-type: none">• Call at 8:30am to get bed for the night• Direct agency referrals can be made• Medical restriction beds available
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Dental services

New Mexico Dental Association Foundation Donated Dental Services (DDS) Address: 10701 Montgomery Blvd. NE Phone: 505-298-7206 Services: <ul style="list-style-type: none">• 93 dental labs across the state• Free, comprehensive dental treatment Eligibility/Ages: permanent disability or 60 years of age	Albuquerque Healthcare for the Homeless – Dental Clinic Address: 1217 1 st St. NW Phone: 505-242-8288 Services: Routine, emergency, and preventative dental services <ul style="list-style-type: none">• Mon, Wed, Thu & Fri 8am – 4pm, Wed 8am – 12:30pm• First come first serve, arrive early• Walk-in dental emergencies Mon, Tue, Thu & Fri 8am and 1 pm, Wed 8am Eligibility/Ages: All
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Furniture and household goods

Grace United Methodist Church Address: 420 San Lorenzo NW Phone: 505-344-4152 Services: Abundant Grace Free Store (large appliances and furniture) <ul style="list-style-type: none">• Each person can receive 10 items per month• Free Store open Thu and Sat 10am – 1pm• First come first serve Eligibility/Ages: All	Love INC Address: 8001 Mountain Rd. NE Phone: 505-255-5683 Services: Helps to connect to social resources Eligibility/Ages: All <ul style="list-style-type: none">• Phone Interview is required, call Tue - Thu between 10am and 12pm or 2pm and 4pm• After the phone interview is a home visit, must show I.D. and receipt for paying rent• Vouchers are provided to specific churches that provide services
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To find a free clinic or Community Health Center go to freeclinicdirectory.org/new_mexico_care.html

Questions? Call the CDD Information Network at
1-800-552-8195 or 505-272-8549
www.cdd.unm.edu/infonet

Family-Centered Care - Cultural and Linguistic Competence

New Mexico

Definition:

- Cultural competence is defined as a set of **values, behaviors, attitudes, and practices** within a system, organization, program, or among individuals and which enables them to work effectively cross culturally. Further, it refers to the ability to **honor and respect the beliefs, language, interpersonal styles and behaviors** of individuals and families receiving services, as well as staff who are providing such services.
- At a systems, organizational, or program level, cultural competence requires a comprehensive and coordinated plan that includes interventions at all the levels from policy-making to the individual, and is a dynamic, ongoing, process that requires a long-term commitment.
- A component of cultural competence is **linguistic competence**, the capacity of an organization and its personnel to communicate effectively, and convey information **in a manner that is easily understood by diverse audiences** including persons of limited English proficiency, those who are not literate or have low literacy skills, and individuals with disabilities.
- Family-Centered Care assures the health and well-being of children and their families through a **respectful family-professional partnership**. It honors the strengths, cultures, traditions and expertise that everyone brings to the relationship.
- Family-Centered Care is the standard of practice which results in **high quality services**.

Role of Cultural Competence in Family-Centered Care

- Cultural Competence is intricately linked to the concept and practice of “family-centered care”.
- Family-Centered Care honors the strengths, cultures, traditions and expertise that everyone brings to a respectful family/professional partnership, where families feel they can be decision makers with providers at different levels - in the care of their own children and as advocates for systems and policies supportive of children and youth with special health care needs.
- It requires culturally competent attitudes and practices in order to develop and nurture those partnerships and to have the knowledge and skills that will enable you to be “family-centered” with the many diverse families that exist.
- It also often requires building relationships with community cultural brokers, who can assist you in understanding community norms and link you with other families and organizations, such as churches, beauty shops, social clubs, etc. that can help promote your message or conduct outreach for services.

Principles of Cultural Competence within Family-Centered Care

An organization should:

- Value diversity in families, staff, providers and communities;
- Have the capacity for cultural self-assessment;
- Be conscious of the dynamics inherent when cultures interact, e.g. families and providers;
- Institutionalize cultural knowledge; and
- Develop adaptations to service delivery and partnership building reflecting an understanding of cultural diversity.

An individual should:

- Examine one’s own attitude and values;
- Acquire the values, knowledge, and skills for working in cross cultural situations; and
- Remember that everyone has a culture.

from Maternal and Child Health Bureau, Division of Services for Children with Special Health Needs

Questions? Call the CDD Information Network at

1-800-552-8195 or 505-272-8549

www.cdd.unm.edu/infonet

Family-Centered Care Principles

New Mexico

Definition:

Family-Centered Care assures the health and well-being of children and their families through a respectful family-professional partnership. It honors the strengths, cultures, traditions and expertise that everyone brings to the relationship. Family-Centered Care is the standard of practice which results in high quality services.

Core Concepts

from Institute for Patient and Family-Centered Care

- **Respect and dignity.** Health care practitioners listen to and honor individual and family perspectives and choices. The individual and family knowledge, values, beliefs and cultural backgrounds are incorporated into the planning and delivery of care.
- **Information Sharing.** Health care practitioners communicate and share complete and unbiased information with individuals and families in ways that are affirming and useful. Individuals and families receive timely, complete, and accurate information in order to effectively participate in care and decision-making.
- **Participation.** Individuals and families are encouraged and supported in participating in care and decision-making at the level they choose.
- **Collaboration.** Individuals and families are also included on an institution-wide basis. Health care leaders collaborate with individuals and families in policy and program development, implementation, and evaluation; in health care facility design; and in professional education, as well as in the delivery of care.

Principles of Family-Centered Care for Children

from Maternal and Child Health Bureau, Division of Services for Children with Special Health Needs

The foundation of family-centered care is the partnership between families and professionals. Key to this partnership are the following principles:

- Families and professionals work together in the best interest of the child and the family. As the child grows, s/he assumes a partnership role.
- Everyone respects the skills and expertise brought to the relationship.
- Trust is acknowledged as fundamental.
- Communication and information sharing are open and objective.
- Participants make decisions together.
- There is a willingness to negotiate.

Based on this partnership, family-centered care:

1. Acknowledges the family as the constant in a child's life.
2. Builds on family strengths.
3. Supports the child in learning about and participating in his/her care and decision-making.
4. Honors cultural diversity and family traditions.
5. Recognizes the importance of community-based services.
6. Promotes an individual and developmental approach.
7. Encourages family-to-family and peer support.
8. Supports youth as they transition to adulthood.
9. Develops policies, practices, and systems that are family-friendly and family-centered in all settings.
10. Celebrates successes.

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Free and Low-cost Food Resources in Albuquerque

New Mexico

City of Albuquerque Food Box Program Los Griegos Health and Social Services Address: 1231 Candelaria NW Phone: 505-761-4050 Services: Food box every 30 days to qualified residents Eligibility/Ages: All ages <ul style="list-style-type: none">• Call the main number to be directed to the Health and Social Services Center in the appropriate area.• Utility bill (last 30 days), lease, or letter sent in the last 30 days and a photo I.D. required• The same name needs to be on both forms of I.D.	Rio Grande Food Project Address: 600 Coors Blvd NW Phone: 505-831-3778 Website: www.rgfp.org Services: Free monthly food box and utility assistance Eligibility/Ages: All ages <ul style="list-style-type: none">• Bring I.D. & birth certificate for all members of household Mon, Wed & Fri 10 am – 2 pm, Sat 9 am – 12 pm• Food boxes proportional to size of family
Meals on Wheels Address: 5901 Harper Dr. NE Phone: 505-823-8060 Website: www.mow-nm.org Services: Low-cost, home-delivered meals. Diet options offered are: regular, heart healthy, diabetic, renal, vegetarian, pre-cut, softened, or pureed. Eligibility/Ages: All ages <ul style="list-style-type: none">• Meals begin at \$6.50• Financial assistance for those who qualify through the LIFE program	The Storehouse Address: 106 Broadway SE Phone: 505-842-6491 Website: www.thestorehouseabq.org E-mail: info@thestorehouseabq.org Services: Free monthly food box Eligibility/Ages: All ages <ul style="list-style-type: none">• Tue – Sat 8:45 am – 11:00 am (closed for cleaning on the third Wednesday of each month)• Arrive early, there is always a line outside the door• Numbers are issued to customers waiting in line, and customers are served in numbered order• Requires valid I.D. for first-time registration• Clients may shop for food once per month

Seniors

City of Albuquerque Seniors Affairs (CASA) Address: 121 Tijeras Ave. NE Phone: 505-764-1612 Website: www.cabq.gov/seniors Services: Meals served at Senior Center Locations. These sites are open Mon – Fri, 9 am – 3 pm, reservations required for lunch, and a monetary donation is requested. They also offer home delivered meals. The number for this service is 505-764-6400. Eligibility/Ages: 60 + years of age <ul style="list-style-type: none">• Utility bill, lease, or letter to address in last 30 days and a photo I.D., with same name on both forms of I.D.	Echo Inc. Address: 300 Menaul Blvd. NW #226 Phone: 505-242-6777 Website: www.echoinc.org Services: Free monthly food boxes for one year Eligibility/Ages: 60 + years of age <ul style="list-style-type: none">• Bring I.D., recent utility bill, and proof of income• Hours are Mon – Thu 7 am – 5:45 pm, closed 12 pm – 1 pm, Fri 10 am – 2 pm. Not closed for lunch
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Information & Referral Agencies

New Mexico

*** In case of any emergency call 911 ***

Note: Those who are Deaf/Hard of Hearing may call 711 and Relay NM will connect with any phone number listed below.

<p>Center for Development and Disability Information Network Disability Resource Line 1-800-552-8195 or 505-272-8549; Library: 1-844-231-5003 cdd.unm.edu/infonet</p> <p>Information Specialists provide information & referrals to disability-related programs organizations. A specialized library is open to the public. A website offers disability-related resources. Hours are Monday–Friday, 8:30am–5 pm.</p>	<p>Aging and Disability Resource Center (ADRC) 1-800-432-2080 (se habla español) nmaging.state.nm.us/default.aspx</p> <p>The ADRC assists elders and people with disabilities and their caregivers to find services and resources that support living well and independently. Hours of operation are Monday-Friday, 7:45 am –5 pm.</p>
<p>211 For United Way of Central NM, call 211 www.uwcnm.org/how-we-help/basic-needs-financial-stability/get-help-2-1-1</p> <p>Free and confidential information and referral service helps New Mexicans find local resources. Hours of operation vary by location throughout the state.</p>	<p>311 Citizen Contact Center 311 or 505-768-2000 (Albuquerque) (se habla español) cabq.gov/311</p> <p>311 is a centralized call center for all non-emergency inquiries about City of Albuquerque government services. Hours of operation are Monday – Saturday, 6 am – 9 pm, and also on Sundays from 9 am – 6 pm to provide some information.</p>
<p>NM Children, Youth, and Families Department (CYFD) 1-855-333-SAFE (7233) NM (se habla español) #SAFE (7233) from a cellphone, cyfd.org</p> <p>This statewide phone line is open 24 hours a day to receive reports of child abuse or neglect.</p>	<p>Adult Protective Services (APS) 1-866-654-3219 (se habla español) nmaging.state.nm.us/Adult_ProtectiveServices.aspx</p> <p>APS can be contacted 24 hours a day to report suspected abuse, neglect, or exploitation of an adult.</p>
<p>NewMexicoKids Resource and Referral 1-800-691-9067 (se habla español) newmexicokids.org</p> <p>NewMexicoKids provides referrals for child care throughout the state, and referrals to home visiting services that support families with children up to age 5. Hours of operation are Monday – Friday, 9 am – 4 pm.</p>	<p>Roadrunner Food Bank 505-349-5340 (se habla español) rrfb.org</p> <p>Roadrunner Food Bank distributes food to a network of partner agencies and food banks statewide. These agencies then provide food directly to those in need. Roadrunner’s hours of operation are Monday – Friday, 8 am – 5 pm.</p>
<p>Nurse Advice New Mexico 1-877-725-2552 (se habla español) nurseadvice.org</p> <p>This line provides New Mexicans with direct access to a Registered Nurse (RN) 24 hours a day. Interpreters are provided when needed. If all RNs are busy, the caller may leave a message and an RN will return the call, usually within a few minutes.</p>	<p>Law Access New Mexico 1-800-340-9771 or 505-998-4529 (se habla español) www.lawaccess.org</p> <p>Law Access New Mexico is telephone service that offers legal advice, referral and information on civil legal matters for low-income New Mexicans. Hours of operation are Monday – Friday, 8:45 am – 11:45 am and 12:30 pm – 3:45 pm.</p>
<p>New Mexico Landlord Tenant Hotline 505-930-5666 newmexicolandlordtenanthotline.org</p> <p>This non-profit agency is available to answer questions from tenants and landlords. Hours of operation are Monday – Friday, 9:30 am – 4 pm, and there is a fee of \$30 for tenants to have a phone consultation, and a fee of \$50 for landlords.</p>	<p>Share New Mexico www.sharenm.org</p> <p>SHARE New Mexico is a free, statewide community web space for sharing information, including a comprehensive, statewide Resource Directory searchable by service type and location.</p>

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Rent and Utility Assistance in Albuquerque

New Mexico

<p>Most assistance programs require applying for this first:</p> <p>New Mexico Low Income Home Energy Assistance Program (LIHEAP)</p> <p>Phone: 1-888-523-0051</p> <p>Website: http://www.hsd.state.nm.us/LookingForassistance/income support/Low Income Home Energy Assistance Program</p> <p>Service: Utility assistance</p> <p>Eligibility: Apply online or at nearest Human Services Division (HSD) office. Must have valid photo ID of one adult in home, non-citizen immigrant status, if applicable, proof of income, proof of heating/cooling cost, and account number.</p>	<p>Supportive Housing Coalition of New Mexico</p> <p>Address: 625 Silver Ave. SW # 325</p> <p>Phone: 505-255-3643</p> <p>Services: Rent and utility assistance</p> <p>Eligibility: Current income must be more than rent. Call office to see if there is available funding for these programs. Must be referred by support worker from agency receiving Optum Health Funding, e.g. St. Martins, UNM, Presbyterian, etc.</p>
<p>Help New Mexico</p> <p>Address: 5101 Copper Ave. NE</p> <p>Phone: 505-265-3717</p> <p>Services: Rent and utility assistance</p> <p>Eligibility: Call office to see if there is available funding. Appointment needed to ensure eligibility.</p>	<p>The American Legion Department of New Mexico</p> <p>Address: 1215 Mountain Rd. NE</p> <p>Phone: 505-247-0400</p> <p>Services: Temporary Financial Assistance Program</p> <p>Eligibility: Call to set an appointment for approval. Must be a veteran who is eligible for legion membership. Applicants are screened on a local or post level.</p>
<p>St. Vincent de Paul</p> <p>Address: 714 4th St. SW</p> <p>Phone: 505-346-1504</p> <p>Services: Rent and utility assistance</p> <p>Eligibility: Call for agency in local area and to see if there is available funding for these programs. Home visit required.</p>	<p>The Salvation Army</p> <p>Address: 4301 Bryn Mawr NE</p> <p>Phone: 505-881-4292</p> <p>Services: Rent and utility assistance</p> <p>Eligibility: Apply for LIHEAP, then call office to see if there is available funding for these programs.</p>
<p>Rio Grande Food Project</p> <p>Address: 600 Coors Blvd. NW</p> <p>Phone: 505-831-3778</p> <p>Services: PNM utility assistance</p> <p>Eligibility: Apply for LIHEAP first, then call 505-967-8045 Mon, Wed or Fri 8 am – 10:30 am to set up interview. Staff will ask for appropriate documentation.</p>	<p>The City of Albuquerque Los Griegos Health and Social Services</p> <p>Address: 1231 Candelaria NW</p> <p>Phone: 505-761-4050</p> <p>Services: Rent and utility assistance to qualified residents</p> <p>Eligibility: 18 years and up. An eviction or disconnect notice, and a valid ID in the same name, are required. Call to be directed to the Health and Social Services Center in the appropriate area.</p>

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Transitional Housing Programs in Albuquerque

New Mexico

Coordinated Assessment - New Mexico Coalition to End Homelessness

Address: 407 Rio Grande Blvd. NW #4

Phone: 505-217-9570

Services: The Coalition manages the NM Coordinated Assessment System. This is a system to help connect people experiencing homelessness to supportive housing programs. The Coalition's Coordinated Assessment System uses the Homeless Management Information System (HMIS) to identify who is in most need of supportive housing, based on the results of the common assessment tool, and which supportive housing programs have openings. The assessment is entered in a database of over 24 specialized transitional housing program providers.

Eligibility/Ages: 18 years of age

The assessment is good for two years but it can be updated every six months. Arrive early (7am - 8am) at the following locations, there is always a line of people.

- **Albuquerque Healthcare for the Homeless (AHCH), 1217 1st St. NW**
505-242-4644 Mon – Fri 9am – 11am
- **St. Martin's Hospitality Center, 1201 3rd St. NW**
505-843-9405, ext 225 Thursdays 12pm – 2pm
- **The Rock @ Noon Day, 2400 2nd St. NW**
505-246-8001 First Thursday of the month, 10am – 12pm

Women

Steelbridge - Women's Center of Hope

Must apply and interview

Address: 525 2nd St. SW

Phone: 505-346-4673

Website: www.mysteelbridge.org

Serving: Single women

Length of stay: 1 - 1 ½ years

Apply and interview in person.

The Barrett Foundation

Address: 10300 Constitution NE

Phone: 505-246-9244

Website: www.barrettfoundation.org

Serving: Women and children. Different programs accommodate different needs. Call first, no walk-ins.

Length of stay: Permanent supportive housing and Rapid Rehousing. Need coordinated assessment.

SAFE House

Address: P.O. Box 25363

Phone: 505-247-4219

Website: safehousenm.org

Serving: Intimate partners of domestic violence

Length of stay: up to 90 days

Call for an interview.

Haven House

Address: P.O. Box 15611, Rio Rancho NM, 87174

Phone: 505-896-4869

Website: www.havenhouseinc.org

Serving: Female survivors of domestic violence

Length of stay: up to 90 days

Call for an interview.

Women's Housing Coalition

Address: 3005 San Pedro NE

Phone: 505-884-8856

Website: www.womenshousingcoalition.org

Serving: Single women and their children

Length of stay: 2 years

Must work 32 hours a week, go to school full-time, or both. Requires verification of income proving financial ability to pay rent.

Joy Junction

Address: 4500 2nd St. SW

Phone: 505-877-6967

Website: www.joyjunction.org

Serving: Families, couples, women, and men if have space

Length of stay: as long as needed

First come first serve, arrive anytime. Families have priority, women second. Can be picked up from Steelbridge from 4pm - 7pm, or call for pickup after 7 pm at a place of business. NM background check on everyone.

Transitional Housing Programs in Albuquerque

New Mexico

Men

Albuquerque Opportunity Center (AOC) Address: 715 Candelaria NE Phone: 505-344-2323 Website: www.abqheadinghome.org Serving: Single males Length of stay: 30 days Call at 8:30am to get bed for night, direct referrals can be made. Medical restriction beds available.	SAFE House Address: P.O. Box 25363 Phone: 505-247-4219 Website: safehousenm.org Serving: Intimate partners of domestic violence Length of stay: up to 90 days Call for phone interview, 24/7. Has housing for male partners of domestic violence.
Steelbridge – A New Life Address: 509 2 nd St. SW Phone: 505-346-4673 Website: www.mysteelbridge.org Serving: Single males with substance abuse issues Length of stay: 18-month faith-based program	Good Shepherd Center – Fresh Start Address: 218 Iron SW Phone: 505-243-2527 Website: N/A Serving: Single males Length of stay: 6-month program Apply and interview.

Families

Saranam Address: 1100 Eubank NE Ste A Phone: 505-299-6154 Website: www.saranamabq.org Serving: Single/married adult with at least one minor child Length of stay: 2 year housing & educational program provides housing, living, and transportation necessities while adult attends school for two years.	Albuquerque Healthcare for the Homeless- Permanent Supportive Housing Address: 1217 1 st NW Phone: 505-242-4644 Website: www.abqhch.org Serving: Families with head of household with chronic mental illness and or substance abuse issue Length of stay: No limit. Refer to HUD definition of homeless.* Ask for Coordinated Assessment.
St. Martin's Supportive Housing Program Address: 1201 3 rd St. NW Phone: 505-242-4399 Website: www.smhc-nm.org Serving: Families with head of household with chronic mental illness and/or substance abuse issue Length of stay: 24 months	The Supportive Housing Coalition - Housing First/Supportive Address: 625 Silver Ave. SW #325 Phone: 505-255-3643 Website: www.thehousingcoalition.org Serving: Families with head of household with chronic mental illness and/or substance abuse issue Length of stay: No limit
Family Promise Address: 8008 Edith Blvd. NE Phone: 505-268-0331 Website: www.familypromiseabq.org Serving: Families with minor children Length of stay: up to 90 days Background, drug screen, and employment is required.	Proyecto La Luz – Catholic Charities Address: 3301 Candelaria NE B, or 2010 Bridge SE Phone: 505-724-4670 or 505-247-0442 Website: N/A Serving: Families with children Length of stay: 24 months Call to set up Coordinated Assessment.

*HUD definition of homelessness: People who are living in a place not meant for human habitation, in emergency shelter, in transitional housing, or are exiting an institution where they temporarily resided.

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