



Thrive Program Application, Fall 2026

What is the Thrive Program?

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

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

What will participation look like?

Participants of the Thrive Program will:

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

Who can apply?

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

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

What is the time commitment?

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

***Orientation 7/27 and Closing 11/2, 3:00-4:00 PM:**

July/August: Orientation/Phase 1	September: Phase 2	October/November: Phase 3
7/27, 3-4 pm : Orientation*	8/31: Life Management	10/5 BREAK – NO CLASS
8/3, 3-5 pm: Self Determination	9/7: BREAK – NO CLASS	10/12, 3-5 pm: Career Exploration
8/10, 3-5 pm: Self Determination	9/14, 3-5 pm: Life Management	10/19, 3-5 pm: Career Exploration
8/17, 3-5 pm: Self Determination	9/21, 3-5 pm: Life Management	10/26, 3-5 pm: Career Exploration
8/24, 3-5 pm: Self Determination	9/28, 3-5 pm: Life Management	11/2, 3-4 pm : Closing*

What is the cost?

The Thrive Program is funded by the New Mexico Health Care Authority Developmental Disabilities Support Division. There is no cost for participants.

Where and when can I apply?

Applications can be emailed now to CDD-NMAutismPlus@salud.unm.edu by **Tuesday, July 14, 2026**. Applicants will be notified of acceptance no later than Thursday, July 23, 2026.



Employment History:

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

What kind of work do you like?

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

Please list involvement in organizations in your community:

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

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

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

YES

NO

RETURN ENTIRE APPLICATION via email by Tuesday, July 13, 2026 to:

The Thrive Team at CDD-NMAutismPlus@salud.unm.edu