



Emily Andrews, Ph.D.  
 Postdoctoral Psychology Fellow  
 Center for Development and Disability

## What is Early Intervention?

Early intervention refers to a range of services for young children ages 0-3 who are showing developmental delays or are at risk for developmental delays, with the goal of facilitating developmental progress.

### Inspirations Approach to Early Intervention

- Early intervention services at Inspirations are **team-based** and **family-centered**.
- Each family is assigned a family service coordinator to lead the early intervention team, based on the child and family's primary need.
- An **interdisciplinary** team of professionals is selected to work with the family to address their needs and goals. This team meets together 1 to 2 times per month.

### Services Provided

- |   |   |
|---|---|
| <ul style="list-style-type: none"> <li>• Feeding and nutritional guidance</li> <li>• Infant massage</li> <li>• Nursing consultation</li> <li>• Social work/case management</li> <li>• Occupational therapy</li> </ul> | <ul style="list-style-type: none"> <li>• Physical therapy</li> <li>• Sensory integration services</li> <li>• Developmental Instruction</li> <li>• Speech therapy</li> <li>• Counseling</li> </ul> |
|---|---|

## Eligibility for Services

- A child living in Bernalillo county can be eligible for services if they are between the ages of 0-3 and also meet one of the following criteria:
  - Have a developmental delay (25%) or disability
  - Have an established medical condition
  - Have medical risk factors
  - Have environmental risk factors
- Income is NOT related to eligibility for services

## Process and Timeline for Accessing Services



## Accessibility of Services

- Services are provided in a way that minimize barriers for families, including providing services in home, school, and community (e.g., park, zoo, grocery store) settings.
- Inspirations has multiple bilingual professionals and works with interpreters as needed.
- Inspirations often works closely with other agencies for referrals and care coordination as needed.

## Funding and Program Evaluation

- Part C of the Individuals with Disabilities Education Act (IDEA) allocates funds to state early intervention programs.
- The New Mexico Early Childhood Education and Care Department funds local early intervention providers, including Inspirations.
- Inspirations is assessed by state service benchmarks and often internally reviews service plans.

### Contact

**Mailing Address:**  
 P.O. Box 91778  
 Albuquerque, NM 87199

**Director: Karen Lucero**  
**Phone: (505) 821-9930**  
**Fax: (505) 888-8821**