

Las Cumbres Community Services

RIO ARRIBA RESOURCE GUIDE

Infant & Early Childhood

¡Que Cute! Healthy Baby Program

¡Que Cute! Healthy Baby Navigators partner with pregnant women to improve maternal and child health, creating a support plan based on each participant's circumstances, values, and culture. Contact 505.901.1027

www.lascumbres-nm.org/que-cute

Family Infant Toddler Program & Early Intervention (FIT/EI)

Supports families with children ages 0-3 to achieve optimal physical, emotional, social, and cognitive development. Contact 505.753.4123

www.lascumbres-nm.org/family-infant-toddler

Child Respite

A flexible family support service that provides short-term, temporary care for children with or at risk of Intellectual or Developmental Disabilities (IDD), allowing families to take a break from daily caregiving. Contact 505.753.4123

www.lascumbres-nm.org/childrespite

Confident Parenting Home Visiting

Home visitors work with families of children ages prenatal to five to create an environment in which children learn how to relate to others, regulate their emotions, communicate their needs, and think creatively. Contact 505.795.4153

www.lascumbres-nm.org/confident-parenting

Community-Based Child Abuse Prevention (CBCAP)

CBCAP focuses on preventing abuse and neglect in families with children 0-5. Staff provide comprehensive support services in order to improve social and emotional well-being and resilience, partnering with families to create a support plan specific to their circumstances, values, and culture. Meeting times and locations are flexible. Contact 505.795.4505

www.lascumbres-nm.org/prevention

Conjunto Therapeutic Preschool

At Conjunto, students of different capabilities learn alongside one another: approximately one-third have developmental disabilities or delays; one-third have emotional or psychological special needs, and one-third can be considered "mainstream." Contact 505.901.1119

www.lascumbres-nm.org/conjunto

Infant and Early Childhood Mental Health

Our therapists partner with children ages prenatal to 6 and their families to create a support plan specific to their circumstances, values, and culture. The clinical team is part of the National Child Traumatic Stress Network (NCTSN) and provides evidence-based therapies to address childhood trauma. Meeting times and locations are flexible. Contact 505.753.4123

www.lascumbres-nm.org/community-infant-program

For Youth & Caregivers

Behavioral Health

Our therapists partner with children ages 6+ and their families to create a support plan specific to their circumstances, values, and culture. The clinical team is part of the National Child Traumatic Stress Network (NCTSN) and provides evidence-based therapies to address childhood trauma. Meeting times and locations are flexible.

Contact 505.753.4123

www.lascumbres-nm.org/behavioral-health

Grandparents Raising Grandchildren

Provides specialized support, resources, and discussion opportunities for grandparents who are serving as primary caregivers. Contact 703.864.5789

www.lascumbres-nm.org/grandparents-raising-grandchildren

Community Based Prevention, Intervention, & Reunification

Services focused on child abuse prevention.

Contact 505.795.4505

Prevention: Community-Based Child Abuse Prevention (CBCAP) services support families with children ages 0-5. Services are designed to promote safety and well-being in families facing high-risk factors and living in high-risk environments. www.lascumbres-nm.org/prevention

Intervention: Family Support Services (FSS) and Intensive Family Support Services (IFSS) provide in-home comprehensive support to strengthen and sustain families who are experiencing challenges with safety and/or family functioning. www.lascumbres-nm.org/intervention

Reunification: Family Reunification Services (FRS) and Time-Limited Reunification (TLR) services are available to children returning from Foster Care or other out-of-home placements who are reunifying with parents, family members, or caregivers pursuing guardianship.

www.lascumbres-nm.org/reunification

Padres Unidos

Fatherhood program that focuses on helping men become engaged, committed, and responsible fathers. The program welcomes any father of any age and any background with parenting needs. Contact 505.412.2961

www.lascumbres-nm.org/padres-unidos

Working for a world where
every person connects and thrives
in their community.

Las Cumbres Española
404 Hunter Street
Española, NM 87532
www.lascumbres-nm.org/rio-arriba
505.753.4123

Las Cumbres
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Adult Services

Community Inclusion

Offers a wide range of opportunities for people with intellectual and development disabilities to participate in community life. Programs include Community Integrated Employment and Customized Community Supports Group. Contact 505.927.0426

www.lascumbres-nm.org/community-inclusion

Supported Living

Peach House in Los Alamos provides on-site housing and round-the-clock services, making it possible for adults with intellectual and development disabilities to live in a comfortable and well-maintained home setting. Contact 505.927.0426

www.lascumbres-nm.org/supported-living

Adult Day Services

For adults with intellectual and developmental disabilities, this safe and supportive environment is an opportunity to learn skills, socialize with peers, and engage in enriching activities. Contact 505.927.0426

www.lascumbres-nm.org/adult-day-services

Customized In-Home Supports

Two programs offer comprehensive support to adults with intellectual and developmental disabilities.

- **Independent Living** offers exposure to a wide variety of life experiences while focusing on health and safety, problem-solving, self-sufficiency skills, and confidence-building.
- **Independent Living Transition** offers short-term financial aid for adults who move from 24-hour support into a home or apartment of their own. Contact 505.927.0426

www.lascumbres-nm.org/customized-in-home-supports

Adult Respite

A flexible family support service that provides short-term, temporary care for adults with or at risk of Intellectual or Developmental Disabilities (IDD), allowing families to take a break from daily caregiving. Contact 505.231.6630

www.lascumbres-nm.org/adultrespite

Groups and Workshops

Ask a Specialist Workshop Series

Join Las Cumbres' developmental and clinical specialists for an open forum on child development. Our team is happy to answer questions or address concerns, and you are welcome to view our archive of previously-recorded workshops. www.lascumbres-nm.org/ask-a-specialist

Dialectical Behavior Therapy Skills Group (DBT)

Supports participants in learning to live mindfully, tolerate and cope with stress, regulate emotions, and develop enriching and healthy relationships. Meets weekly on Thursdays via Zoom. Contact 505.927.0426

www.lascumbres-nm.org/dbt-skill

Immigrant and Refugee Services

Santuario del Corazón

Bilingual/bicultural therapists support immigrant families in Northern New Mexico (Santa Fe, Bernalillo, Rio Arriba, Taos and Los Alamos counties) via trauma-informed family navigation and mental health treatment services and providing connection to resources such as: transportation, access to housing, translation/interpretation, food assistance, legal assistance and childcare.

Contact 575.779.9119

www.lascumbres-nm.org/santuario-del-corazon

Santa Fe Afghan Resettlement Project

Helps newly relocated Afghan children and families integrate their experiences as they settle into our community.

Bilingual, trauma-informed, culturally aware therapists provide mental health screenings, family abuse prevention and early intervention services, and specialized individual treatment. Community navigators also connect families to resources such as food assistance, transportation, translation, education, and vocational and legal assistance. Contact 505.692.4044

www.lascumbres-nm.org/afghan-resettlement

Walking In Grace with Survivors of Torture Program (WINGS)

WINGS offers relational, culturally and linguistically appropriate, trauma-informed, holistic, and community-integrated care to survivors of torture and their families. The program also strengthens community systems of care, expanding the capacity of providers and organizations to provide effective, evidence-based services. Contact 505.819.1643

www.lascumbres-nm.org/wings

Circle of Security® Parenting™

At times, all parents feel uncertain about what our children need from us. The Circle of Security® Parenting™ program helps parents identify and respond skillfully to their children's needs - and is based on decades of research about secure parent-child relationships. Contact 505.927.0426

www.lascumbres-nm.org/circle-of-security-parenting

Children's Book Club

Our monthly children's book club - sponsored by the Confident Parent Home Visiting Program - encourages literacy and school readiness. Space is limited - RSVP to receive the Zoom link for this event and get a FREE book! Contact 505.795.4225