



Las Cumbres

Community Services

Annual Report

FY 2016 - FY 2017

The mission of Las Cumbres is to provide quality services, public awareness, and integrated community supports for adults and families facing social, emotional and/or developmental challenges.

From the Board President and Agency Executive Director

Dear Friends,

We are extremely proud of the Las Cumbres tradition of continuing to serve more families, in more ways than ever before. We listen to the families we serve and try our best to find creative, sustainable ways to address the challenges our families and communities face. We successfully completed work surrounding our first SAMHSA grant which allowed Las Cumbres to be part of the National Child Traumatic Stress Network. Based on our success we applied for and received our second SAMHSA grant in 2016. We are looking forward to continuing to expand our Early Childhood Trauma Informed services in New Mexico over the 5 years of this grant cycle. Las Cumbres now serves Rio Arriba, Santa Fe, Los Alamos and Taos counties.

In August of 2017, we will move into larger Santa Fe Early Childhood Center offices which will house all our Santa Fe Early Childhood services, including our expanded Family Infant Toddler, Early Intervention (FIT/EI) services, under one roof which allows our many programs to work more closely together. The office is conveniently located at 1911 5th Ave., right off St. Michael's Drive. The center will house Early Childhood Behavioral Health, First Judicial District Infant Teams, Confident Parenting Home Visiting (Levels I and II), Que Cute Healthy Baby Program (low birth weight prevention services), Family Support Services (FSS), Grandparents Raising Grandchildren, and the aforementioned Family Infant Toddler (FIT) early intervention services.

Las Cumbres expanded our Early Childhood services to Taos County in 2016 and our programs continue to expand with the help of CYFD, a variety of private foundations, and Taos County support. We currently have Family Navigation, Education, and Support Services, Eighth Judicial District Infant Teams, and two school-based Nurturing Centers in Taos and Peñasco. We've similarly grown Grandparents Raising Grandchildren (GRG) services to include support groups in Taos and Santa Fe while continuing to serve grandparents in Rio Arriba County.

We were

instrumental in forming the NM Task Force on GRG and helped sponsor three legislative memorials regarding GRG. We are expanding our services in Rio Arriba County to include families and children affected by substance abuse, working with young mothers as well as pregnant mothers starting in 2018. Services for adults with developmental disabilities continue to serve Rio Arriba and Los Alamos counties with residential and day services. We are expanding our Community Integrated Employment Services in both counties while seeking soon to target "in school" youth with disabilities.

As you can see, we have been very busy expanding services for our families, children and adults with disabilities in Northern New Mexico. In this report you will find additional information about the vital services offered by Las Cumbres. We are indebted to the individuals, foundations and other supporters who continue to contribute to our development and success. It is difficult to "balance the budget" and "address the needs of our families and communities. Private funding helps us "fill the gaps" between funding limitations and the needs of the families we serve.

Sincerely,

Kristi and Rex



Kristi Silva, Board President



Rex Davidson, Executive Director

In Review

In Fiscal Years 2016 and 2017, the agency served an estimated 11,641 clients directly and indirectly across Santa Fe, Rio Arriba, Taos, and Los Alamos counties. Indirect service is representative of those who are affected by having a child or sibling enrolled in a program with Las Cumbres.

During the last two years Las Cumbres has hosted or facilitated several important activities in Northern New Mexico including;

- An inspiring Trauma Conference was held in Española at Northern New Mexico College which featured keynote speaker CYFD Cabinet Secretary Monique Jacobsen;
- A successful Grandparents Raising Grandchildren conference in Santa Fe featuring guest speaker Senator Michael Padilla;
- Work with Juvenile Detention inmates in Taos County to build a flower and vegetable garden on site;
- An all agency staff seminar focusing on trauma work with families across all programs.

Adult and Respite Services

Adult Services division offers a number of integrated programs that provide residential, employment, day habilitation, and community membership opportunities to adults with developmental disabilities in Rio Arriba, Los Alamos, and northern Santa Fe Counties. Las Cumbres' **Supported Living Program** offers round-the-clock services for adults with development disabilities and their families. Participants receive customized supports tailored to their needs and preferences.

In fiscal year 2016 and 2017, seven adults resided in the agency Supported Living home in the Los Alamos area.



Adult clients enjoy an evening of bowling

Customized Community Supports (Individual and Group), formerly known as **Independent**

Living provides supports to assist individuals in making his or her definition of a “meaningful day” a reality. Services are designed to help adults increase or maintain their capacity for independent functioning and decision-making. Supports are available for individuals as **Community Access** and, for groups, as **Day Habilitation**. Staff provide comprehensive supports to clients living in their own homes or with family members while promoting the development of valued social relationships and interactions. The program promotes skills and behaviours that strengthen individuals’ association with members of the community who share common interests. **In fiscal year 2016 and 2017, 111 adults received services through Independent Living and Customized Community Supports. An estimated 360 other family members were affected indirectly.**

Community Integrated Employment Services connects clients who identify with developmental and/or intellectual challenges to skills training and paid employment. Meaningful employment gives individuals a measure of financial independence and fosters their self-confidence and sense of belonging in the community. Work situations also provide opportunities for social interaction, opportunities for social interaction *continued*

Adult and Respite Services, continued

enhanced communication skills, and help in developing natural support networks.

In fiscal years 2016/17, 40 adults were enrolled in Community Integrated Employment. An estimated 122 individuals were indirectly affected by having a family member enrolled in the program.

Respite Services offer parents, family members, and guardians temporary relief from the responsibilities of caring for a young child or adult family member with disabilities. Families of any adult with a developmental disability and/or child with, or at risk for, delayed development or a developmental disability are eligible to receive respite care. **In fiscal years 2016/17, 242 adult and child clients received direct respite services.**

Agency adult services staff work the State of New Mexico Department of Health's **Mi Via** self directed waiver program to provide a community-based alternative that facilitates participant choice and control over the type of services and supports that clients receive. Agency Adult Services staff help clients through the process of selecting home and community-based services and goods that fall within their approved plan and budget. **In fiscal years 2016/2017, a total of twelve clients elected to enroll in Mi Via.**

Child and Family Services

Child and Family Services provide many programs, across four counties, including early intervention and infant and early childhood mental health for children, fatherhood supports, low birth weight prevention and advocacy, and Grandparents Raising Grandchildren groups as well as school and learning readiness programs through its Pre-K Therapeutic Preschool and two Taos Nurturing Centers.

An friend of the agency recently encountered a young woman he had photographed when she was enrolled as a preschooler at Las Cumbres. The woman is 20 years old today. She had this to say: *The preschool helped me in a lot of ways. As a child, I had trouble dealing with my anger. In the preschool there were children with disabilities, so I learned tools to interact with all types of children and get around day to day. I still use those tools now.*

Las Cumbres' **Behavioral Health Department** offers a prevention-based array of programs that promote healthy attachment and social-emotional development in children prenatal to age six, along with their older siblings, and their families.

Families referred for services often struggle with multiple stressors such as poverty, trauma, drug abuse, incarceration, CYFD involvement, custody concerns, parental mental health issues, and/or domestic violence. Services are delivered both

in the home and on-site at the agency, as well as in other natural settings that are most comfortable for the child and their family. Admission into a single program often leads to engagement with other services as many families choose to access multiple agency services at once to meet numerous needs.

In fiscal years 16/17, 757 children and adults received direct Early Childhood Behavioral Health services. An estimated 1667 adults and children were affected indirectly.

Child and Family Services, continued

Conjunto Pre-K Therapeutic Preschool is the only program of its type in northern New Mexico. This innovative preschool model focuses on the social-emotional development and school-readiness of the child. Conjunto classrooms are a blend of three- and four-year olds that include a percentage identified with developmental disabilities or delays; a percentage with emotional special needs; and another portion considered as developing “typically”. The program promotes self-esteem, cooperative behaviors, and the constructive expression of feelings, as well as developmental growth in language, cognition, motor, and self-help skills.

In fiscal years 16/17, 88 preschoolers were enrolled in Conjunto classes and an additional 214 siblings or other family members received direct or indirect services, benefitting from having a child enrolled in the preschool.

Part C Early Intervention services are provided under the State’s Department of Health’s **Family Infant Toddler (FIT)** and **Early Intervention (EI)** program. FIT is a state and federally funded entitlement program for families whose child is under the age of three and has, or is at risk for, developmental delay or disability. The program directly provides a continuum of integrated developmental and therapeutic services to families in their child’s natural environment. FIT staff partner with families and their children in a relationship-based service to achieve optimal physical, emotional, social and cognitive development. Early intervention provides families activities and strategies to use to promote their child’s development throughout their everyday routines. In Fiscal Year 2017 FIT/EI services were expanded into Santa Fe County, complementing the existing FIT/EI programs in Rio Arriba (as far north as Chama) and Los Alamos counties.

In fiscal years 16/17, 670 children and parents or caregivers received direct FIT/EI services and an estimated additional 2,318 indirectly served.



Conjunto Preschool field trip finds the students at the New Mexico Wildlife Center.

The **Santa Fe Community Infant Program (CIP)** provides comprehensive preventative and therapeutic intervention, education and treatment that promotes healthy attachment and social-emotional development in children ages prenatal to six, their siblings, and their parents/ caregivers. Families come to the program for many of the same reasons as families receiving Behavioral Health services in Rio Arriba and are among the most severely trauma-affected children in Santa Fe County. Services are delivered by Licensed Masters-level therapists and social workers in the home or on-site in the program offices. Many families choose to access multiple services to meet numerous needs. Referrals come from pediatricians, family practice providers, other Behavioral Health providers, schools or programs that work with adolescent parents, teen and district courts as well as Child Protective Services.

In fiscal years 16/17, 378 children received direct CIP services; an additional 680 individuals received indirect, and/or outreach services.

Child and Family Services, continued

Confident Parenting Home Visiting (CPHV) offers parenting education and support; child development information; and early assessments and evaluation in the home or on-site. Services are available for families with children up to age five in Santa Fe and Rio Arriba counties. Home visitors assist families in connecting to formal and informal support networks while addressing issues of safety and developmental milestones. Collaboration with other community agencies is key to supporting families enrolled in the program. In Fiscal Year 2017, Level II home visiting services became available, serving families with higher needs.

In fiscal years 16/17, 582 children and caregivers received direct CPHV services with an estimated additional 358 receiving indirect services.

I appreciate that my caseworker speaks to us and explains to us in ways we understand.

They show us instead of telling us.

- *Child and Family Services client parent*

Family Navigation and Education Services (FNES) are among the newest sets of programs available through the Child and Family Services Department, available in Rio Arriba, Santa Fe and Taos Counties.

FNES provides rapid response to families who have had multiple Child Protective Services (CPS) interventions. The program's aim is to help children of all ages grow up in safe and healthy environments and to

reduce future involvement with CPS. Assistance is provided for 60 to 120 days. **In fiscal years 16/17, an estimated 585 children and caregivers received direct and indirect services and assistance through the FNES and FSS programs.**

Family Support Services (FSS), also new to the menu of Child and Family Department program services, offers a six month program providing emotional support and connection to resources so that client families can more easily manage their family journey. FSS is available in Rio Arriba, Santa Fe, and Taos counties and aims to empower parents and children to thrive, have safe and loving relationships, and to feel connected to their community. FSS provides home visits, goal setting and crisis intervention while respecting and supporting strong cooperation and partnership with each family.

In fiscal years 16/17, an estimated 627 children and caregivers received direct and indirect services and assistance through the FNES and FSS programs.

Recognizing the significance and importance of fathers in their children's lives, **Fatherhood Supports** are available in Rio Arriba County. **Padres Unidos Fatherhood Program** offers weekly support groups, serving men ages 18 to 55, to assist fathers to engage more fully in their children's lives, strengthen relationship with the children's mothers, become more aware of their own issues. Services include counselling, parenting support and case management.

In fiscal years 16/17, 41 fathers received direct support with an estimated 88 children benefitting indirectly

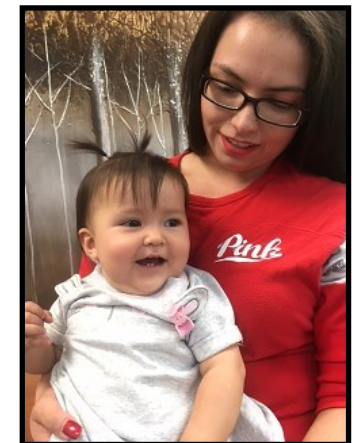
issues related to their grandchildren. Additional supports include access to information and resources to help navigate systems, including legal and financial institutions. The program also helps support grandchildren who may be grieving the loss of a parent absent due to issues of domestic violence, drug abuse, or incarceration.

In fiscal years 16/17, 311 individuals received direct and indirect services through the agency's Grandparents Raising Grandchildren program.

Infant Teams in the First and Eighth Judicial Districts of northern New Mexico work with family court and families to staff cases involving children in foster care, offering assessment and treatment and assistance for foster parents in the management of maltreated infants and toddlers. Services are available for children that are involved with Child Protective Services, ages birth to three years in Santa Fe, Los Alamos, Rio Arriba and Taos counties. This program, among the newer Child and Family Department programs, didn't have tallies of clients in service available for this report.

Las Cumbres' **iQue Cute! Healthy Baby Program** supports women in Santa Fe County in having a healthy pregnancy, healthy birth and healthy baby. Low birth weight prevention and advocacy services are held in the community or in the clients' homes and include connections to prenatal care, doulas and birthing classes, breastfeeding information, nutrition support, help setting goals, and access to community resources. **In fiscal years 16/17, 111 individuals received direct support with an estimated 130 other family members receiving indirect support through iQue Cute!.**

Taos-based Family Navigation is provided from the agency's Taos office and through two separate *Nurturing Centers* located in schools in the Taos and Peñasco school districts. The program's Family Navigator helps families find their way by connecting families to community resources, guidance, support, and services, including help with child care, child support, education and employment supports, nutrition and food security, housing options, and more. Nurturing Center staff interface with teachers to give children who may be struggling extra attention with a safe environment in which to receive help before, during and after school with homework and



Playful Mothers Group participants

Staff was there for me when I desperately needed help. I felt like my life was falling apart, like I had done something wrong because of the domestic violence my family was subjected to. Staff helped keep me safe and made sure I was okay through the biggest challenge I have ever experienced, - *Family Navigation client participant*

other projects. Additional services in Taos include a collaborative program with Taos Pueblo comprising a Girls Enrichment Group for girls grades 4th through 7th,

to participate in art classes and native design, cooking classes, bicycle repair and fishing excursions.

Grandparents Raising Grandchildren support groups meet monthly in Taos and separate projects focus on supports for the local immigrant population. Family navigation work takes place as well at the Juvenile and Adult Detention Centers.

In fiscal years 16/17, 258 individuals received direct services with an estimated 483 indirectly benefitted from family members enrolled in Taos Family Navigation services.

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(as of June 30, 2018)

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cations*

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Photo Left: New Mexico Children Youth and Families Department Cabinet Secretary Monique Jacobsen, pictured with Las Cumbres Executive Director Rex Davidson at agency sponsored Trauma Conference at Northern New Mexico College.

Kind and Generous Supporters

(July 1, 2015 – June 30, 2017)

\$100,000 and More

Robert T. Keeler Foundation
New Mexico Department of Health
New Mexico Children, Youth, and
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Agency on Aging
Substance Abuse and Mental Health
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\$50,000 - \$99,000

Anderson Charitable Foundation
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Aldrich/Bloch Family Trust
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P Garcia
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Up to \$49

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Susann McCarthy
Clara Smith

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Arriba Concrete and Construction
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The Color Bar

**To make a donation, log onto the website:
www.lascumbres-nm.org or call us:
505.819.5117**

Fiscal Year 2017 Financial Statements

Revenue and Support

Federal Grant– SAMHSA	420,757
Government Contracts	106,880
CYFD Contract	1,359,259
Medicaid, net of contractual adjsmnts	1,776,326
State General Funds	1,047,197
United Way Grant	42,355
Private Funding	477,7410
Donations	11,059
Miscellaneous Income	1,354
Investment Income	19,900
Realized and unrealized gains (losses)	140,837
Change in beneficial interest in agency endowment fund	7,105
Agency endowment fund (investment income)	7,912
In-kind donations (rent)	108,840
Net assets released from restriction	51,666
Total revenue	5,504,500.26

Total support and revenue **5,545,847**

Expenses

Program Services

Adult Services	1,168,363
Child and Family Services	3,488,655
Total Program Services	4,657,018

General and Administrative 897,807

Total Expenses 5,554,825

Change in new assets (8,978)

Net assets, beginning of year 2,700,528

Restatement 18,430

Net assets, beginning of year 2,718,958

Net assets, end of year 2,709,980



Contact Information

Administration Offices

Ph 505.629.1985

Adult Services, Española

Ph 505.747.4715

Los Alamos Adult Home

505.662.4703 (Women's) 505.662.7653 (Men's)

Española Early Childhood Center

Ph 505.753.4123

Santa Fe Early Childhood Center

Ph 505.955.0410

Taos Offices & Nurturing Centers

Ph 575.224.3197

Chama Offices

Ph 505.795.4681 or 575.209.0347

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