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FRA celebrates Early Intervention Awareness Month

Monmouth County-based FRA helps individuals with developmental or acquired disAbilities stay connected through telehealth services

Red Bank, NJ – May is Early Intervention Awareness Month and Family Resource Associates (FRA) is shedding light on what Early Intervention is and how to access services. FRA, located in Red Bank, NJ, serves the community and people of all ages who have developmental or acquired disAbilities.

Early Intervention is a system of services and supports available to infants and young children with developmental delays and disAbilities, as well as their families. Such services may include speech therapy, physical therapy and other services based on the needs of the child and family. “Public awareness of Early Intervention is the key to having a significant impact on a child’s ability to learn new skills and overcome challenges that can increase success in school and life,” said Sue Levine, Early Intervention Program Director at FRA.

Since its inception in 1979, FRA has been providing important services to young children. “When a child is born with a disAbility or is showing delays in development, the State of New Jersey provides a free evaluation to determine the child’s needs,” said Levine. “Once eligible, FRA’s infant program provides individual, physical, speech and occupational therapies, as well as developmental, behavioral and social work services to young children and their families.”

One of the groundbreaking concepts that FRA developed initially has now been adopted as a best practice in the field of Early Intervention. This practice includes the early adoption of in-home therapeutic support for infants and children.

Utilizing a coaching model, FRA gives families strategies and ideas to help their child grow and learn. “Our team of experienced and licensed therapists demonstrates how to encourage the acquisition of developmental milestones



through play and fun activities,” said Levine. “These services are typically provided in the home, at a daycare, on the playground or anywhere in the community.”

In light of the recent developments surrounding COVID-19 and social distancing, FRA has implemented alternative strategies to provide Early Intervention services to children and their families via telehealth services such as FaceTime, WhatsApp and other methods. “Sessions still involve demonstrations and discussions of activities to try, but, as expected, parent coaching has been the centerpiece of what we do,” said Levine. “In addition to using telehealth for services, FRA’s therapists have become even more creative, and are sending videos, articles and other materials to support our families. In this time of social isolation, families feel empowered by the positive feedback they are receiving.”

Kate Kessler, an FRA parent, says, “Telehealth is truly perfect for Early Intervention as the end goal is to develop a home program that we, the parents, can carryover using the materials we have readily available during our routine, daily activities. We cannot wait to see the continued progress my daughter makes!”

Despite the pandemic, the Early Intervention System is open for business at FRA and the State of New Jersey. To receive an evaluation for your child and to find out more about these services, please call 888-653-4463 or visit <https://www.nj.gov/health/fhs/eis/forfamilies/when/>. To learn more about FRA – PossAbilities for People with disAbilities, visit www.frainc.org or call 732-747-5310.

About Family Resource Associates

Family Resource Associates, Inc. (FRA) is a 501(c)(3) in Monmouth County helping children, adolescents and people of all ages with disAbilities to reach their fullest potential. FRA connects individuals to independence through specialized therapies and advanced technology. Acknowledging the powerful influence of the family, we remain committed to them by offering both support and education.

FRA assists individuals of all ages who have developmental delays or disAbilities as well as acquired disAbilities. FRA provides home-based Early intervention for infants, therapeutic recreation programs, pre-vocational and educational



PossAbilities
for people
with disAbilities™

classes for adults, EmployAbility training and job coaching, along with family and sibling support groups.

TECHConnection, a signature program of FRA, leverages technology to help increase, maintain or improve the capabilities of individuals with disAbilities as a result of accident, injury, illness or aging as well as related issues affecting hearing, vision, reading or mobility. To learn more, visit frainc.org.

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