



REACH Region III Newsletter, Volume 1.4, June 2015



***...in other words, June has been busy!***

*REACH utilizes a team approach to provide: clinical assessment; crisis prevention, stabilization, and intervention planning and education; community and home based crisis intervention and stabilization to both adults and children diagnosed with an intellectual or developmental disability and a co-occurring mental health diagnosis or challenging behavior; and facility-based, therapeutic, emergency, and limited planned stays for individuals 18 and over.*

*The goal of REACH is to stabilize current or emerging crisis events and strengthen the individuals' support systems. With intervention and training, REACH increases capacity to support individuals served and promote person-centered positive outcomes. REACH serves adults and children with an intellectual or developmental disability and a co-occurring mental health diagnosis or challenging behavior that is affecting their quality of life.*

# REACH Region III Updates

## REACH Crisis Therapeutic House Updates

We have added a 7th bed to the REACH CTH! This is an approved, temporary stop-gap to meet the need for those individuals experiencing displacement from current housing. Use of this bed is based on support needs that the current system of providers is unable to meet. We are exploring further expansion opportunities.

During the month of May, 2015, we had the following house stays:

- 7 Emergency Stays
- 5 Prevention Stay
- 2 Step Downs from Psychiatric Hospitals

## REACH Community Crisis Services Updates

### Adult Services

During the month of May, 2015, we had the following:

- 7 Crisis Plans provided
- 5 New Referrals
- 128 Active cases (those receiving crisis or prevention services)

### Children's Services

Since beginning Children's Crisis Services in October 2014, REACH has served over 20 families throughout the Region. Although REACH serves youth of all ages, current trends in referrals include transition age youth who are pre-teens or teenagers. REACH Children's Crisis Services continues to grow, and we are in the process of hiring additional children's staff to support the needs throughout the Region -- be on the lookout for new faces!

During the month of May, 2015, we had the following:

- 3 Crisis Plans provided
- 5 New Referrals
- 17 Active cases

## Recent REACH Training Recap

*Have you ever felt frustrated when communicating a medical problem?*

Try this technique from the recent REACH training, “Recognizing Medical Causes for Behavior.”

Report the medical problem with “**SBON!**” SBON is a four step process to help organize your thoughts and facilitate clear and concise communication.

- Step 1: Report the situation (**S**) by stating what is happening right now. “Carrie is experiencing a change in behavior. She is aggressive toward herself and others.”
- Step 2: Provide background (**B**) information. “Yesterday morning, Carrie started biting her hand and other people when they are close to her. The behavior has worsened in the past 24 hours and she doesn’t have a history of this that I am aware of.”
- Step 3: Describe factual and measurable observations (**O**). “Carrie has a red and swollen area forming on her hand, about the size of a golf ball. There are no changes in her eating, sleeping, or bowel patterns, but starting yesterday, her urine has a strong odor.”
- Step 4: Request help in moving on to the next step (**N**). “I need you to tell me what the next step is to keep Carrie and others safe.”

This training, sponsored by REACH Region III and Virginia DBHDS, was open to residential providers, day support providers, and family members. 123 people attended across two locations.

## REACH Trainings

REACH offers trainings tailored to fit the needs of your agency/program. If you would like to request a training, please [fill out this form.](#)

## REACH Advisory Council Meeting Recap

REACH Region III’s Advisory Council met on Thursday, June 4, 2015 from 10:00 a.m.-12:00 p.m. Updates were provided for all programs - adults, children’s and the REACH Crisis Therapeutic House. Training was provided on medical clearance for CTH admission, as well as the five most common health issues faced by individuals with I/DD.

To view the power point slides, [click here.](#)

# Professional Development / Resources

## **Training: Strategies for Supporting Adolescents and Adults with Autism Spectrum Disorder**

This free training is designed to introduce participants to effective strategies for supporting individuals with ASD in school, work and community environments. A focus is placed on strategies designed to support social, communication, and sensory concerns. Participants in this workshop should have a basic understanding of autism spectrum disorders. It is geared for adult service providers and parents of adults with ASD.

Two locations:

- **July 20, 2015 from 9:00 a.m.-4:00 p.m.** in Radford
- **July 30, 2015 from 9:00 a.m.-4:00 p.m.** in Blacksburg

[Click here](#) for more details

## **NADD Webinar**

The National Association for the Dually Diagnosed (NADD) has a great upcoming [webinar series](#). REACH Region III is sponsoring registration for select webinars. Please join us on June 18 at one of the locations listed below to hear the webinar live, for FREE.

- *Autism, Asperger = Autism Spectrum Disorder: It's not just another Mental Illness* - **Thursday, June 18, 2015 from 3:00-4:00 p.m.** in Radford and Galax

To register, email Barbara Tait at [btait@nrvc.org](mailto:btait@nrvc.org)

[Click here](#) for more details

## **TechKnowledge: Special Topics in Assistive Technology**

This is a FREE Virtual Conference that highlights evidence-based practices in assistive technology (AT) and practical AT strategies for students with disabilities. Archived copies available.

<http://vconf.gmu.edu/Conference/TechKnowledge2014>

### **Virginia Commonwealth University's How-To Video Series**

The VCU-ACE How To Series demonstrates evidence-based practices for students with ASD. These short videos are approximately five minutes and are intended to provide a quick look at implementing a particular strategy. The How To videos provide a short description of the topic with real life video examples of how to implement the evidence-based practice in the classroom with students with ASD.

[Click here](#) to check them out

### **Autism Community Training Videos**

ACT's videos provide practical information for parents and teams. Watch them when, where, and as often as you'd like!

<http://www.actcommunity.ca/education/videos/>

### **National Technical Assistance Center for Children's Mental Health introduces a new toolkit!**

This toolkit includes information and resources developed to support the widespread expansion of the system of care approach for children, youth, and young adults with mental health challenges and their families. It provides a strategic framework for system of care expansion and guides for strategic planning, implementing expansion strategies, financing, and performance and outcome measurement. Worksheets and tools for self-assessment and outcome measurement are included.

[Click here](#) to download a copy

### **Accord Counseling's Person Centered Planning Support Guide (MINECRAFT THEMED)**

[Click here](#) for a FREE Person Centered Planning support guide (MINECRAFT THEME) designed by Accord Counseling for individuals diagnosed with ASD. The foundation of the guide aligns with what most CSB/BHA are already doing with their Person Centered Planning process. However, this guide is cloaked in the creative cover of MINECRAFT making the process less sterile and more enticing for client participation.

## Community Events / Information for Families

### **Instrument Maker Camp 2015**

Campers will use upcycled materials, computer programs, electronic sensors, and microprocessors to prototype and build entirely new musical instruments. No prior music, programming, or making skills required. At the end of the workshop, campers will perform with their instruments.

When: Monday – Thursday, July 27-30, 9AM-4 PM

Where: ICAT Studios at the Moss Arts Center

Cost: \$150

Who: Ages 11-14

Please [click here](#) to register.

### **Infinity Acres Animal Adventures Summer Camp**

Boys and girls ages 7-17 are invited to attend this summer camp. There will be animal activities with llamas, horses, goats & more, as well as games, crafts & lots of FUN!!! Cost is \$125 per week.

2015 SUMMER DATES:

**Session 1: June 29 - July 3rd**

**Session 2: July 6 - July 10th**

**Monday - Friday 9:00 am - 2:00 pm**

[Download registration forms here](#)

### **AU's Family Summer Institute**

Parents, Grandparents, Guardians, and other caregivers for people with Autism are invited to learn about Applied Behavior Analysis through hands-on learning activities.

There are two workshops left: **Saturday, June 20, 2015 and Saturday, July 18, 2015 from 9:00 a.m.-4:00 p.m.** The cost is \$15 per workshop.

For more details, email [jhamlin@averett.edu](mailto:jhamlin@averett.edu) or [click here](#) for the flier

### **Intellectual Disabilities Agency Spring Events**

IDA offers inclusive programs for those with and without intellectual disabilities. All are challenged to improve skills, develop friendships & understanding of each other's capabilities through a spirit of equality & team unity. **There are two craft classes open still for this season - July 1 and August 5, 2015.** Cost is \$4 per class.

[Click here to view the schedule](#)

[Click here to download the registration form](#)

### **Adult Asperger / Autism Spectrum Social Group**

This group is for adults of all ages on the higher social functioning end of the Autism spectrum, including Asperger's Syndrome, who would like support for strengthening communication, social, work, and relationship skills. The group usually includes a mixture of aspies and their friends, caregivers, and/or parents.

Group meets on the **second Thursday of each month from 7:00-8:30 p.m.** at the College Lutheran Church building, 210 S. College Ave, Salem VA.

[Click here](#) for the flier

### **NRVCS Autism Support Group**

Members of the NRVCS Autism Team facilitate a monthly support group meeting for local families. Meetings are educational, parent-driven, and supportive. Individuals with Autism, Asperger's Syndrome, Pervasive Developmental Disorder, Childhood Disintegrative Disorder, Rett's Disorder, and other developmental and/or intellectual disabilities are welcomed to join. Children/siblings are welcome, but please RSVP for supervised child socialization by calling 540.320.9281 or 540.443.7522.

If you have any questions regarding the Autism Family Support Group with NRVCS, please contact Latrelle Rogers at 540.357.0058.

### **Peer Support Group for Adults with Depression/Bipolar Disorder**

Mental Health America of New River Valley (MHA-NRV) is now offering a peer support group for adults (age 18 and over) who are living with depression and bipolar disorder. The support group is peer-led and focuses on self-help through the sharing of experiences, information and strategies for living successfully with a mood disorder. Meetings are held on the **third Tuesday of**

**each month from 6:00-7:30 p.m.** at MHA-NRV's office in Christiansburg (1200 Elm Street, Suite A). Meetings are free and confidential. No advance notice is required for attendance.

### **Goodwill's "Career Connection" Facility**

Goodwill Industries recently opened a new "Career Connection" facility in the former location of the Goodwill Bookstore (next to Goodwill's retail store in Christiansburg on Peppers Ferry Road).

The Goodwill Career Connection provides:

- Resume and cover letter development
- Referral to local job openings
- Assistance with job applications
- Access to computers, printer and internet
- Interviewing tips and mock interviews
- Encouragement and support in career searches
- Referral to job training workshops and other community resources

Services are provided at no cost and appointments are not necessary. All skill levels and educational backgrounds are welcome. Hours are **Monday through Friday from 8:30 a.m.–5:00 p.m.**

The program is also in need of volunteer assistants to help with daily operation of the facility. If you or someone you know would be interested in volunteering, call Jeffrey Kinder at 540-585-3276 or e-mail him at [jkinder@goodwillvalleys.com](mailto:jkinder@goodwillvalleys.com).

### **Free Meals at Unity Christian Church in Radford**

Unity Christian Church in Radford (400 Tyler Avenue) offers those in need with a free, hot, home-cooked meal every Saturday from 4:00 – 5:00 p.m. in the church's fellowship hall.

### **Paid research Opportunity at the Virginia Tech Autism Clinic**

The Virginia Tech Autism Clinic in Blacksburg, VA is recruiting parents of children with autism to participate in a long-distance research study.

Who: Parents with 1) a child with an Autism Spectrum Disorder (Autism, Asperger's, or PDD-NOS) and 2) another typically-developing child. Children must currently live in the same home, and sibling without ASD must attend a public or private school. Participating parent must be primary caregiver.



What: Complete surveys by mail (60 minutes). You will be compensated \$15 for your time.

Contact: Tyler Hassenfeldt - [thassen@vt.edu](mailto:thassen@vt.edu) or [\(412\) 600-8304](tel:(412)600-8304)  
[Click here](#) for the flier

### **Carilion Clinic's Community Needs Assessment Survey**

Carilion Clinic is conducting a community health needs assessment in Giles County for residents and professionals that work in Giles. As part of the assessment, Carilion developed a pair of surveys – one for providers and one for residents – to gain input about areas of need in the county. (Links to each survey are provided below.) If you live or work in Giles, please take the survey and share your thoughts.

[Survey for providers](#)

[Survey for residents](#)

### **2014-2015 Special Education Parent Involvement Survey**

All parents of school-aged children and youth who receive special education services in Virginia's schools are encouraged to complete the Virginia Department of Education's **annual** Parent Involvement Survey. This survey is not intended to measure satisfaction with the special education program. It is designed to determine whether or not the school facilitated parent involvement. The English and Spanish versions of the survey have been combined into one survey with both languages.

If you are unable to take the survey online, your child's school will provide paper versions for your use. All paper versions of the survey will include a pre-addressed, postage-paid return envelope. All responses will be sent directly to the Virginia Department of Education.

If you have questions related to the Parent Involvement Survey, please contact Hank Millward [hank.millward@doe.virginia.gov](mailto:hank.millward@doe.virginia.gov) at the Virginia Department of Education [\(804\) 371-0525](tel:(804)371-0525).

This survey will be available **May 1, 2015 to September 30, 2015**

This online survey may be found at:

<https://www.surveymonkey.com/r/VDOEParentInvolvementSurvey2014-2015>

## Newsletter Submissions

If you or your organization has information that would be of interest to those working with I/DD populations, please submit that information to REACH ([info@swvaREACH.org](mailto:info@swvaREACH.org)) with the subject line NEWSLETTER. Please include as much detail as possible (date, time, duration, cost, description, attachments, relevant links, etc.). This can include articles, trainings, events, etc.

Please keep in mind that submissions need to be made by the first of each month in order to be included in that month's newsletter. For example, if you want a submission included in **July's** newsletter, please send your information/nomination by **July 1**.

### Submit a spotlight nomination

We'd like to begin to highlight one person, organization, or program (in each monthly newsletter) who has gone above and beyond in serving the I/DD population. If you'd like to make a nomination, please [click here](#).

*To view a copy of last month's newsletter, [click here](#).*

*To subscribe to REACH Region III's monthly newsletter, [click here](#).*

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### Contact REACH Region III

824 W. Main Street, Radford, VA 24141

Crisis Line - 1-855-887-8278 | Local Calls - 540-267-3435 | Fax - 540-267-3403

Email - [info@swvaREACH.org](mailto:info@swvaREACH.org)

[Click here to visit our website](#)

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