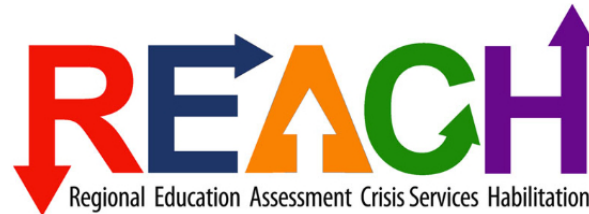


In This Issue: Evidence Based Practices for Autism, Medical Terminology, Back to School Tips, & Apps!

[View this email in your browser](#)



REACH Region III Newsletter, Volume 1.6, August 2015



REACH Region III July 2015

Crisis Therapeutic House

6 Emergency Stays
4 Prevention Stay
5 Step Downs from
Psychiatric Hospitals

Community Crisis Services

Adult Services

14 Crisis Plans
17 New Referrals
119 Active Cases

Children's Services

1 Crisis Plan
3 New Referrals
19 Active Cases



School is Back in Session!

Learn the ABC's of medical terminology, get up to date information on Evidence Based Practices for Autism Spectrum Disorders, and learn how to help ease the transition back to school.

PO, Q4H, PRN?



Medical terminology can look like alphabet soup, but with the help of our Regional Nurses, you will be able to decode this language & communicate in healthcare settings more confidently. [Read More >>](#)

Prevention Hours

Adult Services

405.5 Total Hours

Children's Services

154.75 Total Hours



Upcoming Events:

August 30, 2015

Pool Party

Sponsored by the ARC of
the New River Valley

[Read more >>](#)

September 21-25, 2015

**HPR III Annual
Conference**

THE JOURNEY: Fostering
Hope, Creating Change --
Recovery for All

[Read more >>](#)

September 25, 2015

VTCAR Autism Conference

RSVP by September 5th

[Read more >>](#)



The National Professional Development Center on Autism Spectrum Disorder released its updated list of evidence-based practices for youth & young adults with Autism Spectrum Disorder. After a search for 29,105 published articles published between 1990 and 2011, the Center reduced their review to 1,090 experimental, quasi-experimental or single case study articles.

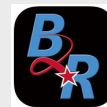
Based on previously approved criteria, the Center ultimately added 5 new practices (exercise, modeling, cognitive behavioral interventions, structured play groups, & scripting), dropped 1 practice (structured work systems), and renamed 1 category as "technology-aided instruction." [Check out their report, which includes a fact sheet on each of the practices!](#)



It's time for school to start, and the VCU Center for Autism Excellence developed a guide for setting up classrooms. What's even better, is that the strategies listed don't just apply to the classroom, and are great for children or adults whether they are at home or in the community! [Check it out!](#)

R U Stressed?

Deep breathing is a great way to reduce stress & regulate our body's flight-fight response -- in other

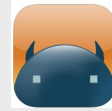


Breathe2Relax



Accidental drownings are one of the leading causes of death for individuals with an Autism Spectrum Disorder. Find out how your local YMCA is helping.
[Read More >>](#)

words, breathing helps us stay calm! Check out these fun, free breathing apps!



**Personal
Beasties
Breathing**



DBHDS Facts & Figures



Excerpts from August's ALL IN!
 Monthly Newsletter from Commissioner Ferguson
[Read More >>](#)

Training Center Census (August 3, 2015)

Name	July 2012 Census	July 2013 Census	July 2014 Census	August 3, 2015 Census
NVTC – Closure: By 3/30/2016	153	135	107	55
SWVTC – Closure: By 6/30/2018	173	156	144	122
CVTC – Closure: By 6/30/2020	350	301	288	230
SEVTC – Remains open	106	84	75	69
Total	983	790	614	476

ID and DD Waiver Enrollment and Waiting Lists (August 2015)

	ID Waiver	DD Waiver
Total Slots	10,707	1,013
Urgent Waitlist	4,981	
Non-Urgent Waitlist	3,121	
Total Waitlist	8,102	2,035

Stay Connected with DBHDS!

Waiver Updates Email List – If you would like to be added to the email list to receive waiver redesign communications, please send your email address and your stakeholder status (e.g., self advocate, family member, provider agency representative, advocacy organization, etc.) to waiverupdates@dbhds.virginia.gov.

ALL IN! Email List – Anyone interested in being included on this list can simply send his or her email to cmsnewsletter@dbhds.virginia.gov



Adult Asperger/Autism Spectrum Social Group

Meets on the second Thursday of each month from 7-8:30 PM at the College Lutheran Church building, 210 S. College Ave., Salem, VA. [Click here](#) to learn more!

NRVCS Autism Support Group

Members of the Autism Team facilitate a monthly support group 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. 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



Autism Research at Virginia Tech

Helping Students with ASD Prepare for the Transition to College. [Click Here](#) for the flier!

Helping College Students with ASD to Succeed! [Read more>>](#)

Moms and Mindfulness: How do you interact with your child? [Click Here](#).



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.

[Read More>>](#)

About REACH

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.

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

Visit our Website!



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Forward

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) 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 **September's** newsletter, please send your information/nomination by **September 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](#).

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