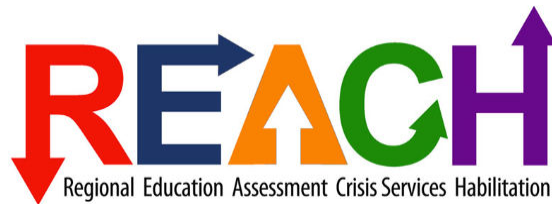


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**In This Issue:** *Supporting Individuals with Dysphagia, Therapy with People with IDD, a Mom's Story, & more apps!*

[View this email in your browser](#)



*REACH Region III Newsletter, Volume 1.7, September 2015*

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**REACH  
Region III  
August 2015**

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*Crisis  
Therapeutic*



## **Break Down Barriers!**

Learn how to effectively support individuals with Dysphagia, how to structure therapy for individuals with IDD, how adults can benefit from coloring, & how to work with culturally diverse families.

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## House

8 Emergency Stays  
6 Prevention Stay  
3 Step Downs from  
Psychiatric Hospitals

## Community Crisis Services

### Adult Services

14 Crisis Plans  
10 New Referrals  
130 Active Cases

### Children's Services

2 Crisis Plans  
2 New Referrals  
13 Active Cases

## Prevention Hour S

### Adult Services

294.6 Total Hours

### Children's Services

265.17 Total Hours



## Dysphagia 101

Dysphagia impacts as many as 15 million Americans. This medical disorder can especially cause significant issues for individuals with developmental/intellectual disabilities. Learn how to recognize the signs and symptoms of dysphagia and how you can help! [Read More >>](#)



**FACT:** Individuals with IDD *can* have a mental illness

**FACT:** Individuals with IDD *can* benefit from therapy.

This article describes common misconceptions about individuals with an intellectual or developmental disability and includes ways to structure therapeutic sessions to support individuals with an ID or DD diagnosis. [Click Here](#) to read more!

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## Upcoming Events:

**September 29, 2015**

**Walk & Roll to End the  
Waiting List**

Richmond, VA  
[Read more >>](#)

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**October 9, 2015**

**7th Annual Rural  
Behavioral Health Practice  
Conference Webcast**

Abingdon, VA  
[Read more >>](#)

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## **FALL ACTIVITIES!**

**Sign-up for fun activities  
offered by the IDA of the  
New River Valley!**

[Read More>>](#)  
[Registration Form>>](#)

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**September**

**Sneak Preview:** In October, we'll showcase a promising therapeutic intervention for individuals with IDD and challenging behaviors. Stay tuned!

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## Adults Can Color Too!



Coloring can be a mindful activity that helps people de-stress, and it's not just for kids. A recent Roanoke Times article talks about the benefits of coloring & why adults should do this too! [Read More>>](#)

**Give it a try with these [free printable mandalas!](#)**

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## Podcast

Bethany Van Delft, is a comedian from Boston. Listen to this touching podcast from [The Moth: Light and Hope](#), where Bethany tells her story of finding out in the delivery room that her daughter has Down Syndrome.



**IDD & Diversity**

## **is Suicide Prevention Month**

*According to the World Health Organization, it is estimated that over 800,000 people die by suicide each year.*

*Click on the Suicide Prevention Lifeline icon for resources on suicide prevention.*



## **Web Resources**



### **Understanding SSI**

[Here](#) you can find helpful information as well as resources to help clients and their family to understand the social security system.

### **The ARC**

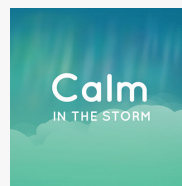
Stay informed with the Arc's newsletter. [Click here](#) for their August issue!

Working with children with disabilities and their families from culturally & linguistically diverse families can be challenging. This article describes a positive strategy to empower diverse families through a family-centered, strengths-focused family system model.

[Click here to learn more!](#)

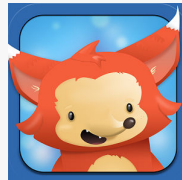
## **FREE Therapeutic Apps\***

Click on the icons to learn more about the app



### **Calm in the Storm**

Learn coping skills, identify social supports, help reduce stress & improve mental health.



### **BoosterBuddy**

Great for teens as well as young adults!  
This app helps manage your wellness by creating positive habits.

\*These are not a replacement for mental health services



## DBHDS News & Updates



**Proposal for Managing the Amended I/DD Waivers' Slots and Single Waiting List**

[Read More>>](#)

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**Excerpts from September's ALL IN!  
Monthly Newsletter from Commissioner Ferguson**

[See Archived Issues >>](#)

### **DBHDS Conducting Supports Intensity Scale (SIS) Respondent Trainings**

DBHDS's Division of Developmental Services staff conducted a total of ten Supports Intensity Scale® (SIS®) Respondent Training sessions across the state (Radford, Harrisonburg, Woodbridge, Henrico and Virginia Beach) in August and early September. This training is part of an effort to ensure individuals with developmental disabilities, their families and providers of DD waiver services, who have not previously participated in the SIS® assessment, are familiar with the Supports Intensity Scale® and interview process, as it will be an essential part of determining individuals' service packages and supports budgets in the redesigned waivers. Thus far 157 people received the training. A series of eight additional sessions are scheduled to occur in the month of October in Abingdon, Lynchburg, Fairfax and Purcellville.

### **DBHDS Sponsors Fourth Annual Virginia Crisis Intervention Teams (CIT) Conference**

In support of Crisis Intervention Teams (CIT), DBHDS is a major sponsor of the 4th Annual VACIT Conference which is scheduled for **October 19-20 in Hampton, Virginia**. DBHDS, DCJS, and the CIT Coalition coordinate this training event as a means to provide advanced training and as a venue where CIT programs can learn from each other. It is anticipated that 350 law enforcement, behavioral health, consumer, and consumer advocates will attend this year's conference. DBHDS is also sponsoring a **pre-conference institute on October 18<sup>th</sup>** for peers/ persons with lived experience who are members of CIT programs. Questions about CIT Assessment Sites should be directed to Stephen Craver, CIT Assessment Site Coordinator, and other questions about CIT can be directed to Jana Braswell, Statewide CIT Coordinator.

## **DBHDS Launched a Webpage for Compensation for Victims of Sterilization**

The Virginia Compensation for Victims of Eugenics Sterilization Program provides monetary compensation for people who were involuntarily sterilized according to the Virginia Eugenic Sterilization Act.

[Read More>>](#)

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## **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](mailto: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](mailto:cmsnewsletter@dbhds.virginia.gov)



**\*NEW\* Support Group for Siblings of Kids with Autism** (Blacksburg, VA)

Support group in collaboration with Yale University School of Medicine. For more information, [Click Here!](#)

**Adult Asperger/Autism Spectrum Social Group** (Salem, VA)

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!

**Adults with ASD Support Group** (Blacksburg, VA)

Meets on the 3rd Wednesday of each month from 6:30 PM - 8PM at the Child Study Center (460 Turner St., Suite 207, Blacksburg, VA 24060). Families also welcome to attend! Contact Caitlin Conner ([cconner4@vt.edu](mailto:cconner4@vt.edu))



**NRVCS Autism Support Group** (Blacksburg, VA)

Meetings are educational, parent-driven, and supportive. 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**



**\*NEW\*** Examining **restricted repetitive behaviors & heart rate differences** in children with autism spectrum disorder (ASD). [Click here](#) for flyer!

**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](#).

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## 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.

**\*Last Chance\*** Survey ends 9/30/2015

[Read More>>](#)

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## **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](mailto:info@swvaREACH.org)

[Visit our Website!](#)



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## **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 **October's** newsletter, please send your information/nomination by **October 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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**Our mailing address is:**

824 W. Main St., Radford, VA 24141

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