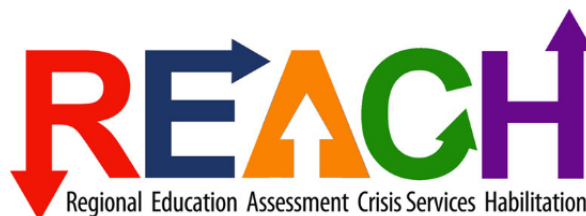


In This Issue: Pain & IDD, Preventing Falls, & REACH Updates!

[View this email in your browser](#)



REACH Region III Newsletter, Volume 1, Issue 11, January 2016

A New Year's State of Mind!

"I hope that in this year to come, you make mistakes. Because if you are making mistakes, then you are making new things, trying new things, learning, living, pushing yourself, changing yourself, changing your world. You're doing things you've never done before, and more importantly, you're doing something."

- Neil Gaiman



REACH Region III

The Bi-Annual
Quarters in Review

Advisory Council
Updates

REACH
Children's Data

1st & 2nd Quarter

Check out REACH's Bi-Annual Advisory Council Updates on the left! Also, learn more about IDD & pain, falls prevention, myths about the "severely disabled," and increase awareness of Autism in the African American Community.



Individuals with IDD & PAIN

Individuals with intellectual disabilities and

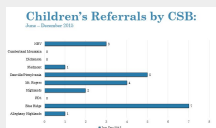
Combined Data FY 2016

22 New Referrals
16 Crisis Calls
12 Prevention Calls
5 Crisis Plans Provided
30 Active Cases

Community Hours

121.16 Crisis Hours
462.94 Prevention Hours

Children's Referrals by CSB Click Below!



REACH Adult Data

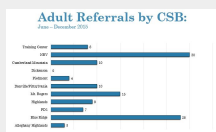
1st & 2nd Quarter Combined Data FY 2016

110 New Referrals
171 Crisis Calls
251 Prevention Calls
62 Crisis Plans Provided
208 Active Cases

Community Hours

766.90 Crisis Hours
2,165.29 Prevention
Hours

Adult Referrals by CSB Click Below!



REACH Crisis Therapeutic Home

1st & 2nd Quarter Combined Data FY 2016

47 Emergency Stays
40 Prevention Stays
18 Psych Hospitals Step

developmental disabilities are at increased risk of medical issues and experiencing chronic pain. Additionally, individuals with IDD may not be able to communicate their pain effectively which can result in challenging behaviors such as physical aggression, SIB, and/or loud vocalizations.

To learn more about **Pain & IDD** [click here!](#)

For pain rating scales for caregivers [click here!](#)

For pain self-rating scales [click here](#) & [here!](#)



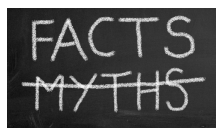
Fall Prevention



According to the Centers for Disease Control and Prevention, millions of people, ages 65 years and older fall each year. **For individuals with IDD, falls can cause injuries that make it hard to live independently.** The Arc's HealthMeet Project found from a 1,400 person sample size that 18% have fallen at home within the past year. The study finds that **individuals with IDD of all ages may be more likely to fall.**

To learn more on how to prevent falls this winter

[click here!](#)



About Severe Disabilities

"Researchers across the country find that fear and myths about people with disabilities keep many in this population segregated from the rest of the society in institutions."

**We've updated our
referral form!
To get our New Referral
Form [click here!](#)**



Upcoming Events:

January

**Statewide Cultural &
Linguistic Competence**

Advisory meeting

Open to the public

January 28th

To learn [click here](#)

February

**Legislative Breakfast on
Developmental Disability
Advocacy Day!**

February 1st

Hilton Richmond Downtown

To learn more [click here](#)

United Way Kid's Day



Attend Virginia
Tech athletic event

February 6th

[To learn more>>](#)

[Photo release form](#)

IDA of the NRV

Winter Activities!

[Click here for more
information>>](#)

[Click here for registration>>](#)

Web Resources



[Click here](#) to watch this news report from Washington State about several individuals who live outside of an institutional setting. Research has found that about 90% of adults with severe disabilities currently live with family members or in small assisted living homes, and not institutions.

[Click here](#) to read the complete report!

Cultural Competence



In the upcoming months, we'll highlight resources from DBHDS' website on [Cultural Competence in](#)

[ID & DD services](#) that would be helpful for personal growth & a great tool for working with diverse families.

Did you know that African American children with Autism are 1-2 years older than Caucasian children before they are even diagnosed? [Autism in the African American Community](#) is a great resource to learn how Autism affects this community. This website provides links to research and articles to gain a better understanding, and also provides information about medical, education, and cultural disparities.



COMING SOON!!!

NEW Crisis Therapeutic Home in Fairlawn!

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

NADD

A not-for-profit association for professionals, care providers, and families to promote understanding of services for individuals who have developmental disabilities and mental health needs. [Click here](#) to read their newsletter!

Autism Matters

Stay connected with The Autism Society! [Click here](#) to read their most recent newsletter!

CLAS Courier

Stay informed with The office of Cultural and Linguistic Competence. [Click here](#) to read their newsletter!

FUTURE HOME of REACH

Regional Education Assessment Crisis Services Habilitation

Learn more at nrvc.org/reach



DBHDS News & Updates

A note about REACH Services from the Department of Behavioral Health and Developmental Services. [Click here](#) for a letter that can be shared with families who might be unaware of REACH Services and might need crisis services.



The U.S. Department of Justice and the Commonwealth of Virginia are currently negotiating specific implementation schedules, including time frames, interim steps, and performance indicators, for specific areas of the settlement agreement.

To learn more [click here](#)!



Connect Social Group (Roanoke, VA)

Focuses on natural environment learning to offer a fun and motivating way to target social goals. For more information [Click Here!](#)

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)

All adults with an Autism Spectrum Disorder and their families welcome! [Click here](#) to learn more!



NRVCS Autism Support Group (Blacksburg, VA)

Meetings are educational, parent-drive, 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

- **Driving Study.** [Click here](#) for more information!
- **FEET:** Facial Emotion Expression Training. [Click here](#) for flyer!
- A new construct for studying **social reciprocity.** [Click here](#) for flyer!
- **Stress & Anger Management Program** for children with ASD. [Click here](#) for flyer!
- 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 flyer!
- **Helping College Students** with ASD to Succeed! [Read more>>](#)
- **Moms and Mindfulness:** How do you interact with your child? [Click Here.](#)

*****For a complete list of research please visit the
[Virginia Tech Center For Autism](#) website to learn 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!



Share



+1



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 newsletter, please send your information/nomination by **February 1st**.*

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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Let us know how we are doing!

Feedback

