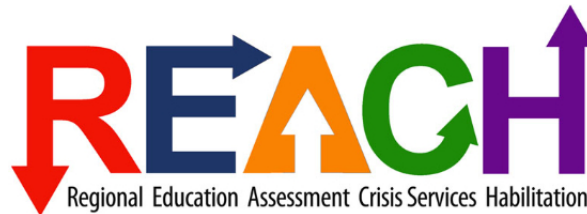


In This Issue: Trauma & IDD, Lab Monitoring, & Resources!

[View this email in your browser](#)



REACH Region III Newsletter, Volume 2, Issue 1, March 2016



“As far as we’re concerned, *disability* means *possibility*.”



REACH Region III

February 2016

Crisis Therapeutic House

- 6 Emergency Stays
- 13 Prevention Stays
- 1 Step Down from Psychiatric Hospitals



Trauma & IDD

Individuals with IDD are at higher risk for neglect, abuse, and other adverse experiences that could result in trauma. Despite higher rates of traumatic incidences, research and clinical resources for Trauma and IDD are limited. The Trauma and Intellectual and Developmental Disabilities Toolkit was developed by the National Center for Child Traumatic Stress and the National Child Traumatic Stress Network Trauma & IDD Expert Panel. This toolkit

Community Crisis Services

Adult Services

21 New Referrals
170 Active Cases
654.39 Prevention Hours
4 Crisis Plans
50.53 Total Crisis Hours

Children's Services

5 New Referrals
24 Active Cases
107 Prevention Hours
1 Crisis Plans
28.67 Total Crisis Hours

We've updated our referral form!

[To get our New Referral Form click here!](#)



Upcoming Events:

MARCH

VTAC Outreach Conference

"Autism Throughout the Lifespan"

**Deadline to Register
March 25th**

[Click here to learn more!](#)

APRIL

Transition Fair

Learn about programs and services available to

offers a number of resources for learning about, screening for, and treating trauma in the IDD population, including 15 Expert Briefs written by the NCTSN Trauma and IDD Expert Panel.

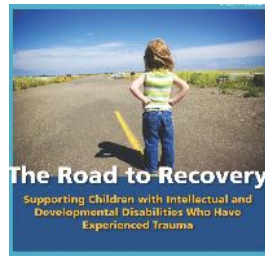
Preview this Expert Brief on Challenges and Barriers, written by Dr. Elizabeth Thompson of the Family Center at Kennedy Krieger Institute.

Challenges and Barriers

Dr. Thompson describes the challenges and barriers to working with children with IDD who have experienced a trauma.

For more information about this toolkit, check out:

[The Road to Recovery: Supporting Children with Intellectual and Developmental Disabilities who Have Experienced Trauma](#)



[Click here to login or create an account at NCTSN so you can access this free resource!](#)

Lab Monitoring



Lab monitoring is an essential tool to ensure medications are working effectively for an individual without causing toxicity and harmful effects.

students with disabilities.

April 6th

[Click here to learn more!](#)

Annual Benefit Dinner & Silent Auction



Sponsored by the ARC of the New River Valley

April 9th

[Click here to learn more!](#)

American Red Cross Blood Drive



Blacksburg Christian Church

April 9th

[Click here to learn more!](#)

WAIVER REDESIGN

[Read this letter](#) from Interim Commissioner, Dr. Jack W. Barber, about the changes the Department of Behavioral Health and Developmental Services is making to the Medicaid Waiver (ID, DS, & DD). These changes will be **effective July 1st.**

[Click here for more information about the proposed services array.](#)

Web Resources



[Click here](#) to learn about medications that might need lab monitoring, learn new terminology, and to learn about the importance of blood tests.

Supported Decision-Making

The disAbility Law Center of Virginia's mission is to offer advocacy and legal representation to protect and advance legal, human, and civil rights of persons with disabilities. They also combat and prevent abuse, neglect, and discrimination. The disAbility Law Center of Virginia promotes independence, choice and self-determination by persons with disability.



The center offers many helpful resources such as [Supported Decision-Making](#) for parents. Below are some of the topics covered:

- [I Just turned 18; What's Changed?](#)
- [How to Decide Who Decides When I Can't Decide.](#)
- [Glossary of Decision-Making Terms.](#)

Click the link to get another helpful resource "[Tips For Parents When Your Child With a Disability Turns 18](#)". This guide gives tips on healthcare, services, education and much more!

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.

[National Service Inclusion Project \(NSIP\)](#) addresses the importance of culture brokering and how this helpful tool can bridge the gap between an organization and a diverse community.

Understanding SSI

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

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!

PRC Newsletter

The Parent Resource Center of Montgomery County Public Schools offers support to encourage collaboration for the benefit of all MCPS students with special needs. [Click here](#) to read their newsletter!



Helpful Apps

(Click on the icons to learn more about the apps)

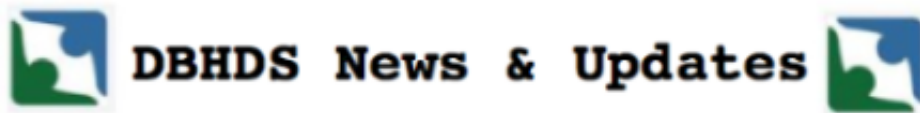
Smiling Mind

Great for any age! This app let's you choose an age group and guides you through mindfulness meditation.



Model Me Going Places 2

Great for anyone! This app emphasizes taking turns, calm hands, and models 6 different scenarios!



The Extended Public Comment Period is Now Open Through MARCH 31, 2016

Since October 2014, there has been a transformation process, that includes a comprehensive review of the state's behavioral health and developmental services system. This effort focuses on **access, quality, stewardship of resources, and accountability**. The ultimate goal is to become a model system and to achieve DBHDS' vision of **"A life of possibility for all Virginians."** To accomplish this, four Transformation Teams were started.



The initial areas of focus are:

- Adult behavioral health services
- Adult developmental services
- Child and adolescent behavioral health services
- Services to individuals who are justice-involved

To learn more about the Transformation Teams [click here](#).

In December 2015, the four teams finalized and submitted the second round of recommendations aimed at transforming Virginia's system. They are now asking for public comments. [Click here to read a letter with more information on how you can provide comments.](#)



"Get Real" Social Skills Group (Salem, VA)

Social support for high school students to help improve conversation skills, solve problems, and manage stress. [Click here](#) for the flyer. [Click here](#) for application.

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

- **Group Parent Training.** [Click here](#) for flyer!!
- **Stress & Anger Management program.** [Click here](#) for flyer!
- **Driving Study.** [Click here](#) for flyer!!
- **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**



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 **April 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](#).

Copyright © 2015 NRVCS, All rights reserved.

Our mailing address is:

824 W. Main St., Radford, VA 24141

[unsubscribe from this list](#) [update subscription preferences](#)

Let us know how we are doing!

Feedback