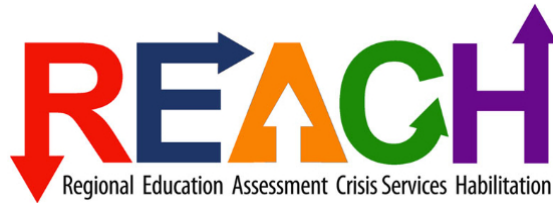


*In This Issue: Mental Health & IDD*

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*REACH Region III Newsletter, Volume 2, Issue 3, May 2016*



May is  
Mental Health  
Awareness Month

"WHEN 'I' IS REPLACED BY 'WE' EVEN ILLNESS CAN  
BECOME WELLNESS."

~MALCOLM X~

**REACH**

**Region III  
Updates**

**April 2016**

***Crisis Therapeutic  
House***

Emergency Stays:4  
Prevention Stays:8  
Step Downs from  
Psychiatric Hospitals:6  
\*\*\*

***Community Crisis  
Services***

**Adult Services**

New Referrals:37  
Active Cases:182  
Prevention Hours:601.48  
Crisis Plans:9

***Crisis Line Information:***

Face to face response:30  
Information/referral:15

**Clinical Corner**

**Mental Health Problems & IDD**

**DID YOU  
KNOW ?**

Not only can **individuals with IDD experience a mental health disorder** but they also experience mental health disorders at **higher rates than the general population.**

For more information about how to identify and diagnose mental health disorders in individuals with ID, checkout the DM-ID. This comprehensive clinical guide breaks down diagnostic criteria for mental health disorders to help clinicians understand how individuals with ID may present.

[Click here for more information!](#)

New Referrals:15  
Active Cases:30  
Prevention Hours:139.71  
Crisis Plans:0

**Crisis Line Information:**

Face to face response:10  
Information/referral:3  
Prevention/non-crisis:6

**We've updated our  
referral form!**

**To get our New Referral  
Form click here!**

**UP COMING EVENTS****MAY****Spring Craft Classes**

**Event dates vary!**

**[Click here to register!](#)**

**[Click here for schedule!](#)**

**Spring Carnival  
Fundraiser**

**May 21st**

**[Click here to learn more!](#)**

**JULY  
EFFORT**

A program focusing on  
individuals with disabilities

**July 16th**

**[Click here to learn more!](#)**

**Patrick County  
Autism Conference**

Tickets went on sale April  
1st!

**July 29th**

**[Click here to learn more!](#)**

**2016 Autism Conference**

Featuring Dr. Temple  
Grandin

**Allergy Season**

The air we breathe is filled with pollen, pollutants, and dust. These contaminants can make life miserable for individuals who suffer from seasonal allergies. According to [The American College of Allergy, Asthma, and Immunology](#), an estimated 50 million Americans suffer from season allergies.

It's important to remember that individuals with Intellectual/Developmental Disabilities can also suffer from allergies. Be mindful that they might not be able to communicate or verbalize their discomfort which can lead to an increase in escalations. [Click here](#) to learn more about the signs and symptoms of allergies!



*Imagine living somewhere you didn't choose?*

*Being told you're not able to leave.*

*Or not being able to see your family regularly.*

*This is the reality for some individuals with IDD who  
live in institutions.*

"i go home" is a thought provoking, heart-wrenching documentary about the reality that happens inside the walls of institutions for individuals with Intellectual Disabilities. This documentary focuses on the changes that happened in Pennsylvania but it's **very relevant to the current changes that are happening in Virginia**. Listen to the stories of people with intellectual disability, watch as

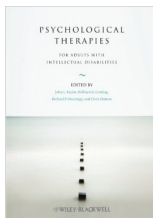
**Reeve United Soccer  
Camps  
Summer 2016**  
[Click here to learn more!](#)

**PEATC's  
Summer Learning  
Events**  
[Click here to learn more!](#)

**B.U.D.  
Bros UniteD**  
Mentorship program for  
teenage boys with Autism  
Spectrum  
**Fall Schedule**  
[Click here to learn more!](#)



**[Psychological Therapies for  
Adults with Intellectual  
Disabilities](#)**



**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.

**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!

[Click here to watch the documentary!](#)

To learn more about the history of Individuals with IDD and  
the settlement agreement in Virginia, [click here!](#)



**Cultural Competence**

**Health Disparities**, according to the  
CDC, are preventable differences in  
the burden of disease, injury, violence, or  
opportunities to achieve optimal health that  
are experienced by socially disadvantaged populations.

Health disparities result from factors such as:

- Poverty
- Environmental threats
- Inadequate access to health care
- Individual and behavioral factors
- Education inequalities

[Click here](#) to read an overview on behavioral health  
disparities.

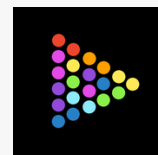


**Helpful Apps**

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

**Music eScape**

Music can have a powerful effect on mood. This  
app lets you create a mood map of your library,  
develop playlist that match your mood your music  
to your mood.



**SuperBetter**

This app helps build resilience. As providers  
sometimes we forget to take care of ourselves.  
This app aims to help you achieve the goals that  
matter most to you.



Schools offers support to encourage collaboration for the benefit of all MCPS students with special needs. [Click here](#) to read their newsletter!  
[Click here](#) for their Summer Activities Guide!



## Mental Health First Aid Month

Mental Health First Aid is an 8 hour training course designed to give community members key skills to help someone who is developing a mental health problem or health crisis. This course is designed to make people feel more comfortable managing a crisis situation and helps the public identify, understand, and respond to signs of mental illness.



[Click here](#) to learn more!

**Interested in taking a class?**

[Click here](#) to get more information and find a class near you!



### **"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-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.



## Research & Surveys

### Autism Research at Virginia Tech

- **\*NEW\*** possible **SAFE yoga classes** for individuals on the Autism Spectrum and their caregivers. [Click here for survey!](#)
- **Sibling Stress Survey.** [Click here](#) for flyer!
- **For children 3-8 yr old that have Autism.** [Click here for flyer!](#)
- **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 [Virginia Tech Center For Autism Research 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](mailto:info@swvaREACH.org)

**Visit our Website!**



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+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](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 the June newsletter, please send your information/nomination by **June 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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### **Our mailing address is:**

824 W. Main St., Radford, VA 24141

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Let us know how we are doing!

Feedback