



- A LITTLE SOMETHING TO MAKE YOU SMILE -

## Hello August.

"Never discourage anyone who continually makes progress, no matter how slow." – Plato



## We're Moving!

The REACH CTH will soon have a new location: 6871 Tara Lane, Radford VA.  
Open House date and time coming soon!



## Clinical Corner

### Behavioral Activation Therapy for Depression in Individuals with ID

Behavioral Activation (BA) therapy is gaining ground in the clinical and research community as a treatment for Depression that rivals the benefits of Cognitive Behavioral Therapy, the current gold standard. Behavior Activation focuses on identifying and reducing barriers to activity engagement, and developing alternative coping strategies to reduce avoidance of activities.

So what does this mean for individuals with ID? [Click here to read more](#)

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## A Word from Nurse Carrie Browder

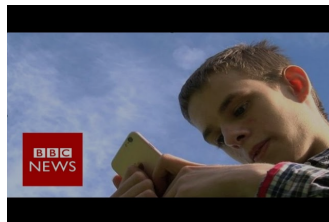
In an effort to improve the health of all Americans, the United States Department of Health and Human Services have released Healthy People 2020, a ten-year initiative that continues a three decades long effort to improve the health of Americans through scientific research and study. [Click here to read more](#)

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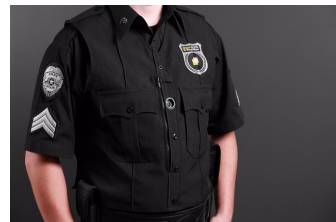
Click on the Pictures below for links to content.



**REACH:**  
The Data



Pokemon Go  
and ASD



Take a Survey:  
Perceptions



Diverse Patients:  
APA Best Practice



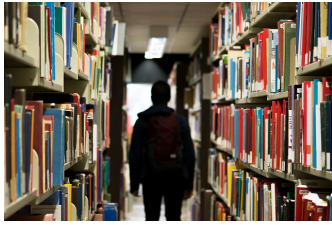
**LIFE at SWTC:**  
Letter from the Director



Spotlight:  
Popular DD Books

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Autism Research:  
Virginia Tech



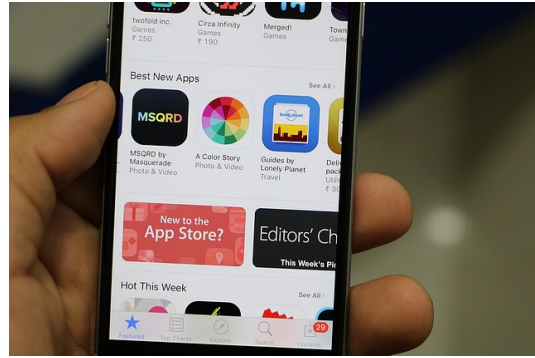
Internet  
Resources



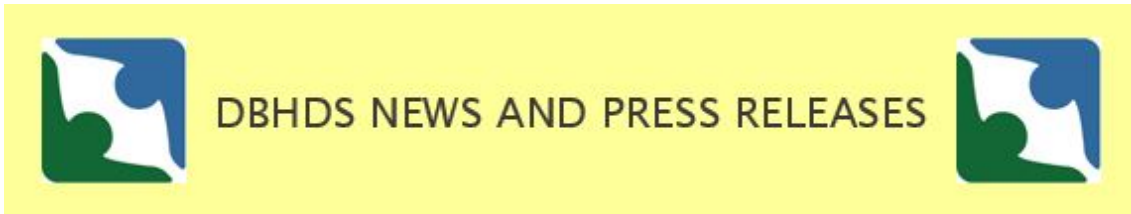
Cinema  
"Employment Matters"



Calendar of Events



Helpful Apps



Click above for the latest from DBHDS!

## Support Groups

### "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!

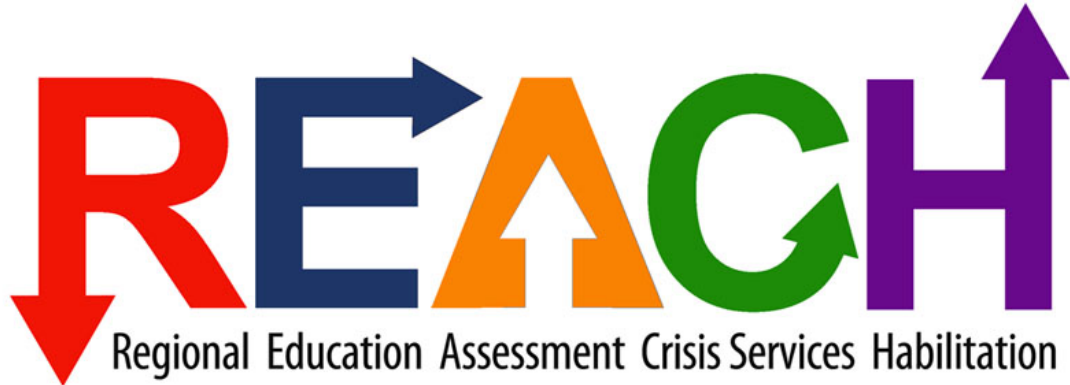
[Click here](#) to learn more.

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.

Bros UnitedD: (Blackburg, VA)

B.U.D. is a mentorship program fro teenage boys on the autism spectrum. Brothers from Theta Delta Chi fraternity partner up with their little "bros" for a given amount of time each week to form lasting friendships! [Click here](#) to learn more.



[REACH Crisis Services - Adult Fact Sheet](#)

[REACH Crisis Services - Children Fact Sheet](#)

[Our New Referral Form](#)

[Newsletter Submissions](#)

[About REACH](#)

**Contact REACH Region III**

**Our mailing address is:**

824 W. Main St, Radford, VA 24141

**Crisis and Information Line - 1.855.887.8278**

**Local Calls - 540.267.3435**

**Fax - 540.267.3403**

**Email - [info@swvaREACH.org](mailto:info@swvaREACH.org)**

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