

Update

December News



November Data

Adults

Referrals: **25**
Active Clients: **191**
Crisis Plans: **6**
Prevention hours: **502**

Crisis Therapeutic Home

Emergency Bed Days: **91**
Step Down Bed Days: **57**
Prevention Bed Days: **27**

Children

Referrals: **20**
Active Clients: **57**
Crisis Plans: **4**
Prevention hours: **220**



December is here and it's definitely getting colder here in Southwest Virginia!

From the change to heavier clothing to the dip in temperatures, winter can intensify the challenges for individuals with sensory issues.

[Click here](#) for advice on transitioning to winter from Autism Speaks.

[Click here to download current REACH Referral Form.](#)

Events



ABC's of ABA: Rockin' Holiday Party

ABC's of ABA would like to invite all to the 3rd Annual Holiday Party!

This year will include: Santa and Mrs. Claus (you may take pictures with Santa), games, crafts, and light refreshments. Elves and other Holiday characters will be running around!

As always, the super amazing trained staff at ABA will be there to support as needed.

When: Friday, December 16
5-7pm

Where: 1630 Braeburn Drive
Salem, VA

To see flyer [click here.](#)

2017 Winter Activities & Programs

The IDA (Leisure Directions), Special Olympics Area 9, Christiansburg Parks & Recreation, Blacksburg Parks & Recreation and NRV Superbowl are co-sponsoring activities & programs that bring together persons with

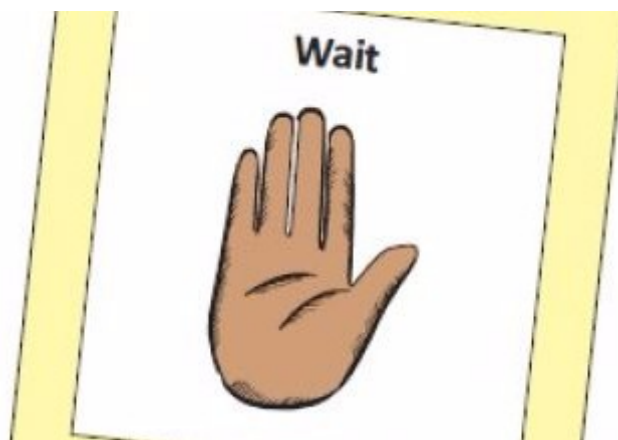


The **21st Century Cures Act** was signed by President Obama on Tuesday, December 13th, 2016.

This legislation aims to increase funding for medical research, speed the development and approval of experimental treatments and overhaul the federal policy on mental health care.

[Click here](#) to read the article from the Washington Post.

Clinical Corner



Visual Supports and Autism Spectrum Disorders

What are visual supports? A visual support refers to using a picture or other visual item to communicate with a child who has difficulty understanding or using language. Visual supports can be photographs, drawings, objects, written

and without disabilities.

[Click here](#) for the Registration Form.

Special Olympics - Region 9 - [Click here](#) for events.

[Click here](#) for calendar of events.

Apps



Cookie Doodle

Cookie Doodle is an app that is perfect for working on comprehension of step by step instructions!

[Click here](#) to download or learn more.

[Click Here](#) for Bridging Apps - "Bridging the gap between technology and people with disabilities."

Bridging Apps features **3254** apps for people with special needs and disabilities. Easy search feature! A proud part of the Easterseals.

words, or lists. Research has shown that visual supports work well as a way to communicate. [Click here](#) to read more from Autismspeaks.org.



Test your knowledge on Visual Supports!

[Click here](#) for quiz.

Medical News

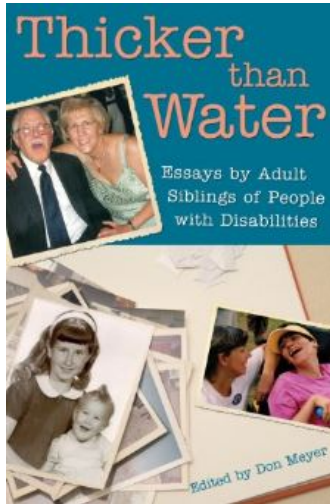


Are you waiting to get through the holidays before resolving to eat healthy?

Did you know that after just three days of a high sugar/high fat diet that the liver begins to accumulate fat? Did you know that in just one week diabetes indicators begin to show up?*

This is not to suggest that you shouldn't enjoy holiday treats this year, but try considering alternatives to some of those high fat/high sugar recipes.

Books



Thicker than Water

In this thought-provoking essay collection, thirty-nine adult siblings reflect on how their lives have been indelibly shaped by their relationship with a brother or sister with special needs.

Edited by Don Meyer,

[Click here](#) to learn more.

Internet



[Click here](#) for the website.



Social Security and SSI for
People with I/DD and Their

Holidays can leave you feeling exhausted, but did you know that the tiredness might be from sugar consumption causing inflammation and acid accumulation in your cells?

It's not the just the in-laws, the cousins, or the kids after all! -Nurse Carrie Browder

[Click Here](#) for the "10 tips for healthier holiday choices" poster from the USDA.

*Stanhope, K.L., Schwarz, J., and Havel, P.J. "Adverse metabolic effects of dietary fructose: Results from recent epidemiological, clinical, and mechanistic studies." [Curr Opin Lipidol](#) 2013 Jun; 24(3): 198-206. Doi:

10.1097/MOL.0b013e3283613bca.

Crafts



Fun Snowman Sensory Craft

Click on video above for 'Snowman Science' demonstration.

[Click here](#) for foaming dough recipe!

Video

Families.

[Click here](#) for information from The Arc.

[Click here](#) for The Arc's website.



Virginia Tech Center for Autism Research

[Click here](#) for the website.



'Why Mindfulness is a Superpower'

Click above for a short video from Happify.com on the power of mindfulness.

Resources



The Autism Society, the nation's leading grassroots autism organization, exists to improve the lives of all affected by autism. They do this by increasing public awareness about the day-to-day issues faced by people on the spectrum, advocating for appropriate services for individuals across the lifespan, and providing the latest information regarding treatment, education, research and advocacy. [Click here](#) for the website and to learn more.

[Click here](#) for a some great local support groups!

Opportunities



2017 Annual Autism Outreach and Research Conference



SAVE THE DATE!

**Attendees can either attend one or both conferences*

This year we are combining the VT Autism Clinic (VTAC) Outreach Conference with the VT Center for Autism Research (VTCAR) Conference to provide two days of autism related information. Faculty, students, affiliates, and community are invited to attend!
All proceeds directly benefit VTAC and VTCAR.

**Location: Biocomplexity Institute of Virginia Tech
(1015 Life Science Circle, Blacksburg, VA 24061) Conference Room 145**

The 4th Annual VTAC Outreach Conference

March 30th 9:00 AM– 3:00 PM

- **Keynote Speakers: Dylan and Derek Volk** "A rare and truthful look inside a dad's life raising a son on the autism spectrum"
- Breakfast and Lunch will be provided.
- \$20 donation requested.
- Exhibitor Opportunity: \$20 for half of a table, \$40 for a whole table. Limited space available. If interested, contact vtcar2013@gmail.com.

The 5th Annual VTCAR Conference

March 31st 8:30 AM– 11:30 AM

- **Keynote Speaker: Lisa Ruble, Ph.D.**
*College of Education, University of Kentucky
Center for Autism Evaluation, Service and Research*
- Breakfast will be provided.
- \$10 donation is requested.

* RSVP for either conference by March 15th to Zoe Waddell (vtcar2013@gmail.com) and indicate which conference(s) you will be attending



Click image above for full size PDF.

PEERS for Preschoolers Social Skills Program

WHY: The PEERS for Preschoolers program is a parent-assisted social skills intervention for young children with ASD who are having difficulty making and/or keeping friends.

WHO: Parents and Children with ASD ages 4 to 6

WHAT: The group consists of 16 weekly sessions that are 1.5 hours in length. There will be a simultaneous parent and child group and joint interactive play at the conclusion of each session. Topics covered include asking for and using friends' names, how to greet friends, how to share and take turns, and giving parents the tools for social coaching their child. Clinic rates apply.

Families can earn up to \$50 for completing screening, post-intervention, and follow-up sessions.

Where: Virginia Tech Autism Clinic (VTAC) Blacksburg, VA 2461

See [flyer here](#).

Contact information: p4pvt2016@gmail.com

Mother and Child Interaction Study for Children Diagnosed with ASD

WHO: Children diagnosed with ASD between the ages of 2-5 years and their mother

WHAT: Participants will participate in a 1.5 hour long visit with 3 follow up questionnaires to complete.

- Mothers will complete questionnaires
- Mother and child will complete interaction task
- Physiological data will be collected from mother and child (saliva sample from both, hear rate from mother)
- Families can be reimbursed up to \$50 (\$20 for time 1, and \$10 each for times 2 and 3, with a bonus \$10 if all time-points are completed)

WHERE: VT Autism Clinic
3110 Prices Fork Rd.
Blacksburg, VA 24061

CONTACT: Phone: (540) 231-2053
Email: vtstresstest@gmail.com

See flyer [here](#)

[Click here](#) for more Events and Opportunitites from VTAC.

DBHDS



News and Press Releases

[Click Here](#) for the latest!

Pilot Mobile Rehab Engineering Team

Mission: To provide mobility equipment maintenance and repair services in the community to individuals with I/DD.

[Click here](#) for more information and MRE team assessment form

Cultural Competence in I/DD Services

Cultural competence in the area of developmental and intellectual disabilities is a new field of study and practice. There is a growing body of work but it is not very comprehensive. [Click here](#) for useful toolkits and guidelines to explore this work.

[About REACH](#)

[Fact Sheet-Adult](#) [Fact Sheet-Children](#)

[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

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