

## Update

## Clinical Corner



### December Data

#### Adults

Referrals: 24  
Active Clients: 186  
Crisis Plans: 3  
Prevention hours: 549

#### Crisis Therapeutic Home

Emergency Bed Days: 110  
Step Down Bed Days: 49  
Prevention Bed Days: 20

#### Children

Referrals: 8  
Active Clients: 58  
Crisis Plans: 2  
Prevention hours: 230

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### Sensory Processing Explained

Sensory issues are often recognized during the toddler years, but individuals tend to experience sensory processing issues through adulthood. You might notice clumsiness and trouble climbing stairs; and difficulty with fine motor skills like wielding a pencil and fastening buttons.

#### **Baffling behaviors**

- Screaming if their faces get wet
- Crying, screaming, or fighting when you try to get them dressed
- Having an unusually high or low pain threshold

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

- Crashing into walls and even people
- Putting inedible things, including rocks and paint, into their mouths

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## Events



### **Night to Shine - 2017**

An unforgettable prom night experience, for people with special needs ages 14 and older! Video above!

When: **February 10th**

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

[Click here](#) for a Calendar of Events!

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## Apps

These and other atypical behaviors may reflect sensory processing issues—. [Click here](#) for the complete article from The Child Mind Institute and [click here](#) for the article *The Debate Over Sensory Processing*.

[Click here](#) for the Biel and Peske Sensory Checklist.

[Click here to take the quiz and test your knowledge!](#)



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## January News



**Mental Health Advocacy Day - Jan 25th**



## Choiceworks

Choiceworks is an app for helping individuals complete daily routines and tasks, understanding and controlling feelings and to improve their patience. [Click here](#) to learn more or download.

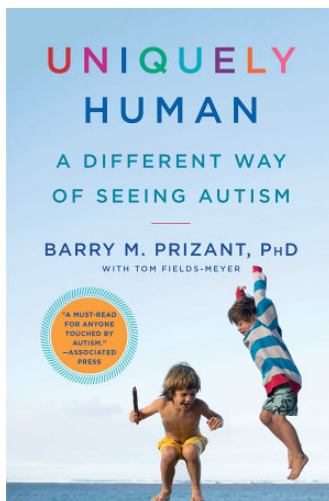
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[Click Here](#) for Bridging Apps - "Bridging the gap between technology and people with disabilities."

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

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## Books



**Uniquely Human:**

NAMI Virginia, The Campaign for Children's Mental Health, Mental Health America of Virginia, and VOCAL have once again joined together to organize the 2017 Mental Health Advocacy Day at the Virginia General Assembly!

**The day will consist of self-advocacy, camaraderie, and the beneficial exposure to the Virginia legislative system!** The coalition will host a legislative breakfast in the General Assembly building, followed by participants' schedule visits to their legislators' offices.

[Click here](#) to learn more and to register.

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## Training

Become a  
**Partner**  
in Policymaking



The Virginia Board is now accepting applications for the next session of **Partners in Policymaking** (PIP), a premier advocacy and leadership training program.

The 2017-18 class will consist of seven two-day sessions beginning September of 2017 and lasting through April of 2018.

Eligible applicants are adults with developmental disabilities and/or parents of young children with developmental disabilities.

## **A Different Way of Seeing Autism**

by Barry M. Prizant, PhD

A groundbreaking book on autism, by one of the world's leading experts, who portrays autism as a unique way of being human—this is “required reading....Breathtakingly simple and profoundly positive” (*Chicago Tribune*).

[Click here](#) for a free sample of this book.

## **Internet**



[Click here](#) for the website.



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

**The application deadline is Friday, March 31, 2017, by 5 p.m.**

For more details and to download the application, visit <http://bit.ly/2hj2eYJ>

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## **Medical News**



### **A Resolution Recommendation from a Nurse.**

By: Nurse Carrie Browder

The New Year brings excitement and resolutions to put the past in the past and start fresh. A clean slate.

From the lack of available treadmills and elliptical machines in the cardio rooms in January, it seems as though lots of folks have the same resolution, or a resolution that puts them in the same place: the gym. Don't get me wrong, as a nurse, I'm a huge advocate of folks ending up at the gym.

[Click here](#) to read more.





# TURN YOUR RESOLUTIONS INTO REAL SOLUTIONS

## 1. Start with small changes

Instead of a diet overhaul, make small changes to what you eat and drink that will work for you now and in the future.



## 2. Take one day at a time

Sometimes things don't go as planned, even with the best of intentions. If you miss one day or one milestone for your goal, don't give up!

## 3. Be active your way

Pick activities you enjoy! If you focus on having fun or learning a new skill that interests you, you will be more likely to stick with it.



## 4. Team up

Find a friend with similar goals—swap healthy recipes and be active together. Staying on track is easier with support and a cheerleader.

## 5. Celebrate successes

Think of each change as a "win" as you build positive habits and find ways to reach your goals. Reward yourself—you've earned it!



**MyPlate**  
**MyWins**

December 2016  
For more information go to [ChooseMyPlate.gov](http://ChooseMyPlate.gov)  
USDA, Center for Nutrition Policy and Promotion.  
USDA is an equal opportunity provider, employer, and lender.

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## Resources

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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.

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

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## 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](mailto: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](mailto:vtcar2013@gmail.com)) and indicate which conference(s) you will be attending



*Click image above for full size PDF.*

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## 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](mailto:p4pvt2016@gmail.com)

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# 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](mailto:vtstresstest@gmail.com)

See flyer [here](#)

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

## DBHDS



## News and Press Releases

[Click Here](#) for the latest!

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### 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

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### HEALTH EQUITY IN BEHAVIORAL HEALTH AND DEVELOPMENTAL SERVICES

The DBHDS Office of Health Equity Advancement (OHEA) leads efforts to provide improved services to diverse and under-served individuals and works toward eliminating the disparities within the state's mental health, intellectual disability and substance-use disorder system.

[Click here](#) for the website.

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[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](mailto:info@swvaREACH.org)

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