

## Update

## Clinical Corner



### June Data

#### Adults

Referrals: 29  
Active Clients: 196  
Crisis Plans: 12  
Prevention hours: 482

#### Crisis Therapeutic Home

Emergency Bed Days: 69  
Step-down Bed Days: 44  
Prevention Bed Days: 58

#### Children

Referrals: 7  
Active Clients: 56  
Crisis Plans: 3  
Prevention hours: 127



### Minority Mental Health Awareness

July is Minority Mental Health Awareness month. Mental health conditions do not discriminate based on race, color, gender or identity. Anyone can experience the challenges of mental illness regardless of their background. However, background and identity can make access to mental health treatment much more difficult.

[Click here](#) to read more from NAMI.org.

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### Multicultural Issues with Autism

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

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## Events



### 2017 Camp & Activities Guide

[Click here](#) for your guide to summer fun!



**IDA**nrv

**"Swing Fore Persons with Intellectual Disabilities"**

### The 20th Annual Golf Classic

*To benefit Persons with Intellectual Disabilities.*

**WHERE:** Auburn Hills Golf Club

**WHEN:** Friday, August 4th, 2017

“Students with multicultural backgrounds and autism are challenged on at least four dimensions: communication, social skills, behavioral repertoires, and culture. The professional literature continues to address the first three; it is imperative to now consider the third: multicultural issues [sic].”

The empirical research available describes how children with autism from other cultures are identified and treated according to the western viewpoint.

[Click here](#) to continue reading.

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## Medical News



### Medical Emergencies: Part 2

By Nurse Carrie Browder

#### Signs and symptoms of a heart attack include:

- Chest pain, discomfort or pressure that lasts longer than three to five minutes or goes away and comes back.
- Discomfort, pain, or pressure in the shoulder, arm, neck, jaw, stomach or back.
- Difficulty breathing.
- Other signs such as sweating, dizziness, nausea, vomiting, or becoming pale or tired.

**FEE:** \$60 per person (includes lunch)

[Click here](#) for the flyer and  
[Click here](#) for the application.

For more information please contact IDA at **381.0310** or email [sheila@idanrv.org](mailto:sheila@idanrv.org)

## Apps



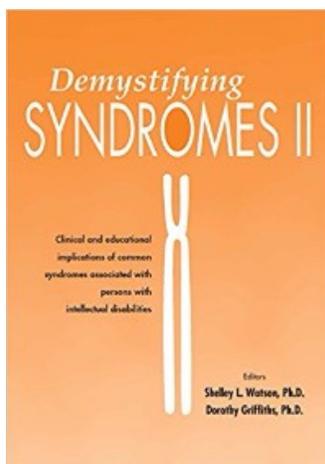
### StepByStep Sequencing for Kids and Adults

StepByStep is a therapeutic and educational tool which helps assess and improve the sequencing skills of every day tasks for kids and adults with impaired or developing cognition!

[Click here](#) to learn more!

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## Reading

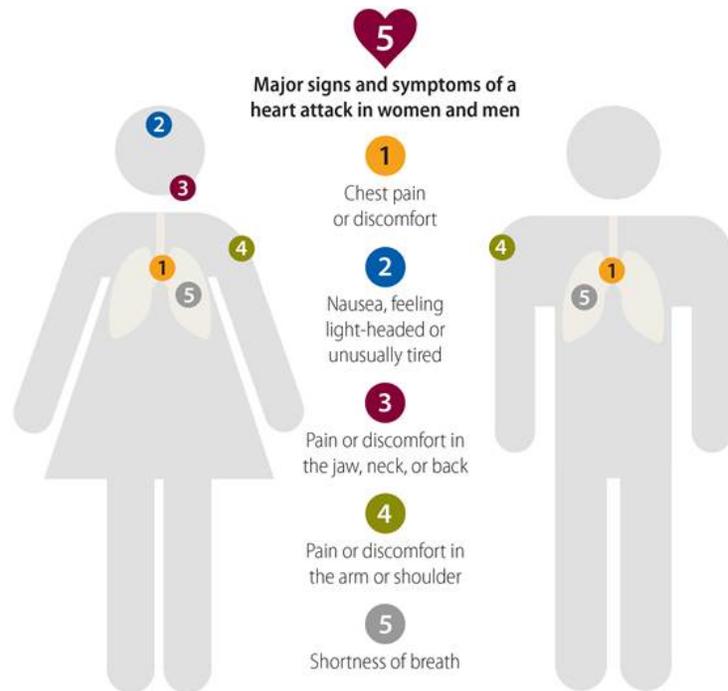


If you are with an individual who is non-verbal or has disabilities, be aware of how they express pain and discomfort. Stating “my chest hurts” is not the only way to recognize a heart attack.

Look for clues! Is the individual guarding their chest, grimacing and sweating? Are they rubbing their shoulder or jaw and having difficulty breathing?

Remember, if you suspect that someone is experiencing signs and symptoms of a heart attack, call 911 immediately!

[Click here](#) to read more!



(Click image for full size from [www.cdc.gov](http://www.cdc.gov))

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## Article

## Demystifying Syndromes II

In this revision the editors have selected some common and some lesser known syndromes that are associated with persons with developmental disabilities and co-existing mental or behavioral challenges.

[Click here](#) to read more from the NADD store.



## 15 People on the Autism Spectrum Describe What a Meltdown Feels Like

by: Megan Griffio for [The Mighty](#)

“It literally feels like my head is imploding. Building up to it gets overwhelming, but an actual meltdown is just like... like your brain is ceasing to exist. Of course, it doesn’t actually, but I lose control of my muscles and ability to talk, I can’t modulate my voice or really send any signals from my brain to my body to calm down. It’s as though my brain... as a last-minute thing, sends a bunch of energy to the rest of my body, but there’s no instructions for how that energy should be used, so it just goes all over and is out of my control.” — Shayna G.

[Click here](#) to continue reading.

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### Impact

Spring 2017  
Issue 30, Volume 1

*The Justice System and People with Intellectual, Developmental, and Other Disabilities.*

[Click here](#) to read, subscribe, or buy hard copy.

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## Opportunities



# National Disability Voter Registration Week

The American Association of People with Disabilities (AAPD) has announced the second annual National Disability Voter Registration Week, which will run from July 11-21, 2017.

The dual aims of the REV UP Campaign (Register! Educate! Vote! Use your Power!) are to increase the political power of people with disabilities and to engage candidates and the media to recognize the disability community.

[Click here](#) to go to the REV UP page.



The Virginia Tech Center for Autism Research (VTCAR) wants to study the feasibility of a new emotion and self-regulation treatment called **Centering Jacket Therapy (CJT)** that may provide benefits such as improved mood, self-calming, and focused attention to the present moment. Please pass this along to anyone who may be interested.

**WHO:** You are eligible if you have a diagnosis on the autism spectrum and are:

- 18 years old and over
- Verbal
- Without intellectual disability (ID)
- No current diagnosis of Major Depression, Suicidality, or Posttraumatic Stress Disorder

**WHAT:** You will be asked to participate in 8 sessions, 1 hour long each, twice a week for four weeks. During these sessions you will be guided through the CJT protocol which will involve wearing a vest and engaging in guided imagery. You will also be asked to complete some questionnaires related to your experiences. You will also wear a wristband sensor, very much like a watch, to collect information about your heart rate. If interested in learning about/participating in this study please contact VTCAR at the number or email noted below.

**WHERE:** On the Virginia Tech Campus in Blacksburg or Roanoke Higher Education Center

**CONTACT:** VTCAR at 540-231-8747 or [vtcar2013@gmail.com](mailto:vtcar2013@gmail.com)

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## 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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## Resources

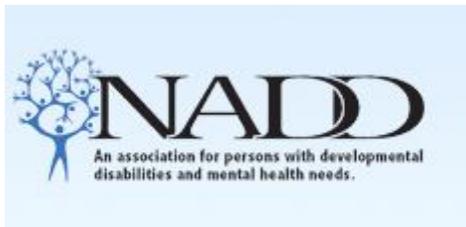


### The Arc of Virginia

*Our Mission.* The Arc of Virginia promotes and protects the human rights of people with intellectual and developmental disabilities and actively supports their full inclusion and participation in the community throughout their lifetimes.

*Our Vision.* People with intellectual and developmental disabilities are valued as classmates, coworkers, neighbors, citizens and friends.

[Click here](#) for their website.



### NADD

NADD is a not-for-profit membership association established for professionals, care providers and families to promote understanding of and



### The Virginia Tech Autism Clinic

VTAC in the Psychology Department of Virginia Tech, opened in the Fall of 2005 to provide clinical services to individuals with Autism Spectrum Disorders and their families in the surrounding New River Valley.

[Click here](#) for their Blast Announcement with **Events, Research, and Monthly Group Meetings!**

[Click here](#) for their website.



*Special needs require special attorneys.*

### The Special Needs Alliance

The Special Needs Alliance is a national, non-profit organization committed to helping

services for individuals who have developmental disabilities and mental health needs. [Click here](#) for their website.

individuals with disabilities, their families and the professionals who serve them. [Click here](#) for their website.



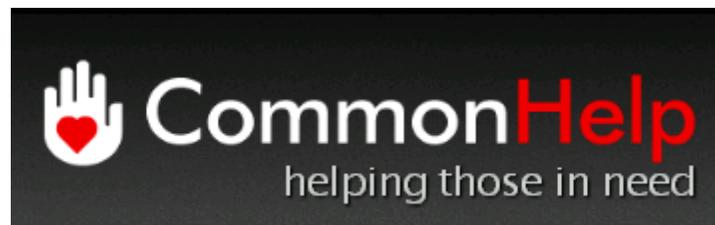
## The Virginia Autism Council

The Virginia Autism Council is a council of autism experts seeking to define needed skill competencies and to advance higher education, training and educational opportunities for personnel and caregivers supporting individuals with autism.

This website is Virginia's clearinghouse on best practices and research-based education and training opportunities to advance personnel development and knowledge regarding autism in Virginia. [Click here](#) for more information.



[Click here](#) to view State Resources compiled by **Commonwealth Autism**.



## Virginia CommonHelp

Apply for help with food, child care, heating and cooling bills, health care and cash assistance. [Click here](#) for their 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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