

Update

Clinical Corner



October Data

Adults

Referrals: 34
Active Clients: 163
Crisis Plan Hours: 51
Prevention hours: 433

Calls to Crisis Line

Information: 8
Prevention: 157
Crisis/Face to Face
Response: 27

*Average Crisis/Face to
Face Response Time:*
58.9 minutes

Crisis Therapeutic Home

Emergency Bed Days: 80



15 Stress-Reducing Holiday Tips for Families with Special Needs

By: Sheryl Frishman for friendshipcircle.org

Holiday time is a joyous time to spend with family, loved ones and friends. It is also a time to be thankful, give to others, exchange gifts, and wish for peace.

In terms of my own special family, I look forward to all of the wonderful things that come with the holiday season. Having said that, the holiday

Step-down Bed Days: 91
Prevention Bed Days: 13

Children

Referrals: 14
Active Clients: 63
Crisis Plan Hours: 40
Prevention Hours: 172

Calls to Crisis Line

Information: 3
Prevention: 6
Crisis/Face to Face
Response: 13

*Average Crisis/Face to
Face Response Time:*
65.9 minutes

We have a new referral form!

Please replace the old form
with this new form.

[Click here](#) to download it, and
please share with anyone in
your system that makes
REACH referrals. Thank you!

REACH Region III

Email: info@swvareach.org
Fax: 540.267.3403

season can be a difficult time due to changes to
any of the following:

- Routine
- School programs
- Vacation
- Travel
- Visiting family and friends
- Attending functions
- Excruciating amounts of down time
- Too much noise, and lastly;
- Too much food

I have developed some coping mechanisms that
help my own family survive the holiday season as
unscathed as possible. It also affords my special
family the enjoyment of the holiday season much
more.

[Click here](#) for her tips.

Supporting People With Disabilities Coping With Grief and Loss

Scope

After losing a loved one it is often hard to imagine
how your grief might feel more painful than it
currently does, but sometimes the holiday season
can do just that.

Apps



Otsimo

Otsimo is a certified and awarded educational game application developed for children diagnosed with learning disorders, attention deficit, autism, down syndrome, aspergers, and other special needs.

Otsimo games are developed according to the Applied Behavior Analysis - ABA therapy which is the most widely known and trusted early intensive behavioral therapy technique for helping children who have learning disorders and attention deficit problems.

[Click here](#) to learn more.

Books & Podcasts



Crisis and Response Ted Radio Hour

Moments of crisis can upend our lives, but can also help define them. This episode,

What is grief?



Grief is what we may feel after a major loss.

A major loss could be:

-  Someone dying
-  A pet dying
-  A relationship ending
-  An important life goal not being reached
-  Not being able to do the things you used to

[Click here](#) to view the complete printable booklet.

Sensory Craft



[Click here](#) or on the video above.

Pumpkin Spice Playdough

Click on the video above for a cool tutorial from Get Crafty Crafty on how to make an edible Pumpkin Spice Playdough!

Medical News

TED speakers explore how a quick, compassionate or unexpected response can turn crisis into opportunity.

[Click here](#) to listen.

Diversity & Inclusion



The Role of Education In Advancing a Diversity and Inclusion Breakthrough

www.huffingtonpost.com

The process to become an inclusive leader doesn't start when a grown person enters into the business world. No, indeed it starts much earlier. It starts at the childhood stage and must be nurtured throughout the formative educational years.

If we really want to accelerate equality in our society we all need to challenge ourselves to understand what biases we are passing on to our children. Children are not born with bias. They learn bias.

[Click here](#) to read more.



3 Reasons Why Handwashing Should Matter To You

by David M. Berendes, PhD, MSPH, Epidemiologist

www.cdc.gov

Most of us are familiar with the parental-like voice in the back of our minds that helps guide our decision-making—asking us questions like, “Have you called your grandmother lately?” For many that voice serves as a gentle, yet constant reminder to wash our hands.

Handwashing with soap and water is one of the most important steps you can take to avoid getting sick and spreading germs to loved ones. Many diseases are spread by not cleaning your hands properly after touching contaminated objects or surfaces. And although not all germs are bad, illness can occur when harmful germs enter our bodies through the eyes, nose, and mouth. That's why it is critical to wash hands at key times, such as after a flood or during a flu pandemic, when germs can be passed from person to person and make others sick.

[Click here](#) for the three key reasons why you should always care about handwashing.

Opportunities and Events



Grow Your Awareness: ASD Workshop

WHAT: Come join us for an "Au-mazing" workshop filled with exciting information. Learn about evidence based practices, tools and create your own take-away! Receive autism friendly resources from the PRC and much more.

WHO: Parents, Guardians, Educators, Service Providers and Community Members are welcome.

WHEN: December 10, 2017
6-7:30 PM

WHERE: Main Level of School Board Office - Conf. Room A
750 Imperial St.
Christiansburg, VA

COST: **FREE**

REGISTER: To register [click here](#).

[Click here](#) for the flyer for more information.



The Polar Plunge Festival

Click above for video.

The Polar Plunge® Festival is Special Olympics Virginia's premier, annual fundraising drive for those brrrr-ave enough to take the challenge! Participants – or “plungers” – raise funds to get wild and plunge into icy water at four different locations across Virginia in February and now June!

It's the coolest event in VA – literally – and it's all for an amazing cause! All proceeds help Special Olympics Virginia provide year-round training and services for thousands of athletes.

Want to keep your toes in the sand? Sign up to volunteer at any of our event locations.

[Click here](#) to learn more.

Schedule of Events: Fall 2018

In partnership, IDA & Special Olympics is pleased to offer exciting fall programs & activities.

Previous experience not required, so come have fun!!!

Inclusive programs for people with & without intellectual disabilities. All are challenged to improve skills, develop friendships & understanding of each others capabilities through a spirit of equality & team unity.

[Click here](#) for flyer.

[Click here](#) to download registration form.



Get the Answers You Need

There are low-cost, quality health care options that may be available for you and your family and we have the information you need to help you prepare to apply.

Want to know if you are eligible or more about what services are covered?

Get the answers you need on new adult eligibility for health coverage here.

[Click here](#) to get the facts.

NRVCS Autism Support Group

What: A monthly support group meeting for local families. Meetings are educational, parent-driven, and supportive. Individuals with Autism Spectrum Disorders (including those previously diagnosed with Asperger's Syndrome, Pervasive Developmental Disorder, Childhood Disintegrative Disorder, Rett's Disorder), and other developmental and/or intellectual disabilities are welcomed to join.

When: Monthly

Where: NRVCS Radford Center, 401 W. Main Street, Radford, VA 24141 ([Click here](#) for Map)

Parents: Wadsworth Room (#119)*

Kids: Norwood Room (#108)

***Please sign in youth in the Norwood Room!**

[Click here](#) to subscribe to mailing list, so that you can be made aware of meeting dates/times/staff and menu!



Do you have an event that you would like to see in the newsletter? [Click here](#) to submit it!

Employment Opportunities

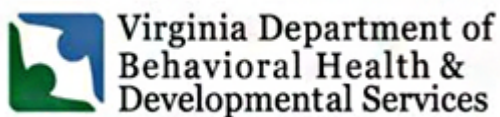
Come check out our job openings for REACH Region III.

[Click here](#) for the flyer.

For more information on available positions and to apply [click here](#).

Do you have an open position you would like to see in our newsletter? [Click here](#) to submit it.

DBHDS



[Click Here](#) for the website.

Please [click here](#) for the OIH November Newsletter.

[Click here](#) to review - **General Memo RE: HB 1775 ID to DD Change 2017**

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



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

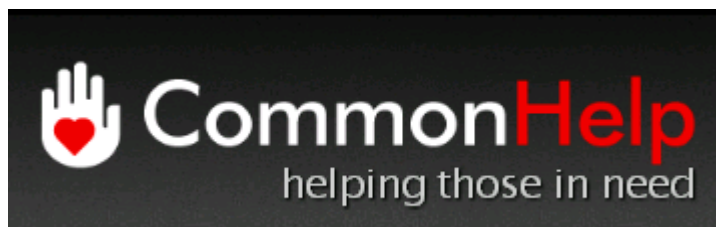


The Virginia Autism Council

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.

Commonwealth Autism

[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:

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Local Calls - 540.267.3435

Fax - 540.267.3403

Email - info@swvaREACH.org

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