

## REACH Region III - Monthly Report for November 2018

[Click Here to View.](#)

### Update

### Clinical Corner



#### November Data

##### Adults

Referrals: 23  
 Active Clients: 170  
 Crisis Plan Hours: 109.5  
 Prevention hours: 479

##### **Calls to Crisis Line**

Information: 11  
 Prevention: 119  
 Crisis/Face to Face  
 Response: 15

*Average Crisis/Face to*



#### Offering Choices

Individuals with developmental disabilities often lack many choices and freedoms that a lot of us take for granted.

Empowering individuals with IDD to make their own choices can help them overcome barriers.

[Click here](#) to read more about the Power of Choice.

*Face Response Time:*  
69.26 minutes

**Crisis Therapeutic Home**

Emergency Bed Days:  
124  
Step-down Bed Days: 47  
Prevention Bed Days: 0

**Children**

Referrals: 15  
Active Clients: 68  
Crisis Plan Hours: 15.83  
Prevention Hours: 197

**Calls to Crisis Line**

Information: 3  
Prevention: 2  
Crisis/Face to Face  
Response: 8

*Average Crisis/Face to  
Face Response Time:*  
53.125 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](mailto:info@swvareach.org)  
Fax: 540.267.3403

**Choice Making For People With Intellectual and  
Developmental Disabilities.**

People with intellectual and developmental  
disabilities (IDD) continue to face barriers to  
participating as equal members of society. They  
are often seen as unable to make choices or  
problem solve in their daily life.

This course provides Direct Support Professionals  
with an overview of teaching and supporting the  
choice-making process for people with IDD.

[Click here](#) to sign up for this sample course from  
Relias.

---

## Sensory Craft



### 6 DIY Holiday Slimes!

Click video above or [click here](#) to view.

---

## Medical News

## Apps



### First-Then

First-Then visual schedule application is designed for caregivers to provide positive behavior support.

[Click here](#) to learn more.



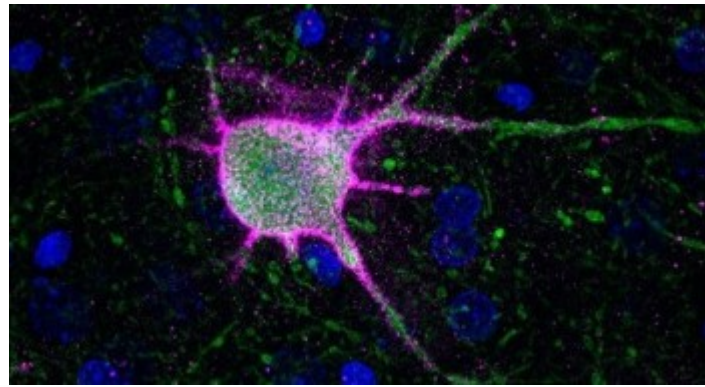
### Google Santa Tracker

Play games with elves in jetpacks, rolling gumballs, sleighs powered by rockets and many more. Or try your hand at designing your very own elf.

Once the 24th arrives, see where Santa and the reindeer are delivering presents in their journey around the world.

[Click here](#) to learn more.

## Books & Podcasts



## Scientists Solve Century-Old Neuroscience Mystery; Answers May Lead To Epilepsy Treatment

*vtnews.vt.edu*

Scientists at the Virginia Tech Carilion Research Institute have solved a 125-year-old mystery of the brain, and, in the process, uncovered a potential treatment for acquired epilepsy.

Since 1893, scientists have known about enigmatic structures called perineuronal nets wrapped around neurons, but the function of the nets remained elusive.

Now, a research team led by Harald Sontheimer, the director of the VTCRI Center for Glial Biology in Health, Disease, and Cancer and the executive director of the School of Neuroscience, part of the Virginia Tech College of Science, has determined the nets modulate electrical impulses in the brain.

What's more, brain seizures can occur if the nets are dissolved.

The discovery, published Friday, Nov. 9 in *Nature Communications*, has implications in various forms of acquired epilepsy, a type of seizure disorder that results from brain lesions caused by trauma, infection, or tumors in the brain.



## Same But Different

by Holly Robinson Peete, RJ Peete, Ryan Elizabeth Peete

In this powerful book, teenagers Ryan Elizabeth Peete and her twin brother, Rodney, who has autism, share their up-close-and-personal experiences on what it means to be a teen living with autism.

[Click here](#) to learn more.

## Diversity & Inclusion



### 12 Myths About People With Developmental Disabilities That Need Busting

[www.thinkinclusive.us](http://www.thinkinclusive.us)

The myths surrounding developmental disabilities usually have no basis in fact. They are unfounded beliefs or assumptions that have been perpetuated for so long that they have been accepted as truth by some in society even though their inaccuracy is obvious.

These myths create

[Click here](#) to read more.

## In The News



### IRS Reminding People With Disabilities About New ABLE Account Rules

by Michelle Diamant

[www.disabilityscoop.com](http://www.disabilityscoop.com)

With a change taking effect this year, individuals with disabilities can save more money than ever before without losing out on Social Security, Medicaid and other government benefits.

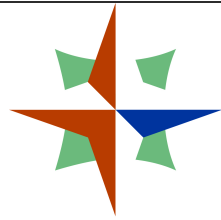
The Internal Revenue Service is reminding people with disabilities who are employed that for the first time they can deposit extra money into their ABLE accounts.

Annual contributions to ABLE accounts are currently capped at \$15,000. However, under a law passed late last year, people with disabilities who work can now accrue at least some of their wages as well.

indifference and intolerance

[Click here](#) to continue reading.

[Click here](#) to continue reading.



**LewisGale**  
**Regional Health System**

*HCA Virginia*



## Flu, When Is It **SERious**?

From painful headaches to body aches to lack of energy, coming down with the flu is no fun at all. But when it strikes some people, the virus can be more dangerous - even life-threatening.

[Find out who's most at risk >>](#)



## Is it a **Cold**, the **Flu** or the **Stomach Flu**?

	COMMON COLD	SEASONAL FLU	STOMACH FLU
Cause	Different viruses (rhinovirus, etc.)	Influenza A or B virus	Virus or Bacteria (rotavirus, food poisoning)
Sore throat	Common	Sometimes	No
Stuffy/runny nose	Common	Sometimes	No
Cough	Sometimes	Usually	No
Chills/pains/aches	Uncommon	Yes	Common
Headache	Uncommon	Yes	Sometimes
Fever	Rare	Yes (100-102°F)	Sometimes
Extreme fatigue	Uncommon	Yes	Sometimes
Vomiting/diarrhea	No	Uncommon (more likely in kids)	Usually
Treatment	Consider staying home to rest. Hydrate. OTC drugs can ease symptoms.	Stay home and rest. Hydrate. OTC drugs can ease symptoms. Antiviral meds for high-risk groups.	Stay home and rest. Replace lost fluids.
Prevention	Wash hands. Avoid contact with sick people.	Get yearly flu shot. Wash hands. Avoid contact with sick people.	Wash hands. Wash fruits/veggies. Cook seafood fully.

## Opportunities and Events



---

## Schedule of Events: Winter 2019

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.



## What Should I Expect?

So you've used CoverVA's [eligibility screening tool](#) and believe you may qualify for health care coverage. What's next?

### Here's some important information you should have ready when you apply:

- Full legal name, date of birth, Social Security number, citizenship or immigration status for you and anyone in your household who is applying for health care coverage
- Most recent federal tax filing information (if available)
- Job and income information (pay stubs, W-2s) for members of your household for the month prior or the current month
- Information about other taxable income for members of your household such as unemployment benefits, Social Security benefits, pensions, retirement income, rental income, and alimony received
- Policy numbers for any current health insurance

### Once you've collected this information there are 3 easy ways to apply:

1. Call Cover Virginia at 1-855-242-8282 from 8:00 am to 7:00 pm on Monday through Friday, or call from 9:00 am to 12:00 pm on Saturday.
2. Apply online at [commonhelp.virginia.gov](http://commonhelp.virginia.gov) or [healthcare.gov](http://healthcare.gov).
3. Visit your local [Department of Social Services](#).

---

## Have an Impact on Your Community - Apply for Partners in Policymaking

**Partners make a difference.**

**Partners get things done.**

**Partners change their communities.**

The Virginia Board for People with Disabilities is now accepting applications for the 2019-2020 Partners in Policymaking program.

Seven intense two-day sessions where you learn how to become an advocacy force in your community.

Hands-on instruction from experts and thought leaders from around the country to make you the best you can be.

[Click here](#) for more info and to apply today.

---

## The Polar Plunge® Festival

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.

---

## 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.

---



### DBHDS - Dental Program

**Program Goals**

Community Integration

Train Providers

Equal Access to Care

Flouride Treatments

Revise care Models to Individualized Care and Needs

No Restraints, No Unnecassary Sedation

**We're On The Road! Services we offer in our mobile program:**

Exams

X-rays

Referrals to specialists or participating practices

Cleanings

Basic fillings

Emergency Services

[Click here](#) to view the brochure with current program criteria, referral process and more.

---

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

## Health Trends: December 2018

*Office Integrated Health*

[Click here](#) to view the newsletter.

## 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.

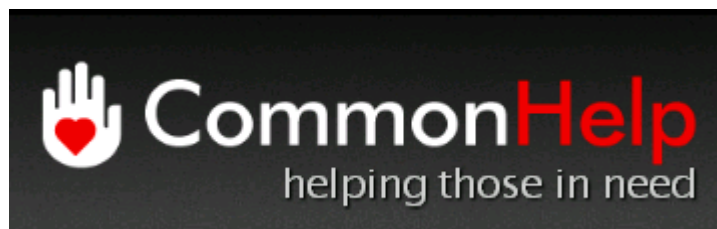


### The Virginia Autism Council

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.

*Copyright © 2015 NRVCS, All rights reserved.*

[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)

Want to change how you receive these emails?

You can [update your preferences](#) or [unsubscribe from this list](#)

[Visit Our Website](#)

[Feedback and Submissions!](#)

[Last Month's Newsletter](#)

[Subscribe!](#)



---

This email was sent to <<Email Address>>

[why did I get this?](#) [unsubscribe from this list](#) [update subscription preferences](#)  
REACH Region III / NRVCS · 824 West Main Street · Radford, VA 24141 · USA

