

## REACH Region III - Monthly Report for December 2018

[Click here to view](#)

### Update

### Clinical Corner



#### December Data

##### Adults

Referrals: 16  
 Active Clients: 108  
 Crisis Plan Hours: 83.8  
 Prevention hours: 399.3

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

Information: 11  
 Prevention: 116  
 Crisis/Face to Face  
 Response: 18

*Average Crisis/Face to*



Autism Focused Intervention  
Resources & Modules

#### Cognitive Behavioral Intervention

Cognitive behavioral intervention teaches learners to examine their own thoughts and emotions, recognize when negative thoughts and emotions are escalating in intensity, and then use strategies to change their thinking and behavior.

##### **What Will I Learn?**

The AFIRM model guides the learner through four lessons to facilitate:

\*Learning basic knowledge about cognitive behavioral intervention (CBI).

Face Response Time:  
72.8 minutes

**Crisis Therapeutic Home**

Emergency Bed Days: 96  
Step-down Bed Days: 73  
Prevention Bed Days: 3

**Children**

Referrals: 10  
Active Clients: 57  
Crisis Plan Hours: 42.5  
Prevention Hours: 146.7

**Calls to Crisis Line**

Information: 7  
Prevention: 2  
Crisis/Face to Face Response: 7

Average Crisis/Face to Face Response Time:  
62.2 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

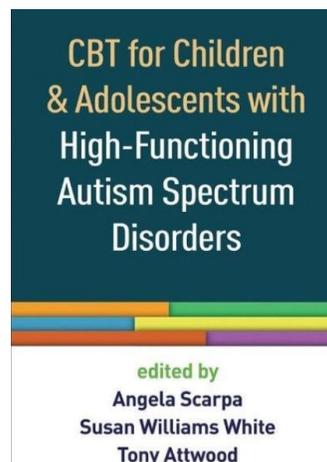
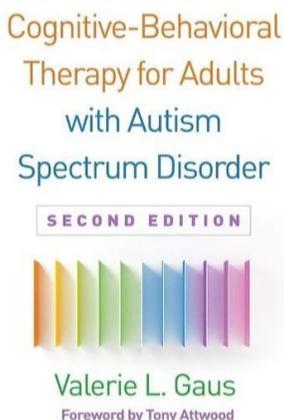
**Apps**

\*Applying CBI in activity based scenarios that promote real-world application.

The CBI module will take approximately 1.5 to 2 hours to complete. However, the module is broken into individual lessons to help guide your learning:

[Click here](#) to learn more, and sign up to access these free modules.

*Click on the images below for 2 additional resources on cognitive behavioral therapy for individuals with ASD.*



**Craft**





### ConversationBuilder

*Virtual Conversation Simulator*

Learning those difficult unwritten rules of conversations among peers is the goal of the skill-building in this app, including good listening, turn-taking, changing the subject, commenting on a topic, and asking questions in a conversation.

[Click here](#) to learn more.

## Books & Podcasts



### Staff Recommendations

[Crazy: A Father's Search Through America's Mental Health Madness](#)  
by *Pete Earley*

[Still Alice](#)  
by *Lisa Genova*

[Turtles All the Way Down](#)  
by *John Green*

[Evolve Your Brain: The](#)

## DIY Sensory Toys - Musical Instruments for Autism & Sensory Processing Disorder

*Fathering Autism*

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

## Medical News



### Eating Disorders

*HRS SPOTLIGHT - January 2019*

*By Sherry Neal, RN - BC, CDDN*

Eating disorders are generally considered and diagnosed in neurotypical people, but did you know they can affect persons with IDD as well? Although serious and sometimes fatal, they are treatable.

The person typically has an uncommon relationship with food. It can be portrayed in their actions, their justification for it or it can be their lover, comforter and friend. Eating disorders can also stem from distorted perceptions of weight and body image. Females are more often affected than males.

Anxiety, depression, substance abuse and

[Science of Changing Your Mind](#)

by *Joe Dispenza*

[Pathways to Recovery A Strengths Recovery Self Help Workbook](#)

by *Priscilla Ridgway*

[The Creative Journal, The Art of Being Yourself](#)

by *Lucia Capacchione*

obsessive-compulsive tendencies often occur in combination with eating disorders. Anxiety is the most frequently seen in connection with an eating disorder.

[Click here](#) to continue reading.

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## In The News

### Diversity & Inclusion



#### **Inclusive Career Placement for People with Intellectual Disabilities**

*Michelle Chimuka | TEDxLusaka*

In this talk, Michelle Chimuka inspires the audience by sharing about the work of the [Sani Foundation](#), who created a career development and placement system to help people with intellectual disabilities gain independence and fulfillment in the workplace.

[Click here](#) or on the video above to view this Tedx Talk.



#### **A Connecticut Cafe Provides Jobs For Adults With Disabilities**

[npr.org](#)

*David Desroches*

Adults with intellectual disabilities often struggle to find work. Over 80-percent are under-employed or not working at all, according to an estimate by the Arc, a nonprofit that assists people with intellectual and developmental disabilities.

[Click here](#) to continue reading.

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## Opportunities and Events



## POLAR PLUNGE<sup>®</sup>

### FESTIVAL

## New River Polar Plunge - Feb 23rd

Changing the World is a Team Sport!  
When you Plunge, we Play Unified!

Our Unified Community is made up of 1200+ athletes and volunteers including **YOU** and some fanatics who will brrrrrave the icy waters of the New River to fund our sports programs! Having **YOU** on our team makes a difference **EVERY DAY!**

Don't miss the coolest event of the year: the New River Polar Plunge!

Join New River Valley athletes, partners and volunteers and *Plunge* so we all can *Play!* To register you and your friends go to [polarplunge.com](http://polarplunge.com) and click on the **New River** tab. All money raised goes to support athletes across Virginia! Join a team now to be part of the action. If you'd like to support your local program, be sure to add "Area 9" to your TEAM NAME. Members on a team can work together to make sure everyone reaches the minimum \$\$ to plunge.

Act now to ***make a Splash*** on Saturday, February 23 at Dudley's Landing on the New River in Radford. Even if you can't Plunge on 2/23, you can still support plungers and teams!

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## Happy 2019 from your Parent Resource Center

*Here's what coming this year.....*

### **March 11, 2019: Grow Your Awareness, ASD Workshop**

Time: 6-7:30 pm

Location: School Board Office, 750 Imperial Street, Christiansburg

To register: [Click here.](#)

For the flyer: [Click here.](#)

### **April 11, 2019: MCPS Transition Fair**

Time: 4-6 pm

Location: Christiansburg High School, 100 Independence Blvd., Christiansburg

Questions?

Please contact PRC Coordinator, Cassie Fitzgerald at [cassiefitzgerald@mcps.org](mailto:cassiefitzgerald@mcps.org) or 540.381.6100

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## Schedule of Events: Winter 2019

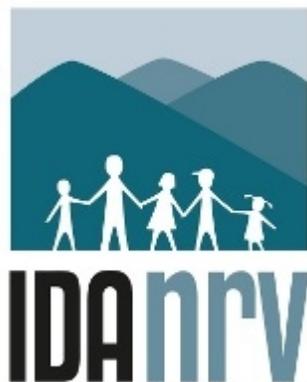
In partnership, IDA & Special Olympics is pleased to offer exciting fall programs & activities.

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](#).

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## 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.

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## 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!

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## 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](#).

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

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## DBHDS



[Click Here](#) for the website.

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## 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 Unnecessary 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.

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

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## Resources



The Arc of Virginia



The Virginia Tech Autism Clinic

**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 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.

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.*

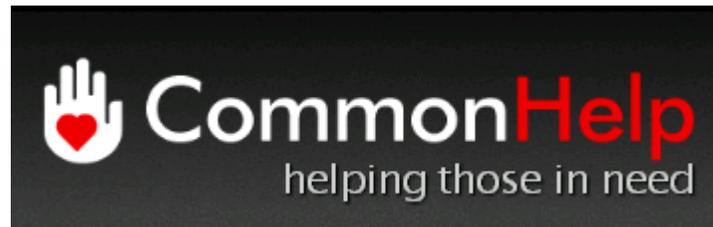
### **The Special Needs Alliance**

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 and [here](#) for **The Voice -Special Needs Alliance Newsletter**.



### **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:**

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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