

REACH Region III - Monthly Report for May 2019

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Update

Clinical Corner



May Data

Adults

Referrals: 28
 Active Clients: 171
 Crisis Plan Hours: 139.6
 Prevention hours: 489.7

Calls to Crisis Line

Information: 9
 Prevention: 106
 Crisis/Face to Face
 Response: 36

*Average Crisis/Face to
 Face Response Time:*



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

Aging with Intellectual and Developmental Disabilities

Center for Developmental Disabilities Evaluation and Research

Introduction

In this short video, Dr. Julie Moran introduces herself and her work on aging and IDD. We also

59.6 minutes

Crisis Therapeutic Home

Emergency Bed Days: 71
Step-down Bed Days: 73
Prevention Bed Days: 39

Children

Referrals: 17
Active Clients: 88
Crisis Plan Hours: 58.35
Prevention Hours: 199.33

Calls to Crisis Line

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

Average Crisis/Face to Face Response Time:
51.75 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

hear from Bruce, an individual with IDD, who is concerned about his own aging.

Dr. Moran gives an overview of the current aging generation along with healthcare disparities and other unique challenges faced by people with IDD. She introduces the most common conditions individuals with IDD face as they age.

Adapting to Age-Related Changes in the Home, Day Program, and Community

This webinar series presents adaptations to the home and day program, as well as how to honor cultural practices and promote community inclusion for those aging with an intellectual or developmental disability (IDD).

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

Medical News



Virginia Department of Behavioral Health & Developmental Services

Health Trends Newsletter

Office Integrated Health/DBHDS

June 2019 - Health and Safety Awareness

Topic: Tardive Dyskinesia. [Click here](#) to view.

Apps



LOOK AT ME

LOOK AT ME was developed to help children with autism make better eye contact and improve their facial recognition abilities through digital devices, such as smartphones and smart cameras.

[Click here](#) to learn more.

Books & Podcasts



Desperation and Broken Trust When Schools Restrain Students Or Lock Them In Rooms

Heard on Morning Edition/NPR

Every time Jennifer Tidd's son was secluded or restrained at school, she received a letter from his teachers.

Her son has autism and behavioral issues, and over three years — from 2013 to 2016 — Tidd got 437 of those letters.



Four Steps to Food Safety

cdc.gov

Following four simple steps - Clean, Separate, Cook, and Chill - Can help protect you and your loved ones from food poisoning.

1. Clean: Wash your hands and surfaces often.

Wash hands for 20 seconds with soap and water before, during, and after preparing food and before eating.

Wash your utensils, cutting boards, and countertops with hot, soapy water.

Rinse fresh fruits and vegetables under running water.

2. Separate: Don't cross-contaminate.

Raw meat, poultry, seafood, and eggs can spread germs to ready-to-eat foods—unless you keep them separate.

Use separate cutting boards and plates for raw meat, poultry, and seafood.

When grocery shopping, keep raw meat, poultry, seafood, and their juices away from other foods.

Keep raw meat, poultry, seafood, and eggs separate from all other foods in the fridge.

[Click here](#) to listen or to read.

Diversity & Inclusion



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

Include Me: Social Inclusion in Education

Travis Davis/TEDx

How to integrate social inclusion in education.

Travis Davis is a 26 year old graduate student at the University of New Mexico, pursuing a Master's degree in Physical Education.

In addition, Travis is part of two organizations, the Carrie Tingley Hospital Foundation and YMCA.

Diagnosed with cerebral palsy, Travis feels strongly about social inclusion.

3. Cook: To the right temperature.

Food is safely cooked when the internal temperature gets high enough to kill germs that can make you sick. The only way to tell if food is safely cooked is to use a food thermometer. You can't tell if food is safely cooked by checking its color and texture.

Use a food thermometer to ensure foods are cooked to a safe internal temperature.

[Click here](#) for a detailed list of foods and temperatures.

4. Chill: Refrigerate promptly.

Keep your refrigerator below 40°F and know when to throw out food. [Click here](#) for cold food storage chart.

Refrigerate perishable food within 2 hours. (If outdoor temperature is above 90°F, refrigerate within 1 hour.

Thaw frozen food safely in the refrigerator, in cold water, or in the microwave.

Never thaw foods on the counter, because bacteria multiply quickly in the parts of the food that reach room temperature.

[Click here](#) for additional resources.

News

Craft



Bus will bring books and food to kids in Radford this summer
By Heather Butterworth - Digital Content Producer for wsls.com

Food scarcity is a problem for many local families, especially during the summer months when their children cannot rely on free or reduced breakfasts and lunches at school.

[Click here](#) for the details for the summer food service program:



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

DIY Sight Words Activities

FatheringAutism

Check out these quick, easy, and cheap DIY sight words activities.

Opportunities and Events



2019 Camp and Activities Guide

[Click here](#) to view.

Summer Youth Fest is July 19!

Our first-ever Summer Youth Fest is scheduled for Friday, July 19 from 12 noon – 6 p.m. at Bisset Park in Radford.

This free and fun event is open to NRV teens between the ages of 13 – 18.

There will be a variety of activities and games to encourage overall wellness, along with food, music and more! Aside from promoting an active and healthy lifestyle, we also believe it is important to offer an opportunity for young people to interact with their peers in a safe and substance-free environment.

This event is being co-sponsored by NRVCS, in partnership with the various community coalitions throughout the New River Valley.

Additional details will be announced soon, but please mark your calendars and plan to join us!

If your team/program would be interested in participating with an information booth or by conducting an activity or game, please contact [Nycole deLeeuw](#).

You can also email Nycole if you are available and interested in being one of our adult volunteers.

FREE SUMMER MEALS

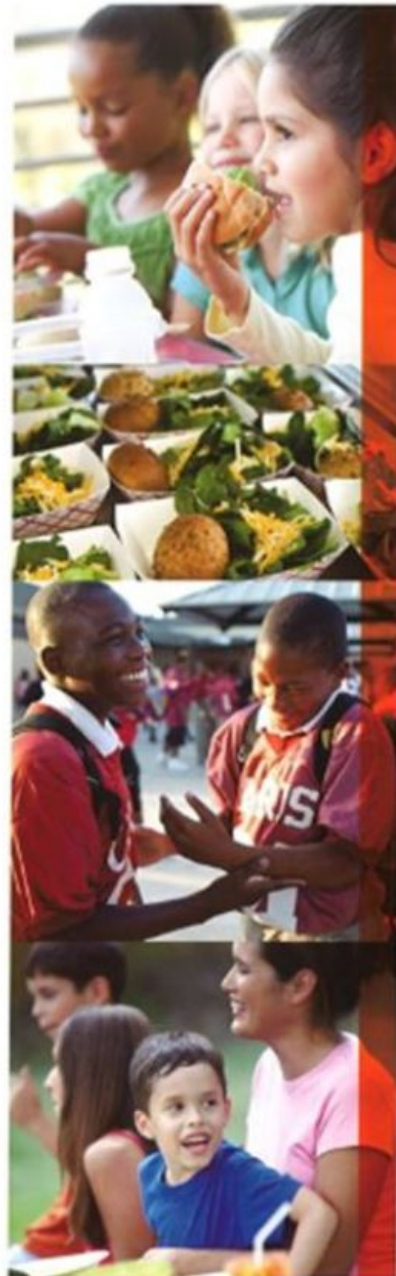
AVAILABLE TO CHILDREN 18
YEARS OF AGE AND YOUNGER

Find **food, friends and fun** at a
summer meals site near you.

- FREE for all children age 18 and younger
- Healthy meals based on USDA nutrition guidelines
- Served at sites such as schools and churches that may offer learning and recreational activities
- Fun, safe place for children to be active and visit with friends
- No application or proof of income needed

Text **FOOD** to **877-877**

go to www.fns.usda.gov/SummerFoodRocks
to find a site near you



Free Summer Meals - No Kid Hungry

[Click here](#) to find a site near you!

Barnes & Noble will give kids free books as a reward for summer reading!

Are you ready to read all summer long? We are! And can't wait to bring you the best new releases, perfect beach and staycation books, and every title on your kids' summer reading school lists, too! From exciting thrillers to historical fiction, to YA favorites teens and adults love best, we've got your summer reading

covered. So, sit back, relax and find every book you need, to read under the sun.

Children in grades 1-6 can get a free book when they read at least eight books during summer break. To participate, <https://www.barnesandnoble.com/h/summer-reading> and select the age range that your child fits into. After you've chosen an age range, you'll find a link to where you can download and print a reading journal, which are available in English and Spanish.

Fill out the student information on the bottom of the first page of the journal. A parent will have to sign this page in order for the child to get a free book.

In the reading log, your child will need to record the title and author, along with their favorite part of eight books to get their free book.

Bring the completed and signed reading journal into your local Barnes & Noble between August 1, and August 31. Present it to an employee and they will let your child choose a book from the free book list!

Acting Out! Drama Camp

for students with social and communications deficits

Who: children ages 4-18

What: A day camp from 9-2 pm that teaches communication and social skills through drama!

When: July 1-5th (Parent Night performance on the 5th from 6-8 pm)

Where: Blacksburg Christian Fellowship
2300 North Main Street Blacksburg

Registration: Contact Courtney Hood courtneyhood@live.com
434.770.3297

Faison Center: College 101 Program 2019

July 7 - 20, 2019

Faison's Ready. Set. Go! Summer College 101 Program is designed to provide rising High School Seniors an opportunity to experience college.

Faison's College 101 Program provides a two week overnight college experience on the University of Richmond campus with the support of trained professionals from The Faison Center and University faculty.

The students will gain the confidence they need to embark on their college career and to gain a strong sense of college life. College 101 will help to teach success on the campus while taking the anxiety out of the unknown.

[Click here](#) to learn more.



Summer Movie Express

Regal's Summer Movie Express is a summer movie series full of kid and family-friendly flicks that cost only \$1 per person to see at your local Regal, United Artists, and Edwards movie theaters.

The summer movie program at Regal theaters (as well as United Artists and Edwards Theaters) lets kids, and their parents see popular kids movies for cheap at 300+ of Regal's theaters around the country.

Regal's cheap summer movies have been a tradition for over 25 years, and they're still upholding it for thousands of families to enjoy each summer. A portion of the \$1 admission is donated to the Will Rogers Institute.

When You Can See Summer Movies at Regal

The cheap summer movies at Regal are playing June through August for 9 weeks. The starting date of the movies vary from theater to theater, so be sure to check with your local Regal theater for the dates of the movies.

The \$1 summer movies at Regal are shown at 10:00 a.m. every Tuesday and Wednesday, regardless of theater location.

Visit the Regal Summer Movie Express website to see which of the cheap summer movies are playing at your local Regal theater.

Limits to Be Aware Of:

The summer movies at Regal are limited to kids and their parents. Seating is available on a first come basis, so be sure to get there early to get the best seats.

<https://www.regmovies.com/static/en/us/promotions/summer-movie-express>



IDA Classic Golf Tournament

When: Monday, August 12th, 2019, 1pm - 6pm

Where: Blacksburg Country Club

What: 22nd IDA Golf Tournament! At the beautiful Blacksburg Country Club! Sponsor a team for your business or just get a group together for a day! Captain's choice. Lunch before the 1:00 tee off with a shotgun start.

[Click here](#) to learn more about this event.

Like the IDA of the NRV on [Facebook](#) to stay in the know on upcoming events.



The flyer is a collage of blue and light blue boxes. At the top left, a box with three yellow figures holding hands is labeled 'Parent Led Support Group'. To its right, a large blue box contains the title 'AUTISM SUPPORT GROUP' in large white letters, with 'For Parents & Youth!' below it and a white puzzle piece icon. Below the title box, a light blue box says 'Separate group for youth with activities & socialization' with a speech bubble icon. To the right of this is a box with a calendar icon. Further right is a box with the text '1ST THURSDAY OF EVERY MONTH 6-7:30 PM'. At the bottom left, a large blue box provides the location: 'NRVCS RADFORD CENTER, Norwood Room, 401 W. Main St., Radford, VA 24141'. To its right is a box with a plate, fork, and knife icon and the text 'Food Provided!'.

FOR MORE INFORMATION, CONTACT ERICA WHITING AT [EWHITING@NRVCS.ORG](mailto:ewhiting@nrvcs.org)

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](#) for a printable flyer!

[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.

REACH Information

Crisis Services

The DBHDS website has been updated with more in depth information on REACH, has updated contact info, and contains links to some of the forms that may be helpful for consumers to access.

[Click here](#) to view.

[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



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

disabilities and mental health needs. [Click here](#) for their website.

professionals who serve them. [Click here](#) for their website and [here](#) for **The Voice -Special Needs Alliance Newsletter**.



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

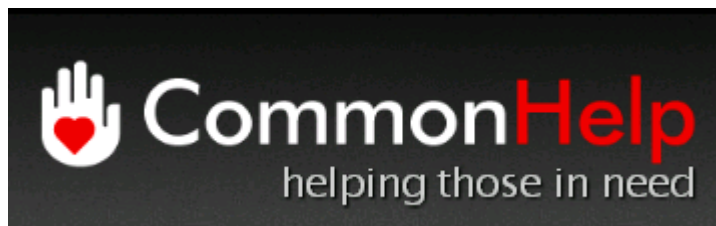
[Click here](#) to view State Resources compiled by **Commonwealth Autism**.



New River Valley Disability Resource Center

A Non-Profit Center for Independent Living; Serving the NRV

[Click here](#) for their website for Events and Resources.



Virginia CommonHelp

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

[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

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