

REACH Region III - Monthly Report for August 2019

[Click here to view](#)

Update

Clinical Corner



August Data

Adults

Referrals: 19
 Active Clients: 167
 Crisis Plan Hours: 319
 Prevention hours: 410

Calls to Crisis Line

Information: 12
 Prevention: 118
 Crisis/Face to Face
 Response: 31

*Average Crisis/Face to
 Face Response Time:*



Suicide Prevention Awareness Month

nami.org

September is National Suicide Prevention Awareness Month—a time to share resources

43.6 minutes

Crisis Therapeutic Home

Emergency Bed Days:
122

Step-down Bed Days: 47
Prevention Bed Days: 7

Children

Referrals: 21
Active Clients: 80
Crisis Plan Hours: 63
Prevention Hours: 233

Calls to Crisis Line

Information: 7
Prevention: 10
Crisis/Face to Face
Response: 15

*Average Crisis/Face to
Face Response Time:*
53.8 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

and stories in an effort to shed light on this highly
taboo and stigmatized topic.

[Click here](#) to continue reading and for additional
resources.

If you or someone you know is in an emergency,
call The National Suicide Prevention Lifeline at
800-273-TALK (8255) or call 911 immediately.

Webinar: Suicidality and Autism Spectrum Disorders

TEACCH® Autism Program

Presenters:

Lauren Turner-Brown, Ph.D., Assistant Director, UNC
TEACCH Autism Program

Glen Martin, Ph.D., Licensed Psychologist and President
of the North Carolina Psychological Association

Summary:

In our fourth presentation in our webinar series,
Drs. Martin and Turner-Brown will review the
literature and clinical experience to date in
suicidality among individuals with Autism Spectrum
Disorders. The webinar also provides a review of
current assessment practices including best
practices for safety and risk assessments. These
assessment practices are also discussed in the
context of a case study as well.

[View Webinar here](#)

Apps

Medical News



Happify

Happify's science-based activities and games can help reduce stress, overcome negative thoughts, and build greater resilience by providing effective tools and programs to improve emotional well-being.

[Click here](#) to learn more.

Books & Podcasts



In 2 Essay Collections, Writers With Disabilities Tell Their Own Stories

Ilana Masad for npr.org

[About Us: Essays from the Disability Series of the New York Times](#) collects around 60 essays from the column, which began in 2016, and divides them into eight self-explanatory sections: Justice, Belonging, Working, Navigating, Coping, Love,

PREVENTION



September: Fall Prevention Month

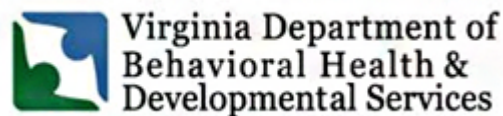
Preventing Falls: A Guide to Implementing Effective Community-Based Fall Prevention Programs

cdc.gov

This “how-to” guide is designed for community-based organizations who are interested in implementing their own evidence-based fall prevention programs. This guide is designed to be a practical and useful tool, and it provides guidelines on program planning, development, implementation, and evaluation.

In this document, CDC provides organizations with the building blocks of effective fall prevention programs by providing examples, resources, and tips.

[Click here](#) for this resource from the CDC.



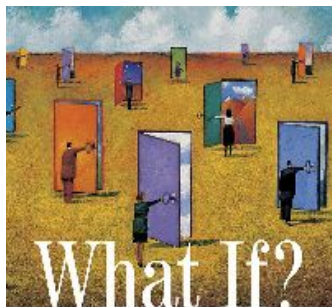
Health Trends Newsletter

Office Integrated Health/DBHDS

Family, and Joy. T

[Click here](#) to read complete article.

Diversity & Inclusion



SHORT STORIES
TO SPARK
DIVERSITY DIALOGUE

STEVE L. ROBBINS

What If? Short Stories to Spark Diversity Dialogue

by Steve L. Robbins

In *What If?*, Robbins provides twenty-six inspiring, lively, and sometimes deeply personal stories illustrating diversity and inclusion concepts.

He offers insight and practical advice on how to reconcile unity with diversity and reframe our organizations for competitive advantages.

[Click here](#) to read more.

September 2019 Topics Include:

- Fall Prevention Month
- The 2nd Annual Statewide Nursing Meeting Sponsored by REACH Region III, Supported by DBHDS
- Mobile Rehab Engineering Fall Prevention Tips for Patient Lifts

[Click here](#) to view or print!

Crafting and DIY



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

How to Make a Paper Pumpkin

Easy Kids Craft/YouTube.com

These paper pumpkins are so easy to make and you only need some construction paper and glue!

Opportunities and Events



REACH Region III Presents

BEHAVIOR BASICS

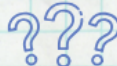
MONDAY, SEPTEMBER 30, 2019 | 1-3 PM

New River Room | NRVCS Montgomery Center

700 University City Blvd, Blacksburg, VA 24060



Behavioral Principles



Functions of Behavior



Practical Strategies

Sign-Up in Eventbrite!

Questions? Contact REACHtrainings@nrvc.org

Behavior Basics Training

When: Monday, September 30th 1-3pm

Where: New River Room/NRVCS Montgomery Center
700 University City Blvd
Blacksburg, VA 24060

Presented by REACH Region III

[Click here](#) for flyer and [click here](#) to register.



OPEN HOUSE

Join us in celebrating disABILITY Awareness Month!

Presented by:

MCPS Parent Resource Center, Special Education and the Special Education advisory Committee.

When: Monday, October 14th, 4pm - 6pm

Where: MCPS Parent Resource Center
Montgomery Central
208 College St.
Christiansburg, VA 24073
(Please enter through door #27 off Depot St.)

What: Come explore the Parent Resource Center & meet the Special Education Advisory Committee.

Wonder Children's Museum will host an interactive playroom for children and In Balance Yoga will host a yoga room!

Come meet our therapy pups and local hero's and tour their first response vehicles!

Enjoy delicious food from Ruby Tuesday, Hethwood Market & Domino's Pizza!

FOOD, FUN AND BIG PRIZES!

[Click here](#) for information and a printable flyer.



October 5, 2019 • 10am-5pm
Squires Student Center & Downtown Blacksburg

**Presented by Hokie BugFest in cooperation with the
Virginia Tech Center for Autism Research**

Pre-opening from 9am to 10am
An opportunity for families with autistic children and
other individuals with disabilities to attend before official event
opening

**Check in at information tables located at the first and
second floor entrances of Squires for event info,
event programs, maps, and other information.**

**SAFE Quiet rooms will be available for use during the entire
event**

**Contact us with questions:
wawhit@vt.edu or 540-231-6543**



Special Olympics New River Valley Fall Happenings

Have you heard about the exciting Fall Special Olympics happenings?

Click below to sign up and get more details on all Unified Sports.

[Click here](#) to Be An Athlete!

[Click here](#) to Be A Volunteer!



Schedule of Events Fall 2019

In partnership, IDA & Special Olympics is pleased to offer exciting fall programs & activities. Previous experience not required so come have fun!!

[Click here](#) for the schedule of events and [click here](#) to download the registration form.



DISABILITY BENEFITS: VA's MEDICAID WAIVERS & SOCIAL SECURITY WORKSHOP

Presented by MCPS Parent Resource Center & Special Education in collaboration with PEATC

Thursday, November 21st

4 - 5:30 pm

School Board Office

750 Imperial Street

Christiansburg, VA. 24073

540.382.5114

Families with special needs children need to have an understanding of government benefits available to them as part of planning a future for their loved one.

These benefits can help supplement a person's income, qualify a person for extra help, and help them receive healthcare and community supports. Navigating the world of disability benefits can be tricky, time consuming and overwhelming.

This workshop will help make that process easier. join us as we discuss in clear understandable language: what are VA's Medicaid Waivers and what are Social Security benefits, who is eligible, and how do I apply.

THIS IS A FREE EVENT

To register: [Click here](#)

For flyer: [Click here](#)

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 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 lists the location: 'NRVCS RADFORD CENTER, Norwood Room, 401 W. Main St., Radford, VA 24141'. To its right is a box with a plate and cutlery icon labeled '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](#).

DBHDS



[Click Here](#) for the website.

Supports For People On Virginia's DD Waiver Waiting List

The Department of Behavioral Health and Developmental Services is contacting individuals on Virginia's

Developmental Disabilities (DD) Waiver Waiting List to make sure that you are aware of supports and resources that you may be eligible for while waiting for a waiver.

DBHDS is excited to feature our new web resource to help individuals and families find the information that they need. We have partnered with disAbilityNavigator to provide [My Life, My Community](#), an online tool that helps individuals and families gain knowledge and connect to resources in their community.

Additional details on the information featured in this message can be found at

<http://www.mylifemycommunityvirginia.org/>.

While you are waiting on a waiver, you or your family member may be able to access the following supports:

Financial assistance through the [Individual and Family Support Program \(IFSP\) Funding Program](#).

Please note the IFSP-Funding program opens on September 9, 2019. All individuals on the waiver waiting list are eligible to apply. Application timelines are included with this message.

Assistance for individuals on the waiver waiting list to rent their own housing through one of [DBHDS's Integrated, Independent Housing Resources](#).

Mentoring and advice from a family like yours through the [VCU Center for Family Involvement Family to Family \(F2F\) Program](#).

General information on [waivers](#), [providers](#), and [services](#) via the [My Life, My Community](#) website operated by disAbilityNavigator.

Connections to other families in your community through the [IFSP Regional Councils](#).

Case managers who can answer questions for you at your local [Community Services Board \(CSB\)](#).

If you have a child who is under the age of 3 years old, you may be eligible for Early Intervention Services through the [Infant and Toddler Connection](#).

If you have run into barriers with accessing supports for health and/or safety related issues, please contact your local [Community Services Board \(CSB\)](#) to see if you are eligible for assistance from the DBHDS Office of Integrated Health.

If at any time you experience a behavioral or mental health crisis, [contact your local CSB](#).

If you need help finding your CSB, [search the online CSB Directory](#).

If you would prefer to speak with a live operator, you can contact My Life, My Community at 844-603-9248 (Monday through Friday 9:00 a.m. - 4:00 p.m.). Operators can assist you with finding the CSB that serves your community as well as help you navigate the My Life, My Community website.

If you would like to receive updates about programs and supports that you may be eligible for, please sign up for our email list at <http://tinyurl.com/ifsplist>. This is the best way to get the most up-to-date information including updates on the IFSP-Funding Program.

FY 2020 IFSP Funding Timeline

September 9, 2019 is the first day to access and save an application. You will not be able to submit your application before the submission date.

On **October 1, 2019** at 9:00 a.m., applicants will be able to submit an application. You will not be able to submit your application before the submission date. Remember, the IFSP Funding Program provides assistance on a first-come, first-served basis. Early applications are encouraged.

October 11, 2019 is the last day to submit an application. The application will close at 5:00 p.m.



For more information visit <http://www.mylifemycommunityvirginia.org/> and select "Resources for Families".

If you need this message provided in Spanish or another language, please contact us at 804-663-7277 so that we can send you a translation.

Si necessita este mensaje proporcionado en Español u otro idioma, por favor contáctenos en 804-663-7277 para que podamos enviarle una traducción.

To learn more about the IFSP, visit us on-line at [Virginia Department of Behavioral Health and Developmental Services- IFSP](#)

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.

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 most recent 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**.



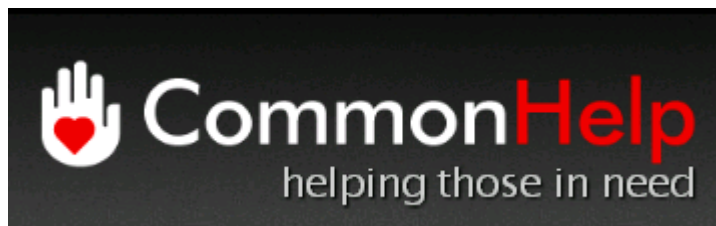
Commonwealth Autism

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



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.

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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

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