

REACH Region III - Monthly Report for September 2019

[Click here to view](#)

Update

Clinical Corner



September Data

Adults

Referrals: 43
 Active Clients: 156
 Crisis Plan Hours: 129.35
 Prevention hours: 363.8

Calls to Crisis Line

Information: 12
 Prevention: 121
 Crisis/Face to Face
 Response: 43

Average Crisis/Face to



Halloween Tips for Kids with Autism Spectrum Disorders

chla.org

Halloween is an exciting holiday for kids, but it may offer certain challenges for children with autism spectrum disorders (ASD). Members of the Autism Parent Advisory Board of the Boone Fetter Clinic at Children’s Hospital Los Angeles partnered with Kathryn Smith, RN, DrPH, nurse care manager in the Boone Fetter Clinic, to provide tips every

Face Response Time:
56.4 minutes

Crisis Therapeutic Home

Emergency Bed Days: 118
Step-down Bed Days: 60
Prevention Bed Days: 0

Children

Referrals: 29
Active Clients: 84
Crisis Plan Hours: 78
Prevention Hours: 206.6

Calls to Crisis Line

Information: 11
Prevention: 15
Crisis/Face to Face Response: 23

Average Crisis/Face to Face Response Time:
40.7 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

parent and caregiver can use during the Halloween season.

Preparation and planning can help you stay stress-free. Whether this is your child's first Halloween or not, here are some ideas to help you and your child enjoy the holiday.

Before Halloween: Tips for Kids with ASD

- Create a visual story of what Halloween may be like for your child, with some pictures or drawings. This will help your child prepare for the day's activities.
- Try on costumes before Halloween. If the costume is uncomfortable or doesn't fit right, it may cause unnecessary distress and ruin their fun.
- If your child does not like their costume, don't make them wear it. Instead, talk about the situation with your child and try to uncover the reason why they don't like it. After you talk with your child, they may gradually get used to the costume. Have them wear it for short periods of time and at increasing intervals over time.
- Consider a Halloween costume that fits over your child's regular clothes, such as butterfly wings or capes.
- Practice going to a neighbor's door, ringing the bell or knocking on the door and receiving candy.

Halloween Day: Tips for Kids with ASD

- Know your child's limits and do only what he or she can handle. For example, if your child is not comfortable trick-or-treating, you can start by going to three houses. Assess how

Apps



Centered

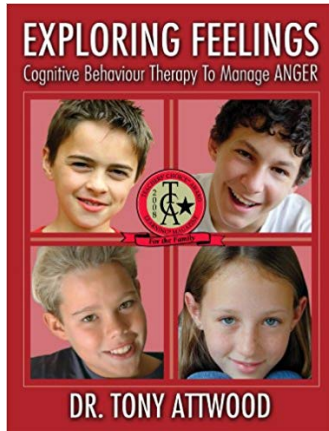
Centered is a meditation and mindfulness app from Blue Cross Blue Shield that allows users to set goals for daily steps and weekly meditation sessions.

[Click here](#) to learn more.

- your child is doing and build up to more houses the following year.
- Take your child to an activity in the community, such as a school festival or a neighborhood party where the child is already comfortable and knows people.
- Partner with family and friends that your child likes.
- If you are giving out candy at your home, give your child the option to give a piece of candy. During the day, practice greeting people and giving out candy.
- If your child is afraid of going out at night, plan indoor or daytime Halloween activities.

[Click here](#) for shareable article.

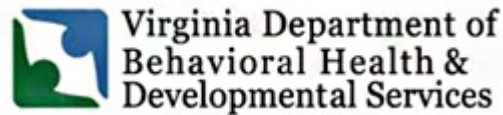
Books & Podcasts



Exploring Feelings: Anger - Cognitive Behavior Therapy to Manage Anger
Tony Attwood

Winner of a 2008 Teachers' Choice Award! Many children, especially those with developmental delays, have trouble understanding or expressing their feelings. This

Medical News



Health Trends Newsletter

Office Integrated Health/DBHDS

October 2019 Topics Include:

- Breast Cancer Awareness
- Mobile App of the Month - Inclusion Toolkit
- Martinsville Mission of Mercy will partner with the Martinsville Community Care Collaborative to provide dental care to adults in the Martinsville area and surrounding locations.
- Don't forget to turn back the clocks
- October Health Observances

[Click here](#) for the newsletter!

can result in difficulty with anger management.

This book provides a guide for caregivers along with a workbook portion that asks children to identify situations that trigger their anger, and helps them find appropriate ways to respond.

[Click here](#) to learn more.

Diversity & Inclusion



Why You Should Hire Someone With Downs Syndrome

InclusionEvolution.com

Sally loves her job. She shows up on-time with a smile, and dedication to her work. She almost never misses a day, and her co-workers say she boosts morale. Sally also happens to have Down syndrome.

“Having a job is important to me, because I like to help people. I also want to earn a paycheck, so I can buy a plane ticket to visit my brother in Washington,” Sally explains.

Videos



5 BEST & Spooky Halloween DIY's on YouTube.com

Easy Halloween Crafts

Red Ted Art

Give these spooky Halloween DIY's from Red Ted Art a try!

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



ASL Halloween Signs on YouTube.com

ASL Halloween Signs

Laura Berg Life

She got her job with the help from [Project Search](#); an international job transition program that operates in all 50 states and 10 countries. The program's goal is to help individuals with cognitive disabilities find competitive employment, and keep it.

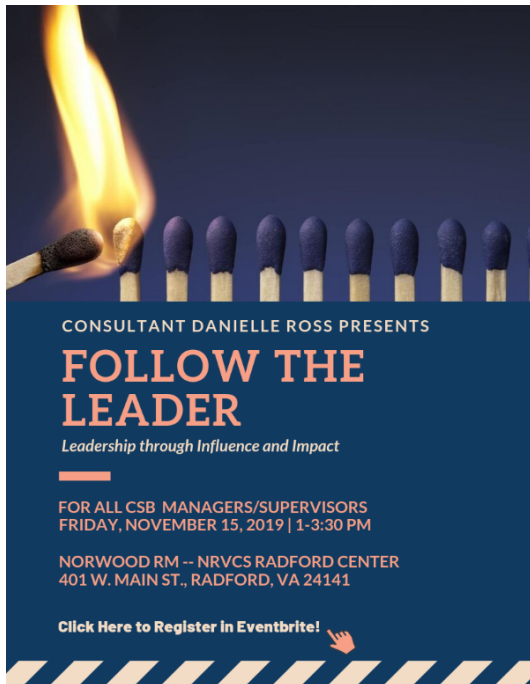
[Click here](#) to continue reading.

Learn how to sign these Halloween ASL words:

Halloween, pumpkin, Jack'o'lantern, costume, witch, trick'or'treat, vampire, ghost, monster, mask, Frankenstein, werewolf, spider, bat, black cat, haunted house, halloween night, party, scared, mummy, skeleton, zombie, and more!

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

Opportunities and Events

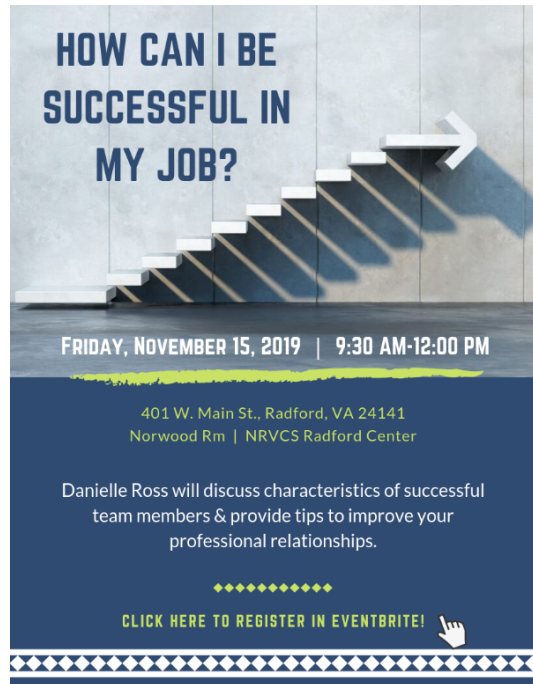


CONSULTANT DANIELLE ROSS PRESENTS
FOLLOW THE LEADER
Leadership through Influence and Impact

FOR ALL CSB MANAGERS/SUPERVISORS
 FRIDAY, NOVEMBER 15, 2019 | 1-3:30 PM

NORWOOD RM -- NRVCS RADFORD CENTER
 401 W. MAIN ST., RADFORD, VA 24141

[Click Here to Register in Eventbrite!](#)



HOW CAN I BE SUCCESSFUL IN MY JOB?

FRIDAY, NOVEMBER 15, 2019 | 9:30 AM-12:00 PM

401 W. Main St., Radford, VA 24141
 Norwood Rm | NRVCS Radford Center

Danielle Ross will discuss characteristics of successful team members & provide tips to improve your professional relationships.

[CLICK HERE TO REGISTER IN EVENTBRITE!](#)

Attention CSB Staff and Supervisors!

Consultant Danielle Ross Presents

"Follow the Leader" Leadership through Influence and Impact

This training is for all CSB Managers/Supervisors!

When: Friday, November 15th, 2019. 1pm - 3:30pm

Where: Norwood Room, NRVCS Radford Center
401 W. Main Street
Radford, VA 24141

Click here on the image above or [click here](#) to register in Eventbrite.

[Click here](#) for printable flyer.

Consultant Danielle Ross Presents "How Can I Be Successful In My Job?"

This training is for all CSB Staff!

When: Friday, November 15th, 2019. 9:30am - 12:00pm

Where: Norwood Room, NRVCS Radford Center
401 W. Main Street
Radford, VA 24141

Click on the image above or [click here](#) to register in Eventbrite.

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

REACH REGION III PRESENTS

USING VISUAL SUPPORTS

An Interactive Training for Using Visual Supports with Individuals with Developmental Disabilities

November 8, 2019
10 AM - 12 PM

NRVCS New River Room
700 University City Blvd, Blacksburg VA 24060

Learn about different types of visual supports, how to implement them, & make your own takeaways to use with clients!

Register in eventbrite Contact REACHtrainings@nrvc.org

REACH Region III Presents

SUPPORTING INDIVIDUALS WITH SENSORY NEEDS

LEARN ABOUT THE 7 SENSES, HOW TO SUPPORT SOMEONE WITH SENSORY NEEDS, & DIY SENSORY ACTIVITIES

FRIDAY NOVEMBER 8, 2019 | 1-3 PM

NRVCS MONTGOMERY CENTER
NEW RIVER ROOM

700 UNIVERSITY CITY BLVD | BLACKSBURG, VA 24060

SIGN UP IN EVENTBRITE!

QUESTIONS?
EMAIL REACHTRAININGS@NRVCS.ORG

REACH Region III Presents

Using Visual Supports

What: An Interactive Training for Using Visual Supports with Individuals with Developmental Disabilities

When: November 8th, 2019, 10am - 12pm

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

[Click here](#) to register in Eventbrite and [click here](#) for a printable flyer.

REACH Region III Presents

Supporting Individuals With Sensory Needs

What: Learn about the seven senses, how to support someone with sensory needs, and DIY sensory activity!

When: November 8th, 2019, 1pm - 3pm

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

[Click here](#) to register in Eventbrite and [click here](#) for the printable flyer.



VCU Employment Training Event in Roanoke!

Maximizing Ability in your Community

What:

Employment of individuals with disabilities in southwest Virginia is lower than other parts of the Commonwealth. Virginia Commonwealth University, in partnership with the Virginia Board for People with Disabilities and Stand Up, Inc., is offering training to educate businesses, employment specialists, and

advocates with disabilities on how to maximize ability in your community.

When: October 22nd, 12:30pm - 2:30pm

Where: Williamson Road Branch Library,
Large Community Room
3837 Williamson Road
Roanoke, VA 24012

RSVP: Crystal Hence cousercl@vcu.edu
or call: 757.329.1742

[Click here](#) for the printable flyer.



Experimental Phobia Treatment for Children with Autism

Who: Children 6-16 years old with ASD and a specific phobia and their parents.

Where: VT Child Stud Center

No costs for treatment.

Earn up to \$300 for assessment (\$100 each for pre-treatment assessment sessions, post-treatment assessment sessions, and follow-up assessment sessions)

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

Questions? Please contact us a or childstudycenter@gmail.com



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](#)



REACH Region III Presents

BEHAVIOR BASICS

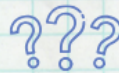
FRIDAY, DECEMBER 6, 2019 | 10 AM - 2 PM

Norwood Room | NRVCS Radford Center

401 W. Main St., Radford, VA 24141



Behavioral Principles



Functions of Behavior



Practical Strategies

Sign-Up in Eventbrite!

Questions? Contact REACHtrainings@nrvcs.org

Behavior Basics

presented by REACH Region III

When: Friday, December 6th, 2019/10am-2pm

Where: Norwood Room, NRVCS Radford Center
401 W. Main St., Radford, VA 24141

[Click here](#) to sign up in Eventbrite and [click here](#) for a printable flyer.

Parent Led Support Group

AUTISM SUPPORT GROUP

For Parents & Youth!

Separate group for youth with activities & socialization

1ST THURSDAY OF EVERY MONTH 6-7:30 PM

NRVCS RADFORD CENTER
Norwood Room
401 W. Main St.
Radford, VA 24141

Food Provided!

FOR MORE INFORMATION, CONTACT ERICA WHITING AT 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!

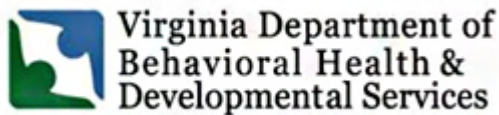
Employment Opportunities

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 Events and News!

[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**.



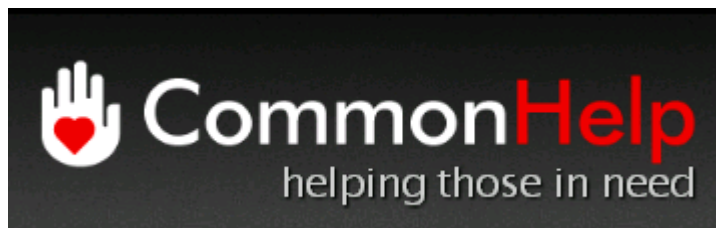
Commonwealth Autism

[Click here](#) to view 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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