

## REACH Region III - Monthly Report for December 2019

[Click here to view](#)

### Update

### Clinical Corner



#### December Data

##### Adults

Referrals: 35  
 Active Clients: 106  
 Crisis Plan Hours: 157.15  
 Prevention hours: 323.52

##### Calls to Crisis Line

Information: 14  
 Prevention: 114  
 Crisis/Face to Face  
 Response: 44



#### **New Year's Resolution: Getting Physically Active!**

*Being physically active helps with mental and physical health!*

##### **Mental health benefits of exercise**

*Average Crisis/Face to Face Response Time:*  
49.3 minutes

### **Crisis Therapeutic Home**

Emergency Bed Days: 33  
Step-down Bed Days: 150  
Prevention Bed Days: 0

### **Children**

Referrals: 12  
Active Clients: 83  
Crisis Plan Hours: 51.1  
Prevention Hours:  
1159.73

### **Calls to Crisis Line**

Information: 6  
Prevention: 10  
Crisis/Face to Face  
Response: 12

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

Exercise makes you feel good because it releases chemicals like endorphins and serotonin that improve your mood. It can also get you out in the world, help to reduce any feelings of loneliness and isolation, and put you in touch with other people.

If you exercise regularly , it can reduce your stress and symptoms of mental health conditions like depression and anxiety.

Exercise also helps improves your sleep, which is important in many different ways.

[Click here](#) to continue reading on [healthdirect.gov.au](http://healthdirect.gov.au)

### **Did you know that 33% of all American adults are obese?**

Chronic diseases – such as heart disease, stroke, cancer, diabetes, and arthritis – are among the most common, costly, and preventable of all health problems. Many of the chronic diseases are directly linked to overweight and obesity.

By taking steps toward healthy living people with intellectual disabilities and their caregivers can reduce their risk of chronic disease and improve their quality of life and increase longevity. After all, successful aging is 30% genetics and 70% lifestyle choices and health behaviors!

### **People with IDD**

People with intellectual and developmental disabilities (I/DD) have higher prevalence of overweight and obesity compared to the general population. The highest rates are among people living in community settings.

# Apps



## **Eat & Move-O-Matic** Free

Learn about the foods you eat and how they help fuel your body for your favorite activities.

Use the Eat & Move-O-Matic to make new discoveries about your favorite foods and get interesting tips on how small changes can make big differences.

[Click here](#) to learn more.

Social support and environment influences our ability to make health choices that impact health status. This is especially true among people with ID where social support is one of the key factors in improving health.

### **Research has shown that:**

Caregiver education enhances health behaviors.

Caregiver attitudes increase healthy food choices and physical activity.

Caregiver encouragement improves lifestyle choices.

[Click here](#) to continue reading on *healthmattersprogram.org*

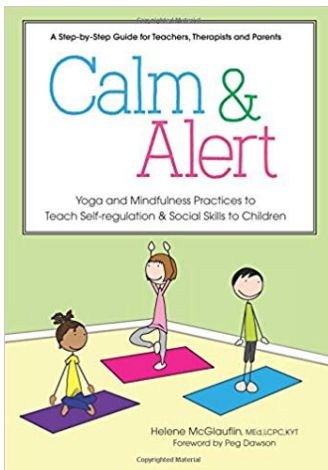
### Informative links:

[Click here](#) for Exercise Right for Kids: Condition Fact Sheet IDD.

[Click here](#) for Adults with IDD May Face Challenges to Staying Physically Active.

[Click here](#) for Overcoming Barriers to Fitness for People with IDD.

# Books & Podcasts



# Videos

**Calm & Alert:**

Yoga and Mindfulness Practices to Teach Self-Regulation and Social Skills  
by Helene McGlaufflin

Developed by an experienced counselor, educator and yoga teacher, Helene McGlaufflin, *Calm & Alert* is filled with unique mindfulness exercises, yoga poses and lesson plans to help both typically developing and special needs children.

[Click here](#) to learn more.

**Diversity & Inclusion**



**The Inclusive Fitness Toolkit**  
*Northeast ADA Center*

This toolkit is designed to help fitness/wellness professionals consider the needs of individuals with developmental and other disabilities when designing and implementing programs and services.

**What is Inclusive Fitness?**

Inclusive programs provide the opportunity for individuals with disabilities to participate in typical, community-based, activities and services, alongside their peers without disabilities, as equals.

Inclusion means more than



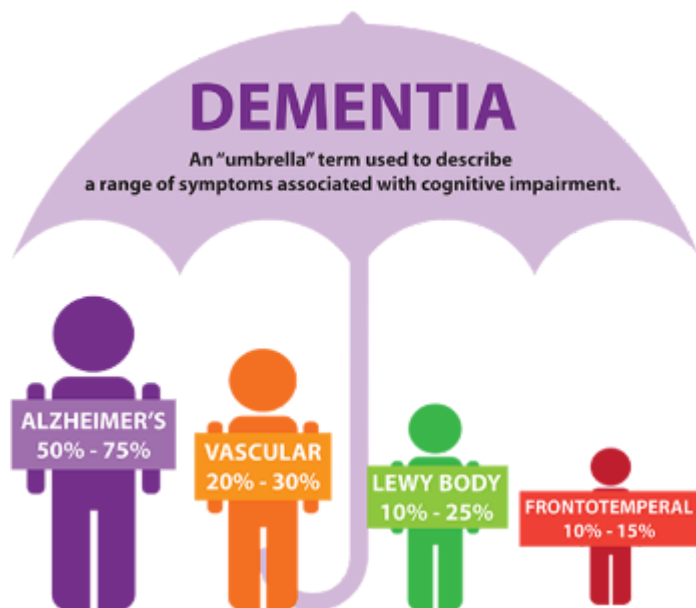
**Strength Training for People with Intellectual Disability: Upper Back Overhead Exercise**

*National Center on Health, Physical Activity and Disability (NCHPAD)*  
[youtube.com](#)

Learn to perform an upper back overhead exercise.

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

**Medical News**



welcoming individuals with disabilities into the same spaces as people without disabilities - although this is important! It requires being prepared for and intentional about ensuring that individuals with disabilities have the same opportunity to participate as your other customers or clients.

[Click here](#) to read more.

## Dementia

What is Dementia? Dementia is a blanket term referring to a wide range of specific medical conditions, including Alzheimer's disease.

Disorders grouped under the general term "dementia" are caused by abnormal brain changes.

[Click here](#) to read more.

---

## Office Integrated Health/DBHDS

### What They Do

Mission: Supporting this life of possibilities by ensuring quality supports and a pathway to community integrated health services. To serve as a resource for information related to healthcare, wellness, healthcare providers, and health related services within the Commonwealth.

[Click here](#) to learn more and for the Safety Alert and Newsletter Archive.

---

## Opportunities and Events

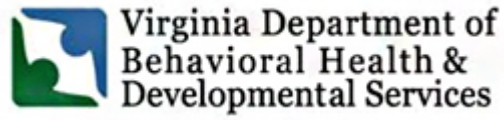


### Free Educational Opportunity

The Health Supports Network at the Department of Behavioral Health and Developmental Services in

partnership with the Virginia Department of Health's Dental Health Program are excited to offer a **FREE** two part educational opportunity for people providing direct care to individuals with intellectual and/or developmental disabilities.

Click [here](#) for more information and to register.



---

**New Location!**

**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 CHRISTIANSBURG REACH**  
Next to Tractor Supply!  
1550 Roanoke St., Suite B  
Christiansburg, VA 24073

**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

**We've moved to a new location!**

**Where:** NRVCS Christiansburg REACH

1550 Roanoke St., Suite B  
Christiansburg, VA 24073

[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



Virginia Department of  
Behavioral Health &  
Developmental Services

[Click Here](#) for the website.

---

**A message from the DBHDS Office of Emergency Management**



The OEM Weekly - [Click here](#) to view.

## 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

**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.



### 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 Events and News!

[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



*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

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

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 Resources compiled by **Commonwealth Autism**.



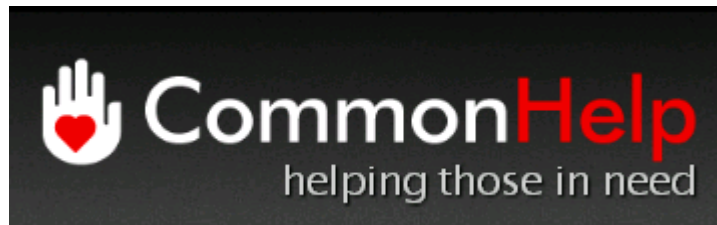
## New River Valley Disability Resource Center

A non-profit Center for Independent Living serving the NRV

### 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.

*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!](#)



Share



Tweet



Forward