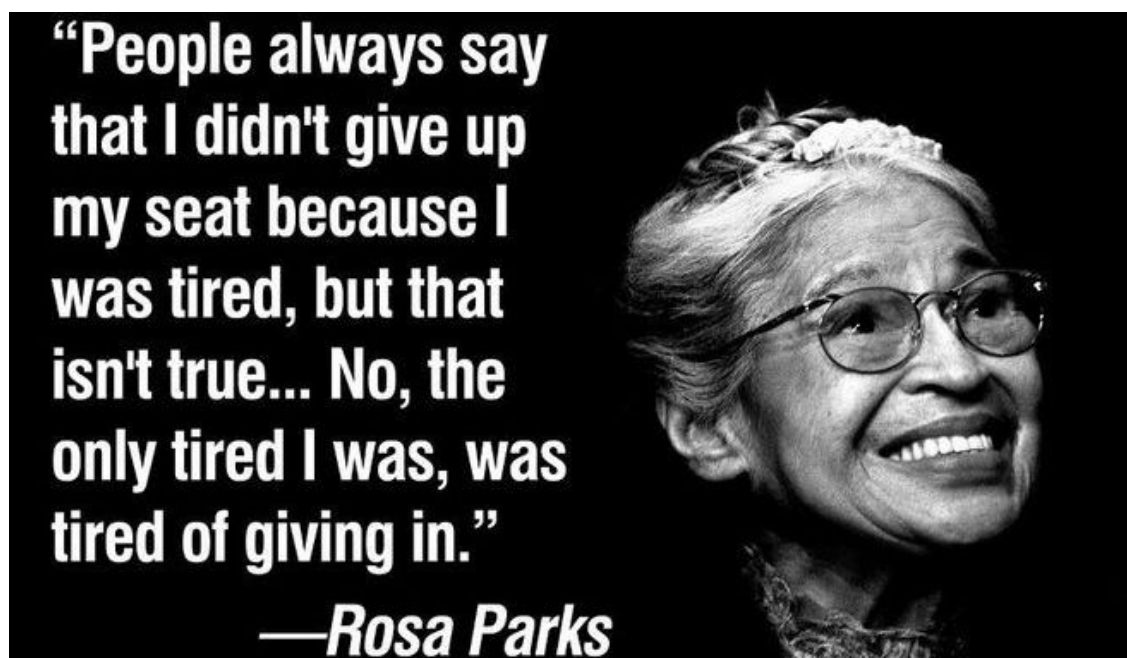


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## REACH Region III - Monthly Report for January 2020

[Click here to view](#)



## Black History Month: The Journey of Us

[earth.google.com](http://earth.google.com)

Explore the major milestones across Black history that have shaped the American experience.

[Click here](#) to begin your journey.

## Update



### January Data

#### Adults

Referrals: 34  
 Active Clients: 131  
 Crisis Plan Hours: 246.52  
 Prevention hours: 417.76

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

Information: 38  
 Prevention: 123  
 Crisis/Face to Face  
 Response: 56

*Average Crisis/Face to  
 Face Response Time:*  
 49.25minutes

#### **Crisis Therapeutic Home**

Emergency Bed Days: 72  
 Step-down Bed Days: 100  
 Prevention Bed Days: 0

#### Children

Referrals: 25  
 Active Clients: 70  
 Crisis Plan Hours: 88.38  
 Prevention Hours: 167.67

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

## Clinical Corner



### Online Training Opportunity - Free

*DODD My Learning*

The courses on DODD MyLearning are free of charge, and can be taken at any pace a learner needs.

DODD MyLearning is mobile responsive, meaning you can take the training on mobile devices as long as there is a strong internet connection.

[Click here](#) for the Overview of Serving People with Developmental Disabilities training.

[Click here](#) to learn more and view all courses.

## Videos

Information: 18  
Prevention: 12  
Crisis/Face to Face  
Response: 16

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



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

**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

DIY Calming Glitter Jars & Glitter Slime  
HGTV Handmade

These magical glitter jars are the perfect sensory  
toy for children and grown ups alike.

Designed to soothe and relax, the swirling patterns  
created by glitter in these homemade glitter jars,  
water and food colouring are ideal for calming  
down a stressed out child (or adult, for that matter)  
– leading to their alternative name, ‘calm down  
jars’.

Just give them a good shake, then watch until the  
glitter settles in the bottom of the jar to refocus and  
refresh an overwhelmed mind.

## Apps



**Birdhouse for Autism**

Birdhouse for Autism is an  
excellent app that offers  
caregivers the ability to keep  
track of behaviors, health and  
daily living tasks. Parents  
raising children with ASD

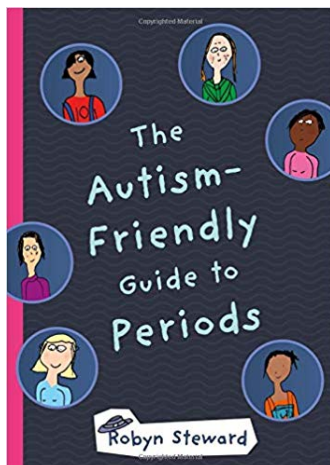
## Medical News

designed this easy to use web and iPhone/Android application.

[Click here](#) to learn more.

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## Books & Podcasts



### **The Autism-Friendly Guide to Periods**

by Robyn Steward

Written by autistic author Robyn Steward, this is a detailed guide for young people aged 9 to 16 on the basics of menstruation. Created in consultation with young people, an online survey and a group of medical professionals, this is a book that teaches all people about periods, which can be a scary and overwhelming issue.

Promoting the fact that everyone either has periods or knows someone who does, the book reduces the anxiety girls face in asking for help.

[Click here](#) to learn more.

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## Cold Vs. Flu

*cdc.gov*

What is the difference between a cold and flu?

Flu and the common cold are both respiratory illnesses but they are caused by different viruses.

Because these two types of illnesses have similar symptoms, it can be difficult to tell the difference between them based on symptoms alone. In general, flu is worse than the common cold, and symptoms are more intense.

Colds are usually milder than flu. People with colds are more likely to have a runny or stuffy nose. Colds generally do not result in serious health problems, such as pneumonia, bacterial infections, or hospitalizations.

Flu can have very serious associated complications.

[Click here](#) to read more.

[Click here](#) to read more about advice for caregivers of people with disabilities.

## Diversity & Inclusion



### National Events to Support Diversity and Disability Inclusion [gettinghired.com](http://gettinghired.com)

Each year there are national and international events that enable us to recognize individuals with disabilities and the importance of diversity within the workplace and our communities.

To help you plan for these celebratory campaigns, [gettinghired.com](http://gettinghired.com) has compiled a list of some of the top awareness campaigns for 2020!

[Click here](#) to continue.



[Click here](#) for the full size infographic from [uhhospitals.org](http://uhhospitals.org)

## 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



## Polar Plunge NRV 2020

We're back on the River for this year's Polar Plunge. So, break out your swimsuit, because it's time for a chilly dip into the New River with several hundred of the coolest Special Olympics supporters! We've got a DJ, prizes and a costume contest for the fanciest plungers!

### WHEN:

February 22, 2020

### WHERE:

Dudley's Landing @ Bisset Park  
Radford, VA

Grab your closest friends and family and come on out for the New River Polar Plunge® Festival! We have prizes for the best costumes and top fundraisers, heated changing tents to take the chill off, and – of course – an icy dip into the New River with hundreds of your closest friends!

Remember it's \$100 to take the Plunge – and it's all for a great cause! Register a TEAM, pool your resources and have twice the fun! Check back as we release our fundraising incentives!

### DETAILS:

10:30 am: Registration Opens

10:45 am: LETR Hosted Cornhole Tournament\* (\*Additional fee. Register in teams of two or register as an individual to be paired with an amazing Special Olympics athlete or volunteer.)

12:00 pm: Costume Contest, Opening Ceremony & Plunge Check Presentation

12:15 pm: Plunger Safety Briefing

12:30 pm: Plunging Begins!

### Where Do the Funds Go?

Polar Plunge® is so much more than just an icy dip in the water. The funds raised at each plunge event help Special Olympics Virginia provide year-round sports training, competition, leadership opportunities, and health services to more than 25,000 athletes of all abilities.

Our goal is to create a world where every single person is accepted and welcomed. Together, we are helping to make the world a better, healthier, and more joyful place — one athlete, one volunteer, one family member and one plunger at a time.

[Click here](#) for more information and to sign up!

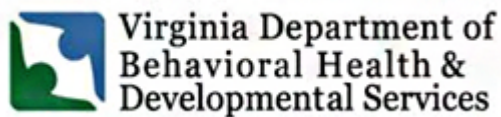
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## Free Educational Opportunity

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.



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## 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

## 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!

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## Employment Opportunities

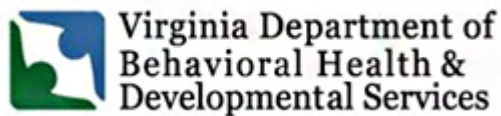
**Come check out our job openings for REACH Region III.**

[Click here](#) for the flyer.

For more information on available positions and to apply [click here](#).

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## DBHDS



Virginia Department of  
Behavioral Health &  
Developmental Services

[Click Here](#) for the website.

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## 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.



### 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 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.



*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**.



**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**.



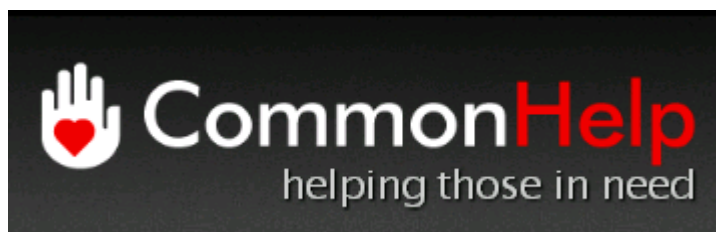
**New River Valley  
Disability Resource Center**

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.

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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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