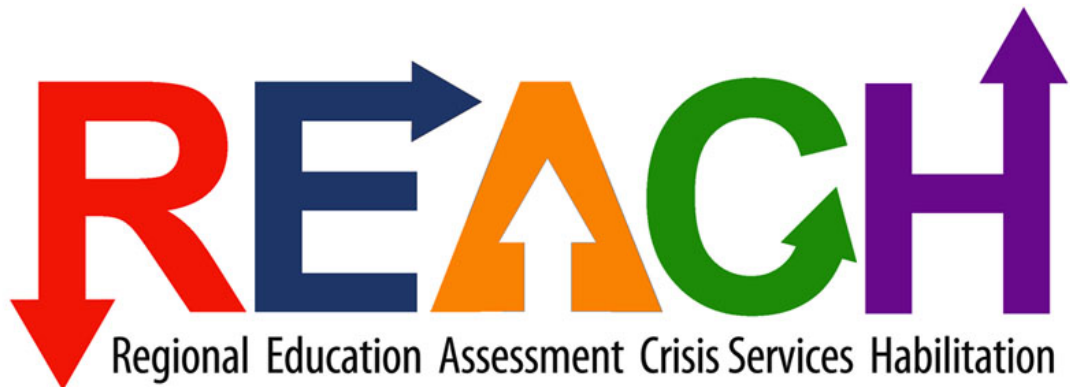


REACH Region III – The Newsletter
Vol.6, No.03, March 2020

[View this email in your browser](#)



The theme for Social Work Month 2020 is [Social Workers: Generations Strong](#).

REACH Region III - Monthly Report for February 2020

[Click here to view](#)

Update

Clinical Corner



February Data

Adults

Referrals: 31
 Active Clients: 125
 Crisis Plan Hours: 175.9
 Prevention hours: 326.03

Calls to Crisis Line

Information: 43
 Prevention: 113
 Crisis/Face to Face
 Response: 36

*Average Crisis/Face to
 Face Response
 Time: 55.7 minutes*

Crisis Therapeutic Home

Emergency Bed Days: 59
 Step-down Bed Days: 101
 Prevention Bed Days: 0

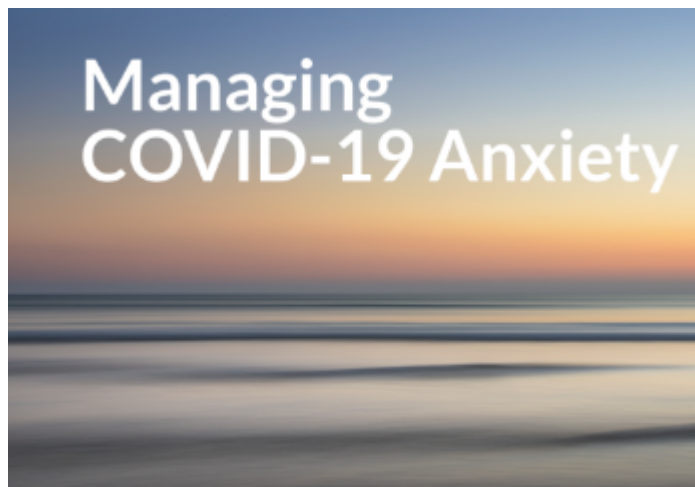
Children

Referrals: 22
 Active Clients: 70
 Crisis Plan Hours: 65.4
 Prevention Hours: 165.64

Calls to Crisis Line

Information: 13
 Prevention: 15
 Crisis/Face to Face
 Response: 23

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



Managing Anxiety Coronavirus - Helpful Expert Tips and Resources

adaa.org

The ADAA understands that for many in the public community - especially those who struggle with health anxiety - the current coronavirus outbreak is triggering increased anxiety - especially with such heightened media attention.

In response, they have created this resource page - updated daily - to provide helpful tips and strategies from ADAA mental health professionals - to help you or a loved one struggling with anxiety around the coronavirus or with general health anxiety concerns.

[Click here](#) for the resource page.

Additional resources

[Click here](#) for How To Handle School Closures And Services For Your Child with Autism.

[Click here](#) for COVID-19: Mental Health And Coping Resources.

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

[Click here](#) for a Social Story.

[Click here](#) for advice on talking to kids about the virus.

All About Autism, All About Me: Sharing Strategies To Make Physical Education and Sport Accessible For All.

www.youthsporttrust.org

Objectives

- 1 - To help identify and reduce barriers to participation.
- 2 - To help you to realise the wider benefits that PE and sport bring, particularly when used as a therapeutic vehicle to help regulate emotions, facilitate learning and improve social inclusion.
- 3 -To help you understand misconceptions about young autistic people taking part in PE and sport.

[Click here](#) for the booklet.

Apps



Brain.fm

Music to Focus, Relax & Sleep

Brain.fm provides music designed for the brain to improve focus, meditation, relaxation, naps & sleep within 15 minutes of use.

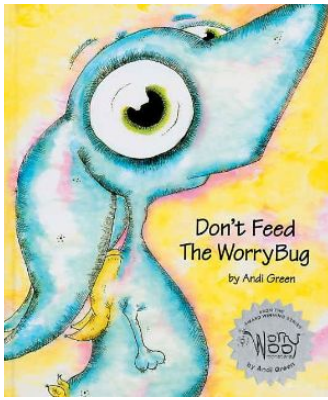
First 5 sessions free.

[Click here](#) to learn more.

Videos



Books & Podcasts



Don't Feed the WorryBug

By: Andi Green

2019 Child Mind Institute Pick for Best Children's Books About Mental Health

Say hello to Wince, one of the biggest worriers you will ever meet. From cookies to homework to the weather, Wince worries about everything. And when Wince starts to worry, his WorryBug appears.

Social and Emotional Learning

Starting the conversation about feelings has never been easier and more fun!

Free coloring pages and lesson plans are available at WorryWoos.com

What You Need To Know About Handwashing

CDC on Youtube.com

This video answers important questions about handwashing.

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



15 Quick & Easy Sensory Crafts

Baker Ross on Youtube.com

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

Diversity & Inclusion



Medical News

COVID-19 FAQ From DBHDS

What to do if someone presents with COVID-19 symptoms?

Q 1.1: What do I do if a resident in our group home becomes symptomatic? What steps should be taken for residents and staff?

A 1.1: Symptoms of COVID-19 include, fever,

How to Outsmart Your Own Unconscious Bias

Tedx Talks

The human brain is a remarkable achievement in evolution.

Unfortunately, the brain activity that kept the human species alive for millions of years is the same brain activity that keeps us from achieving equality today.

Author, speaker and CEO, Valerie Alexander, explains how the human brain instinctively reacts when encountering the unexpected, like saber-toothed tigers or female tech execs, and proposes that if we have the courage to examine our own behavior when faced with the unfamiliar, we can take control of our expectations, and by doing so, change the world.

[Click here](#) to view.

cough, and shortness of breath. If a resident in your group home becomes symptomatic you should contact the individual's health care provider for guidance. In addition, you should follow the [CDC guidelines for household preparedness to help reduce the likelihood of others becoming infected \(click here\).](#)

[Click here](#) for the complete FAQ.

[Click here](#) for resources from DBHDS.

[Click here](#) for 'What You Need To Know' from the CDC.

[Click here](#) for Environmental Cleaning And Disinfection Recommendations from the CDC.

[Click here](#) for advice for the public from the World Health Organization (WHO).

[Click here](#) for What Do Older Adults And People With Disabilities Need to Know?

Office Integrated Health/DBHDS

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

Opportunities and Events

Governor Northam Announces New Measures to Combat COVID-19 and Support Impacted Virginians

Governor Northam announced additional steps to help people impacted by COVID-19, stop the spread of the virus in the Commonwealth, and protect public health.

These include:

Avoiding public gatherings of more than 10 people.

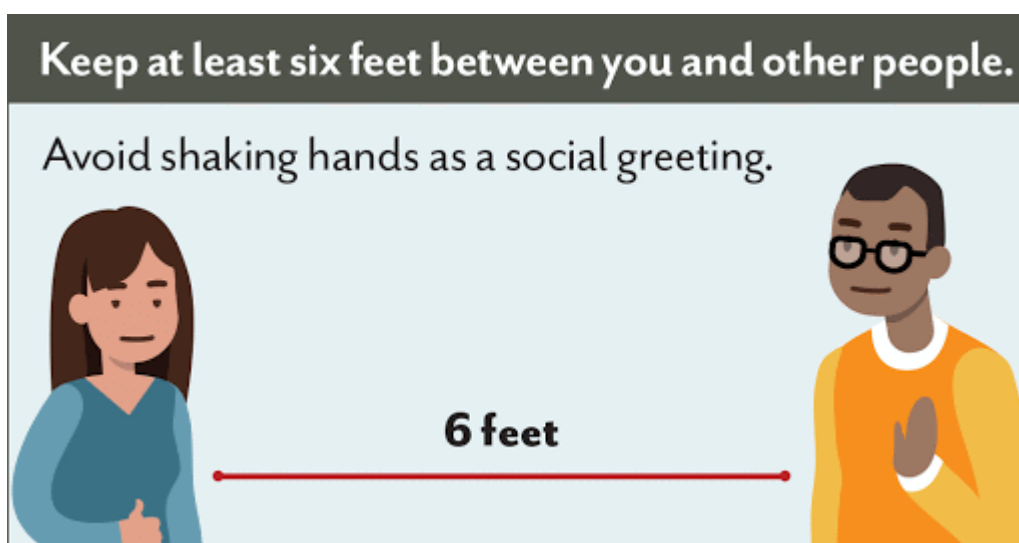
Encouraging high-risk Virginians (those with underlying health conditions or who are over age 65) to self-quarantine.

Increasing social distancing.

Closure of the DMV's in-person services.

Increased support for workers and businesses affected by COVID-19.

This is a rapidly changing situation and accurate, reliable information about COVID-19 can be found on the Virginia Department of Health (VDH) Website. [Click here.](#)



Social Distancing

What is Social Distancing?

[verywellmind.com](https://www.verywellmind.com)

"Social distancing" is a term used to describe infection control actions taken by public health officials to stop or slow down the spread of a highly contagious disease. Most recently, it's been referenced by the Centers for Disease Control and Prevention (CDC) as one of the best strategies in preventing the spread of the coronavirus (COVID-19).

The CDC defines social distancing as **"remaining out of congregate settings, avoiding mass gatherings and maintaining distance (approximately 6 feet) from others when possible."**

It is less drastic than quarantine or isolation, which are used for people who are suspected to be carrying the virus.

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.

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



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!

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.

[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**.



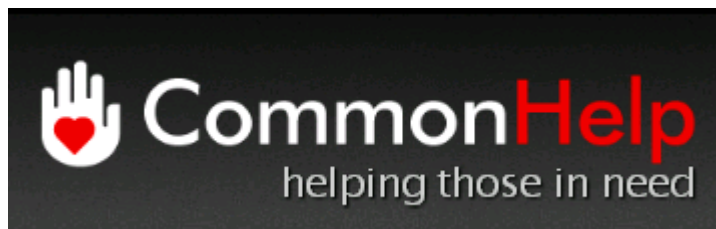
New River Valley Disability Resource Center

A non-profit Center for Independent Living serving the NRV

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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