

REACH Region III - Monthly Report for March 2020

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Update

Clinical Corner



March Data

Adults

Referrals: 19
 Active Clients: 121
 Crisis Plan Hours: 176.6
 Prevention hours: 382.03

Calls to Crisis Line

Information: 29
 Prevention: 132
 Crisis/Face to Face
 Response: 35



Free Training for People Who Support Clients with IDD

texas.gov

Do you support clients with intellectual or developmental disabilities? A free, online training series, focusing on mental health, helps people who care for, support or advocate for people with IDD.

Average Crisis/Face to Face Response Time:
64.6 minutes

Crisis Therapeutic Home

Emergency Bed Days: 43
Step-down Bed Days: 128
Prevention Bed Days: 0

Children

Referrals: 15
Active Clients: 82
Crisis Plan Hours: 119.5
Prevention Hours: 180.5

Calls to Crisis Line

Information: 13
Prevention: 9
Crisis/Face to Face Response: 16

Average Crisis/Face to Face Response Time:
57.25 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

[Click here](#) to continue reading article.

Mental Health Wellness For Individuals With Intellectual And Developmental Disabilities.

Multiple training modules are available to a variety of people including healthcare professionals, support providers and caregivers who support individuals with intellectual and developmental disabilities (IDD) and behavioral health needs.

[Click here](#) for the training modules.

Awareness



Autism Awareness Month

autismspeaks.org

April is National Autism Awareness Month. A month dedicated to honoring people on the autism spectrum, their families, and advocates who work together to make this world more accommodating for those who have disabilities.

Autism Certification Center (ACC) and Autism

Apps



Smiling Mind

Thrive Inside with Smiling Mind.

Thrive Inside is a special COVID-19 initiative to help you proactively support your psychological wellbeing while you're spending extended periods of time at home.

Cost: Free

What: Practice your daily meditation and mindfulness exercises from any device.

[Click here](#) to learn more.

Books & Podcasts

Speaks are teaming up to make 30+ hours of online video learning resources available at no cost for the autism community.

Now through June 1, 2020, get free access to the **Foundations of Evidence-Based Strategies** courses with over 30 hours of video-based content.

[Click here](#) to access courses.

[Click here](#) for additional resources.

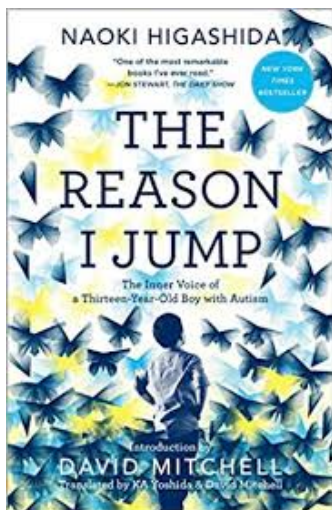
Videos



Social Story Coronavirus

Inclusion Collaborative/YouTube.com

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



The Reason I Jump
by Naoki Higashida

Naoki Higashida was born in Kimitsu, Japan in 1992.

Diagnosed with severe autism when he was five, he subsequently learned to communicate using a handmade alphabet grid and began to write poems and short stories.

At the age of thirteen he wrote The Reason I Jump, which was published in Japan in 2007.

Its English translation came out in 2013, and it has now been published in more than thirty languages.

[Click here](#) to learn more.

Diversity & Inclusion

Inclusion in Action



Social Story We Wear Masks

Mike McGovern/YouTube.com

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

Medical News



COVID-19

dbhds.virginia.gov

Information and Guidance from DBHDS.

[Click here](#) for information for Providers (including FAQs), Healthcare Workers, and Individuals (Coping with COVID-19).

Office Integrated Health

Health Trends - April 2020

[Click here](#) for the newsletter. Topics include:

- Constipation and the Importance of Bowel Monitoring



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

- Dental Facts and Tips From the OIH Dental Team
- The Importance of Adhering to Prescriptions and Physician/PCP Orders.
- Coronavirus/COVID-19

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

The Inclusion Collaborative Department at the Santa Clara County Office of Education is featuring inclusion in action in early childhood learning environments!

Inclusion = Diversity + Engagement

Opportunities and Events



Dr. Temple Grandin: Empowering Autistic Individuals to be Successful - Webinar

When: Tues, May 5th, 2020. 7:30pm - 8:30pm.

[Click here](#) to Register.

The Resilience Project

By: The School of Positive Psychology

Resilience is the ability to recover from difficulties and bounce back from setbacks. It is the process of adapting well in the face of adversity, trauma, tragedy, threats or significant sources of stress. It means learning to cope despite – or in spite of – difficult experiences, and how to manage the ongoing demands of life. Resilient people are aware of situations, their own thinking, emotional reactions, the behaviour of themselves and those around them.

In this 2-day webinar held on 22 Apr 2020 (Wed) and 25 Apr 2020 (Sat), we will discuss the ways we can overcome stressors and take charge of situations in the midst of personal challenges and the global health crisis.

Four experts' insights on conquering adversity:

22 Apr 2020 (Wed) || 7pm-8pm

- Leadership Resilience
- Collective Resilience

25 Apr 2020 (Sat) || 11am-12pm

- Resilient Communication
- Resilient Parenting

[Click here](#) to learn more.

Virginia Department of Health

All Virginians directed to stay at home **except for allowable travel** including:

To seek medical attention.

Work.

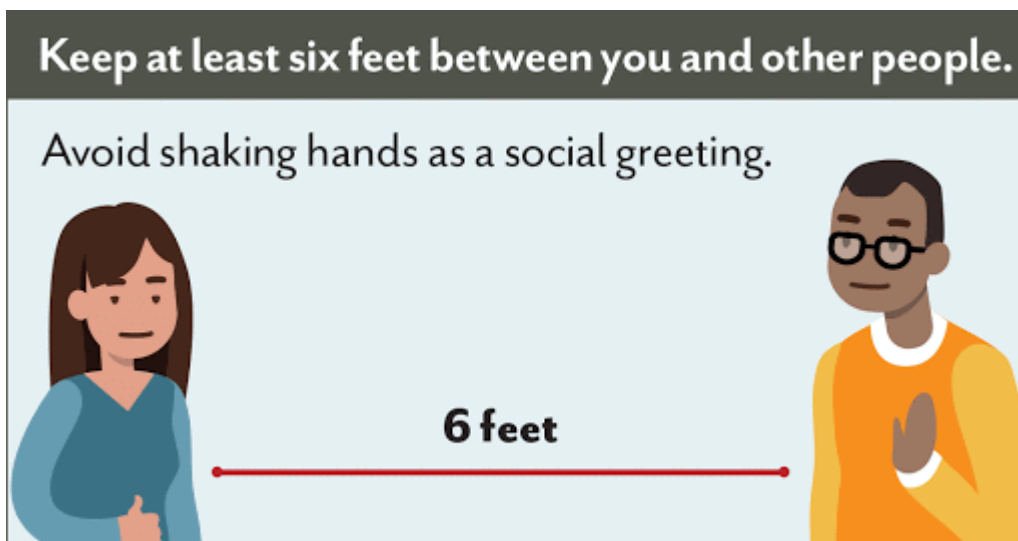
Care for family or household members.

Obtain goods and services like groceries, prescriptions, and others as outlined in [Executive Order Fifty-Three](#).

Engage in outdoor activity with strict social distancing requirements.

[Get health updates and information about COVID-19 cases from the Virginia Department of Health](#)

[VDH.VIRGINIA.GOV](https://vdh.virginia.gov)



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.

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 Autism Council

This website is Virginia's clearinghouse on best practices and research-based education and training opportunities to advance personnel



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**.



Commonwealth Autism

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

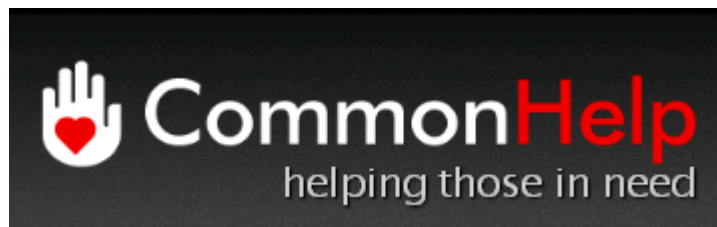
development and knowledge regarding autism in Virginia. [Click here](#) for more information.



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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