

REACH Region III - Monthly Report for April 2020

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Update

Clinical Corner



April Data

Adults

Referrals: 17
 Active Clients: 119
 Crisis Plan Hours: 193.85
 Prevention hours: 358.21

Calls to Crisis Line

Information: 23
 Prevention: 127
 Crisis/Face to Face
 Response: 16



FACE COVID

How To Respond Effectively To The Corona Crisis

Dr. Russ Harris

[Acceptance Commitment Therapy/youtube.com](#)

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

In this brief animation, Dr. Russ Harris, author of

Average Crisis/Face to Face Response Time:
31.25 minutes

Crisis Therapeutic Home

Emergency Bed Days: 30
Step-down Bed Days: 145
Prevention Bed Days: 0

Children

Referrals: 21
Active Clients: 79
Crisis Plan Hours: 119.6
Prevention Hours: 193.3

Calls to Crisis Line

Information: 13
Prevention: 7
Crisis/Face to Face
Response: 12

Average Crisis/Face to Face Response Time:
37.9 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

the international best-seller *The Happiness Trap*, illustrates how to use ACT (Acceptance and Commitment Therapy) to deal with the Corona crisis and the fear, anxiety and worry that goes with it.

Dr. Russ Harris provides an acronym and tools from Acceptance and Commitment Therapy to respond effectively to anxiety around COVID-19.

[Click here](#) for a quick cheat sheet.

Awareness



Mental Health Month

nami.org

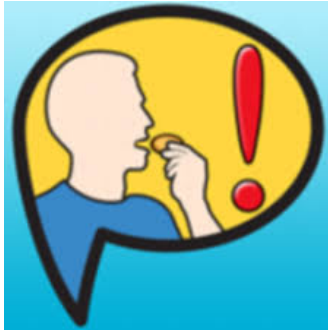
You Are Not Alone

NAMI's "You are Not Alone" campaign features the lived experience of people affected by mental illness to fight stigma, inspire others and educate the broader public.

Now more than ever before, it is important for the mental health community to come together and show the world that no one should ever feel alone.

The campaign builds connection and increases awareness with the digital tools that make connection possible during a climate of physical distancing. [Click here](#) to read more.

Apps



SmallTalk Dysphagia

Lingraphica

SmallTalk Dysphagia lets you take along the words and phrases you need to communicate your swallowing needs. It provides a vocabulary of pictures and icons that talk in a male or female voice.

The app contains 50 phrases that cover eating, meal assistance, diet, liquids, medications, and compensatory treatment techniques. It also contains four demonstration videos of treatment techniques commonly used for swallowing.

Cost: **Free**

[Click here](#) to see in the App Store for iPhone and iPad.

COVID-19 and Your Mental Health Infographic

COVID-19 AND YOUR MENTAL HEALTH

While we are familiar with viruses like the common cold and the flu, the coronavirus (COVID-19) is new and presents a situation that none of us could have imagined a few short months ago. The fact that it is extremely contagious has resulted in business closures, social distancing, and quarantine measures which have disrupted our daily lives. It is more important now than ever to pay attention to mental health during this time of isolation and uncertainty.

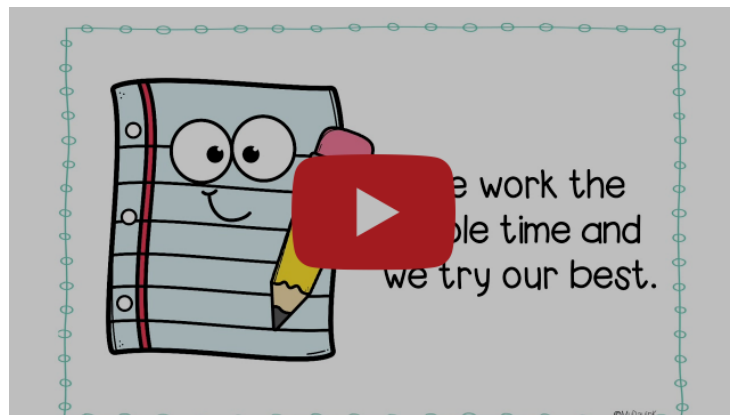
YOUR CONCERNS ARE VALID

There are many reasons that you might be concerned or worried about COVID-19. Some of the most common are:



[Click here](#) or on image above to view complete printable infographic.

Videos

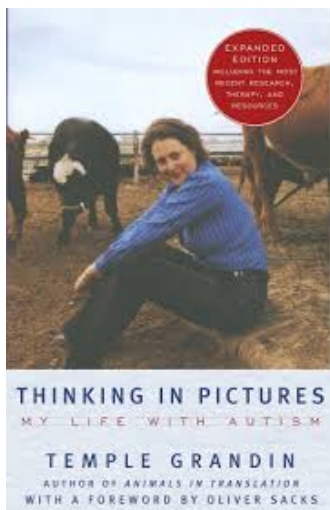


Learning From Home Social Story

[youtube.com](https://www.youtube.com/watch?v=...)

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

Books & Podcasts



**Thinking in Pictures,
Expanded Edition: My
Life with Autism**

by: Temple Grandin, Ph.D.

In this unprecedented book, Grandin delivers a report from the country of autism. Writing from the dual perspectives of a scientist and an autistic person, she tells us how that country is experienced by its inhabitants and how she managed to breach its boundaries to function in the outside world.

[Click here](#) to learn more.

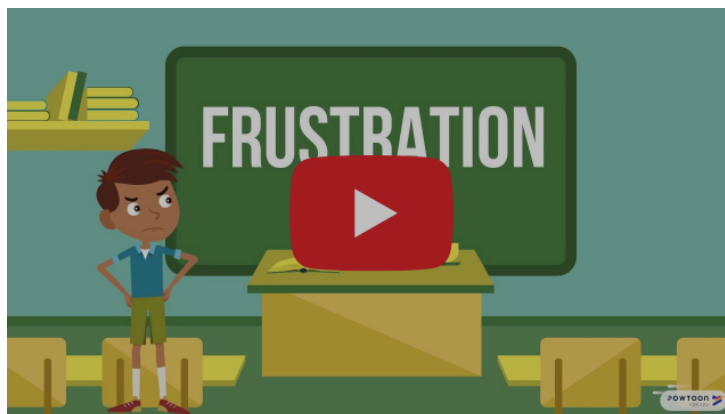
**Diversity &
Inclusion**



**The Diversity Dilemma
of COVID19**

diversityq.com

Diversity and inclusion thrive in adversity.

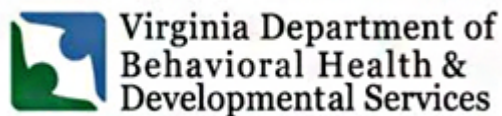


**Frustration
Social Story**

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

Click 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 - May 2020

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

- What is Dysphagia? Difficulty Swallowing

Like most people, we have been glued to the screen following the daily updates regarding the 'war against COVID-19'.

- Dental Facts and Tips From the OIH Dental Team
- Coronavirus/COVID-19

[Click here](#) to continue reading.

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

Opportunities and Events



Pivotal Response Treatment for Minimally Verbal Children with ASD

CA Human Services/VT

About this Event

Presented by: Angela Scarpa Ph.D., Angela Dahiya, M.S. & Jen Bertollo, B.A.

When: May 21st & 28th

Cost: \$150

This 2-part series is for professionals or parents who would like foundational information on Pivotal Response Treatment (PRT), which is aimed at teaching language skills to minimally-verbal children. We will provide an overview of the treatment, PRT motivational strategies, and how to generalize this treatment to other target behaviors.

This training will provide a foundational overview of:

- Autism Spectrum Disorder interventions and PRT treatment
- PRT behavioral basics (the ABC's of behaviors)

> How to structure learning opportunities

> How to generalize PRT strategies to improve future target behaviors

[Click here](#) for tickets.

Online Social Skill Groups from Continuum Behavioral Health

WHAT:

We are offering online social skills groups to meet your child's needs from the comfort and safety of your home! Our BCBA utilizes the PEERS® curriculum to teach and practice social skills. This 7-week online course includes live, interactive socials groups and parent training.

Social Skills Group Options: Pre-Teen Group: For Pre-teens 9-13 years and Teen Group: For teens 14-18 years

MORE INFO:

Weekly meetings via Zoom teach the following: Conversation skills, Methods of communicating, Choosing friends, Handling difficult situations, Managing conflict

Cost is \$240 for full course

To Register Contact: Meredith Kimener Director of Telehealth 703-635-6846
mkimener@continuumgroup.net

Blacksburg Adult ASD/Asperger's Monthly Support Group

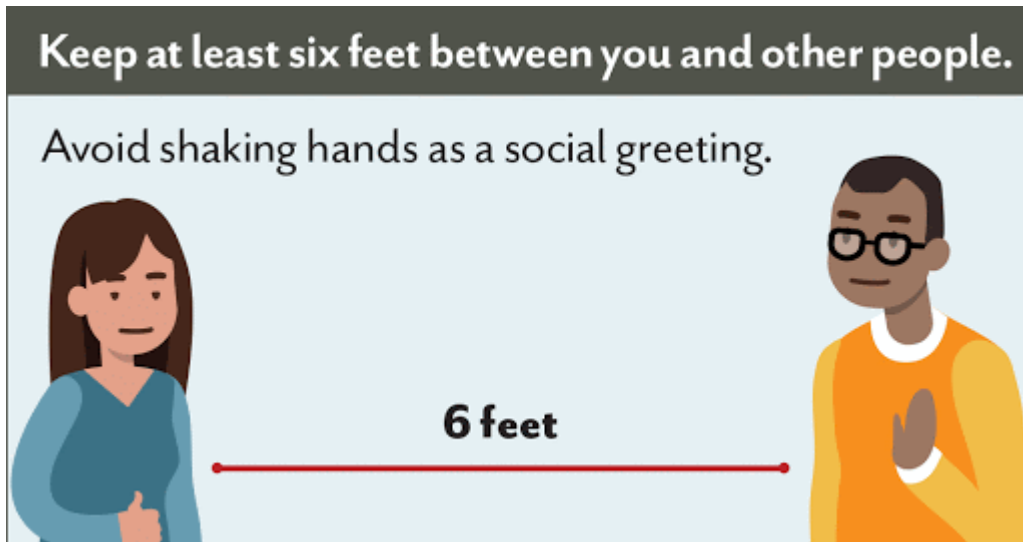
WHAT:

This support group is to come together to discuss various topics of interest and engage in fun social activities!

WHO: Adults (ages 18 and up) with an autism spectrum disorder diagnosis, as well as their families/caregivers.

WHERE:

If there is interest in this support group it can be moved to a zoom meeting. Please contact Angela Dahiya by email: avdahiya@vt.edu or by phone: 504-231-3514.



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**.

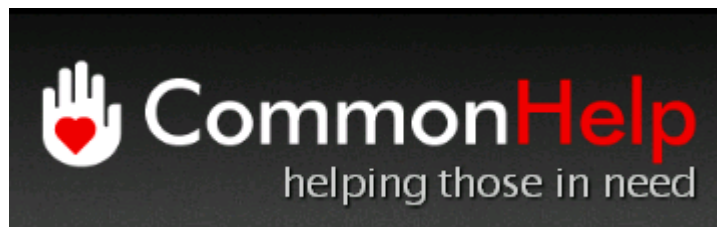
development and knowledge regarding autism in Virginia. [Click here](#) for more information.



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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