

REACH Region III - Monthly Report for August 2020

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Update

Clinical Corner



August Data

Adults

Referrals: 35
 Active Clients: 125
 Crisis Plan Hours: 224.93
 Crisis Prevention hours: 538.06

Calls to Crisis Line

Information: 44
 Crisis Prevention: 188
 Crisis Face to Face



Free Webinar

TEACCH Webinar 3: Depression in the Context of Autism Spectrum Disorders

teacch.com

Presenter:

Response: 35 Face to Face + 13 Telehealth
Total Calls: 280

Average Crisis/Face to Face Response Time:
 48.2 minutes

Crisis Therapeutic Home

Emergency Bed Days: 50
 Step-down Bed Days: 125
 Prevention Bed Days: 0

Children

Referrals: 26
 Active Clients: 85
 Crisis Plan Hours: 95.75
 Crisis Prevention Hours: 236.57

Calls to Crisis Line

Information: 28
 Crisis Prevention: 14
 Crisis Face to Face Response: 12 Face to Face + 6 Telehealth
Total Calls: 60

Average Crisis/Face to Face Response Time: 47.75 minutes

We have a new referral form!

Please replace the old form with this new form.
 -updated 05.2020

[Click here](#) to download it, and please share with anyone in your system that makes REACH referrals. Thank you!

Robert B. Christian, MD, FAAP, Assistant Professor of Psychiatry and Pediatrics, Associate Director, North Carolina LEND, Carolina Institute for Developmental Disabilities, The University of North Carolina School of Medicine

Summary:

Reviews the literature to date in Depression among individuals with Autism Spectrum Disorders. Dr. Christian will also present on his own clinical experiences working with this population while also discussing the historical perspective, epidemiology, recognition, and treatment of depression in individuals with ASD.

[Click here](#) to view.

Other Free Webinars available in the series:

[Webinar 1: Helping Adults with Autism Understand and Develop Romantic Relationships](#)

[Webinar 2: Understanding and Treating Comorbid Anxiety in Individuals with ASD](#)

[Webinar 3: Depression in the Context of Autism Spectrum Disorders](#)

[Webinar 4: Suicidality and Autism Spectrum Disorders](#)

[Webinar 5: Adapting Professional Practices to Fit the Unique Learning Differences of Individuals with Autism Spectrum Disorder](#)

[Webinar 6: Autism and ADHD: Differential Diagnosis, Co-Morbidity, and Treatment](#)

REACH Region III

Email: info@swvareach.org

Fax: 540.267.3403

[Webinar 7: Autism and Legal Issues: Learning from Experiences of those with ASD who have Difficulty with Transitions from Adolescence to Adulthood – Part 1 and 2](#)

Apps



Routinely

Routinely is a tool to help you establish, track, understand, and be more mindful of your daily routine. Use Routinely to quickly and easily set goals for each of the tasks and habits that make up your day, and then track your completion of those goals. Routinely can send you notifications to remind you to complete your goals, and provides a history view to review past days.

[Click here](#) to learn more.

Videos



Which is better: Soap or Hand Sanitizer?

[TED-Ed/youtube.com](https://www.ted-ed.com/youtube.com)

Dig into the science of how soap breaks down a coronavirus, and the effectiveness of hand sanitizer against a viral outbreak.

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

Books & Podcasts



Empowering Ability



Mystery and Detective:

Podcast

Episode #49: Mental Health is Health, with Dr. Yona Lunsky

Dr. Yona Lunsky discusses state of mental health and developmental disability, how to notice mental health challenges, and different treatments.

[Click here](#) to listen.

Yoga Club

Cosmic Kids Yoga/youtube.com

Yoga, stories, and fun!

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

Medical News

Diversity & Inclusion



The Case for Inclusion 2020: Key Findings Report

caseforinclusion.org

People with intellectual and developmental disabilities (I/DD), along with the community-based providers that support their inclusion in everyday life, find themselves at an important crossroads as they look ahead to 2020 and beyond.

[Click here](#) to view.



Virginia Department of Behavioral Health & Developmental Services

DBHDS/Office of Integrated Health

September Health and Safety Alert:

Recognizing Pain in Individuals with Intellectual and Developmental Disabilities

Evidence suggests that individuals with IDD and/or those who are non-verbal are at a higher risk for under-treatment of pain.

[Click here](#) to learn more.

[Click here](#) to view safety alerts and newsletter archive..

Opportunities and Events



Special Olympics - Virtual Dulles Plane Pull!

"Pull" with us from the comfort of your own home!

This year, the Dulles Plane Pull is going **VIRTUAL**! You can "pull" with us from the comfort of your own home for the first time! The event will occur virtually during the week of October 12.

Join us for a fitness competition Monday - Friday then celebrate with us on Saturday, October 17, our Virtual Dulles Plane Pull day.

Each team will be connected with a SOVA athlete coach to be motivated by and train unified with along the way and will have the opportunity to participate in three team contests!

[Click here](#) to learn more and to register!

[Click here](#) for Special Olympics Virginia Return to Activities Information and Resources.

Two-session Virtual Training on Pivotal Response Treatment

September 21 and 28 from 9am-11am - LIVE WEBINAR

Presented by: Angela Scarpa Ph.D. & Angela Dahiya, M.S. Hosted by: [CA Human Services](#)

Join us for this 2-part online series 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

Cost of 2-part training is \$150. [Register here.](#)

Continuing Education Units are being offered for this training at an additional cost of \$31.50. Participants would receive .4 CEUs for 4 hours of training. They also would receive a digital certificate, about 3-4 weeks after the program ends.

Please refer any questions to Nick Fields at Nick.Fields@cahumanservices.org

Autism On Call, LLC

WHAT:

Many schools are still closed and our children with ASD are at home in response to Covid-19. This situation may be presenting families with some unique circumstances that normally would not be occurring and/or increasing complications to existing ASD related challenges.

Given these difficult times, Dr. Rydell is offering a **FREE consultation** (phone or video conference) to all families with children with ASD to assist with existing or new challenges, questions or concerns.

HOW:

To schedule a free consultation with Dr. Rydell, go to:

www.autismoncall.com > Home Page > Schedule Your Free Consultation



Every person deserves an opportunity to work and that includes you!

Work is a pathway to discovering your talent, making new friends and becoming financially independent. Many people who have been away from work because of a disability miss these aspects of having a job.

If this sounds like you, then you may want to look into Social Security's Ticket to Work (Ticket) program.

Ticket program service providers are ready to support you on your journey to financial independence and offer free resources to help you succeed in the workplace.

[Click here](#) to learn more

Lunch and Learn - VCU Autism Center for Excellence

During these uncertain times, VCU-ACE is working to provide resources for families. Weekly, VCU- ACE will provide an opportunity for parents to join us for Lunch and Learn.

An interactive and secure Zoom meeting that will address different topics each week. There will be a short presentation with a time for Q&A.

[Click here](#) to register.

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.

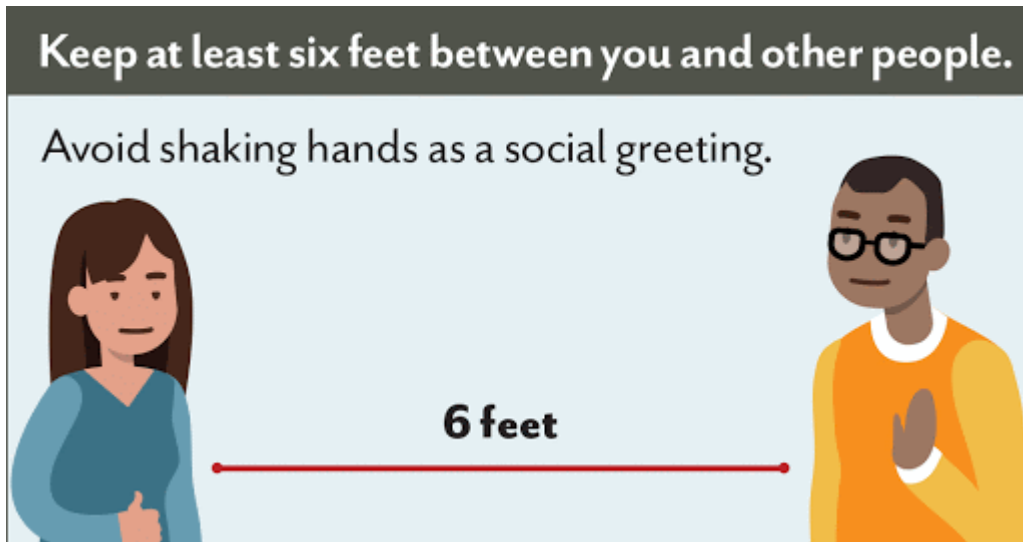
Do You Know Where to Go to Get a COVID-19 Test?

It's important to know where the COVID-19 testing sites are in case you or a loved one becomes symptomatic.

The Virginia Department of Health has provided resources around COVID-19 testing, including a map of COVID-19 testing sites throughout the state of Virginia. If you are symptomatic, you should consider contacting your healthcare provider to get a COVID-19 test. Symptoms of COVID-19 include:

Fever or chills
Cough
Shortness of breath
Loss of taste or smell

[Click here](#) to find your testing location.



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.

[Click Here](#) for Provider Development.

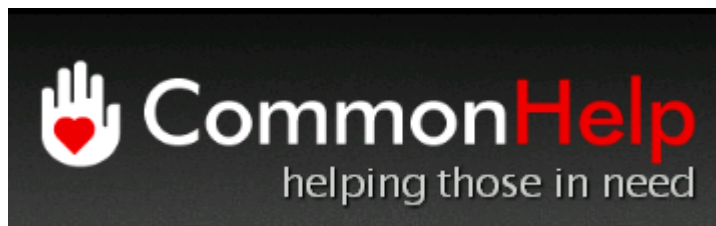
REACH Information

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



Virginia CommonHelp

In these difficult times, many Virginians are looking for assistance with essential services.

Virginia CommonHelp makes it easy for you to apply for multiple Department of Social Services programs using one online application.

CommonHelp partners with several government agencies to offer Virginians a fast and easy way to apply for a wide range of services:

- Help with paying for childcare
- Home energy assistance
- Help with buying food
- Low or no-cost healthcare
- Temporary cash assistance for families with children

To determine your eligibility for one or more programs, you can complete CommonHelp's [online eligibility portal](#). The portal will tell you which programs you qualify for and how to apply for them online. Visit the [CommonHelp website](#) to learn more about the programs and government agencies that they partner with.

The Employment Toolkit for Job Seekers with Autism

readyjob.org

[Click here](#) to view.



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



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

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.

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 disabilities and mental health needs. [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.

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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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