

REACH Region III - Monthly Report for November 2020

[Click here](#) to view

Update

Clinical Corner



November Data

Adults



Holiday Resources

Referrals: 40
 Active Clients: 132
 Crisis Plan Hours: 214.2
 Crisis Prevention hours:
 465.33

Calls to Crisis Line

Information: 47
 Crisis Prevention: 143
 Crisis Face to Face
 Response: 27 Face to
 Face + 12 Telehealth
Total Calls: 229

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

Crisis Therapeutic Home

Emergency Bed Days: 48
 Step-down Bed Days: 94
 Prevention Bed Days: 0

Children

Referrals: 19
 Active Clients: 85
 Crisis Plan Hours: 84
 Crisis Prevention Hours:
 234.15

Calls to Crisis Line

Information: 21
 Crisis Prevention: 17
 Crisis Face to Face
 Response: 19 Face to
 Face + 3 Telehealth
Total Calls: 60

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

theautismblog.seattlechildrens.org

For some families, the end of a typical year brings celebrations, gatherings, and beloved traditions. But, like many other things during 2020, the holiday season will be very different for many people this year.

Below, we've collected a set of resources that may help – you'll find a social story to explain how holidays will be different this year, a range of coping strategies for caregivers and kids, and a reminder that flexibility with our expectations can be valuable in easing the challenges that holidays often bring.

- **“Holidays In 2020” Social Story** – Available in Spanish, Chinese, Russian, Arabic, Burmese, and English (from ASERT in Pennsylvania): [Click here](#) to view.

- **Coping with Holiday Stress for Caregivers** (from the Mayo Clinic): [Click here](#) to view.

- **Supporting Children and Teens During this Holiday Season** (from the National Child Traumatic Stress Network): [Click here](#) to view.

- **Happy Unconventional Holidays to You and Yours** (Lynn Vigo, MSW, LICSW): [Click here](#) to view.

Videos

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!

REACH Region III
Email: info@swvareach.org
Fax: 540.267.3403



Wanna Build a Snowman? - How to make fake snow

DaveHax/YouTube.com

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

Apps



:prose
Gesture-based AAC

:prose is the world's most intuitive mobile (AAC) app that let's you speak using body language instead of visual symbols.

Starting with simple finger taps and swipes in the Canvas area, you can speak your own phrases out loud and communicate with others.

[Click here](#) to learn more.



Let's Open Presents!

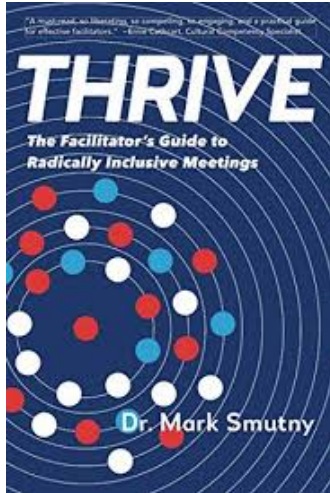
Mighty Knightly/YouTube.com

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

Medical News

Books &

Podcasts



THRIVE: The Facilitator's Guide to Radically Inclusive Meetings

by Dr. Mark Smutny

Thrive includes chapters on privilege and power, multi-lingual meetings, and full inclusion of persons with disabilities.

[Click here](#) to learn more.

Diversity & Inclusion



4 Ways To Understand The Diversity Of The Disability Community

by Andrew Pulrang for Forbes

[Click here](#) to read.



Why Get Vaccinated Against COVID-19?

vdh.virginia.gov

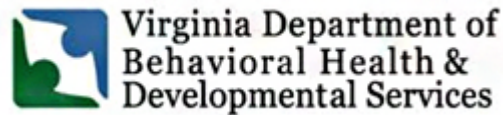
The COVID-19 vaccine will greatly reduce your chances of getting COVID-19 and will ensure that if you do get the virus, you will have only mild symptoms or none at all.

We don't know yet why some healthy people become seriously ill or die from COVID-19. While many people with COVID-19 only become mildly sick, there's no way to know how COVID-19 will affect you.

Once vaccinated, your body will build immunity to the virus so you are unlikely to get it at all. If you do, your own immune system will be able to fight it off easily.

Getting vaccinated is also important to keep your family and friends safe because the vaccine makes it unlikely that you will spread it to other people.

[Click here](#) for the vaccination FAQ from the Virginia Department of Health.



DBHDS/Office of Integrated Health

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

Opportunities and Events



Holiday Support

VT Autism Center

WHAT:

As we endure the second wave of the COVID-19 pandemic, this December our main focus will be to continue providing urgent COVID-19 resources, as well as holiday support. We have also included relevant policy information for the upcoming legislative goals and transition.

This holiday season will be different due to social distancing guidelines, which may leave some feeling lonely or anxious. These resources are to help you find ways to celebrate safely while still connecting with loved ones.

HOLIDAY RESOURCES

[CDC Guidelines on Holiday Gatherings](#)

[Holiday Travel & Safety: 5 Things We Know](#)

[5 Ways to Prepare for Your First Holiday Alone](#)

[Loneliness and The Holidays](#)

[Twelve Tips for Helping Individuals with Autism Have a Happy Holiday Season](#)

[Use Amazon Smile Link to Donate to Autism Society as you Shop](#)

[16 Best Sensory Toys for Kids That'll Ignite Their Senses](#)

COVID-19 SUPPORT

[Facebook Live Episode on Bereavement with Elizabeth Graham](#)
[Mental Health & Respite section of Autism Society COVID-19 Toolkit](#)
[Autism Society Downloadable Social Stories](#)
[Supporting Individuals with Autism through Uncertain Times](#)
[Modifying Routines section of Autism Society COVID-19 Toolkit](#)

PEERS Virtual Social Skills Group For College Students

WHAT:

STAR is offering a **16-week, virtual social skills group for college students on the autism spectrum – open to any college student currently living in Virginia!** The PEERS for Young Adults Social Skills Intervention is an evidence-based treatment for autism that targets improved social skills and relationships. All group sessions will be held over Zoom.

WHO:

College/graduate students who identify as on the autism spectrum

HOW:

Contact The Sheila Johnson Center at 434-924-7034 or email Erica Rouch at ejf3u@virginia.edu for more information.

Special Olympics: Polar Plunge - 2021

Plunge It Your Way – Say What?

2020 sucked. For 2021, the least we can do is bring back the Plunge. To keep our amazing colony safe, this year you can support the athletes of Special Olympics Virginia and Plunge however you'd like. This is your year!

How to become a Plunger

Due to the COVID-19 pandemic, we can't hold an in-person event, but we know that won't stop our colony! Participate as an individual or with friends, family, and colleagues on a team. Fundraise and receive the 2021 Plunge Pack, earn all new incentives, and join the fun statewide activities during the weeklong Plunge celebration. It all culminates with a virtual event ceremony on Saturday, February 6!

Register!

Gather your flock, create your team, and sign up to be a Plunger: [Register](#) .

Fundraise

Earn all new [incentives](#) and use our [fundraising resources](#) to bring in donations! Our athletes need your support now more than ever.

Plunge Prep

Decide how you want to Plunge at home and remember to be creative! Want to take an icy dip in your neighbor's pool? Go for it! Rather take the year off and lounge in a hot tub? You do you. We promise, we won't judge!

Whatever you decide, we want you to have fun and Plunge it YOUR WAY. At the end of the day, no matter what your Plunge looks like, you'll be supporting 23,000+ Special Olympics Virginia athletes.

Share Your Plunge

Take photos and video plunging your way and post them to social media using the hashtag #plungeyourway. There's a chance you'll be featured in our virtual Plunge ceremony on Saturday, February 6 or as our Plunger of the week!

Celebrate

Tune in on February 6 at 10AM to enjoy the Virtual Plunge Celebration. From special guests to top team announcements and additional entertainment, you won't want to miss it. Mark your calendar!

Stay Tuned

Follow us on social media ([Facebook/Instagram](#)) and visit your regional Plunge page (coming soon) on the website to stay up to date on all the latest Plunge happenings. From a virtual costume contest, to free Wawa and discounted brews during Plunge week, we're here to make this Plunge season the coolest yet.

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

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.

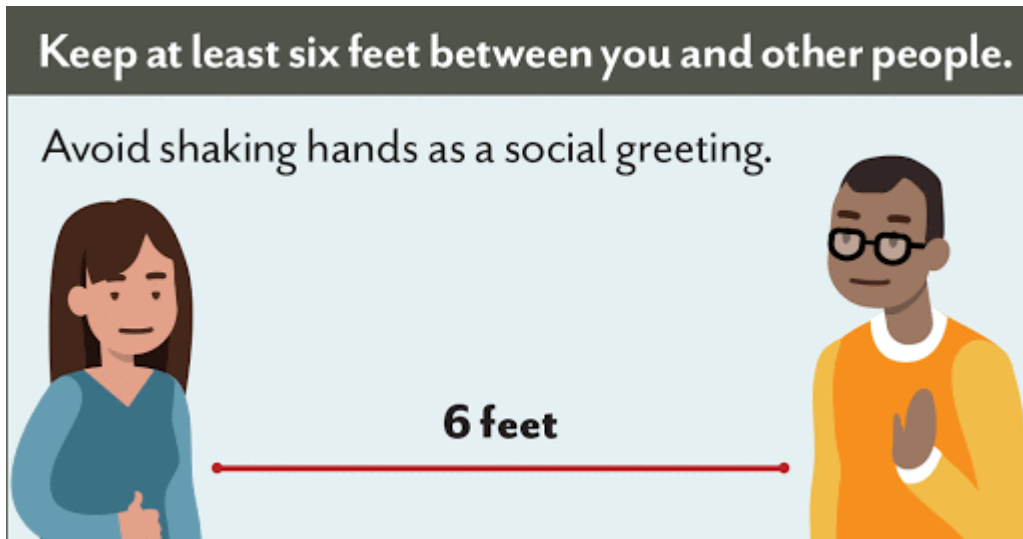
Do You Know Where to Go to Get a COVID-19 Test?

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.

New Fair Housing Protections in Virginia: Source of Funds Discrimination

[Click here](#) to learn more.

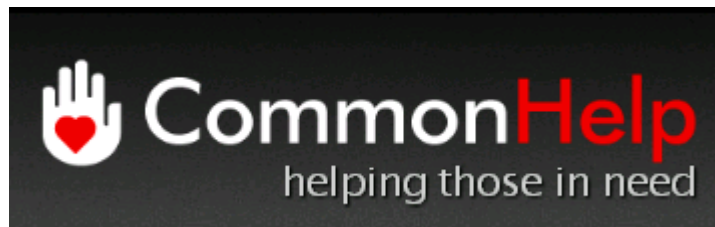
REACH Information

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 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.



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.



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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