

REACH Region III - Monthly Report for December 2020

[Click here](#) to view

Update

Clinical Corner



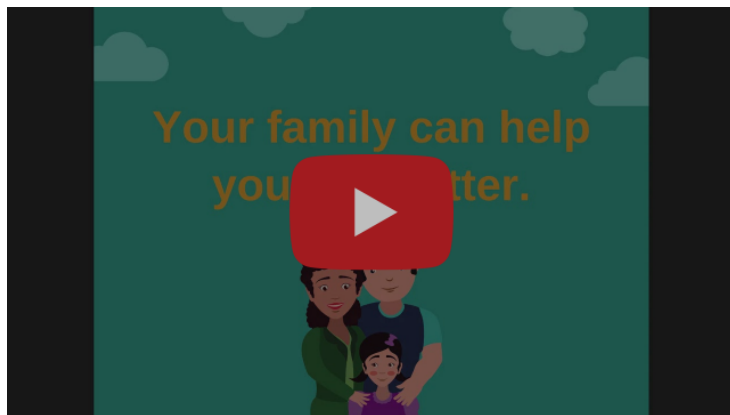
December Data

Adults

Referrals: 32
 Active Clients: 150
 Crisis Plan Hours: 214.49
 Crisis Prevention hours: 499.18

Calls to Crisis Line

Information: 54
 Crisis Prevention: 159
 Crisis Face to Face



How To: Dealing With Changes

vcautismcenter.org

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

Individuals with ASD often thrive in a routine environment and can struggle with unexpected changes to their schedules.

Response: 23 Face to Face + 12 Telehealth
Total Calls: 248

Average Crisis/Face to Face Response Time:
 50.9 minutes

Crisis Therapeutic Home

Emergency Bed Days: 73
 Step-down Bed Days: 93
 Prevention Bed Days: 0

Children

Referrals: 23
 Active Clients: 99
 Crisis Plan Hours: 96.2
 Crisis Prevention Hours: 284.28

Calls to Crisis Line

Information: 22
 Crisis Prevention: 12
 Crisis Face to Face Response: 14 Face to Face + 6 Telehealth
Total Calls: 54

Average Crisis/Face to Face Response Time:
 35.3 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!

This How To video helps families, educators, and community members support individuals with ASD as they navigate through the multitude of changes caused by the COVID-19 pandemic event.

This How To video includes how to use the VCU-ACE COVID-19 Social Narrative and the VCU-ACE COVID-19 Comic Strip.

[Click here](#) for the Social Narrative.

[Click here](#) for the Comic Strip.

Videos



Mindfulness Activities

Mindfulness Maya/YouTube.com

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

REACH Region III

Email: info@swvareach.org

Fax: 540.267.3403

Apps

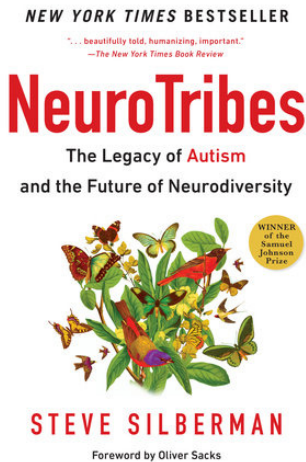


Self Checkout

Self Checkout is a mental wellness and self care app that allows users to monitor their moods on a daily basis with the goal of improving mental wellness.

[Click here](#) to learn more.

Books & Podcasts



Neurotribes

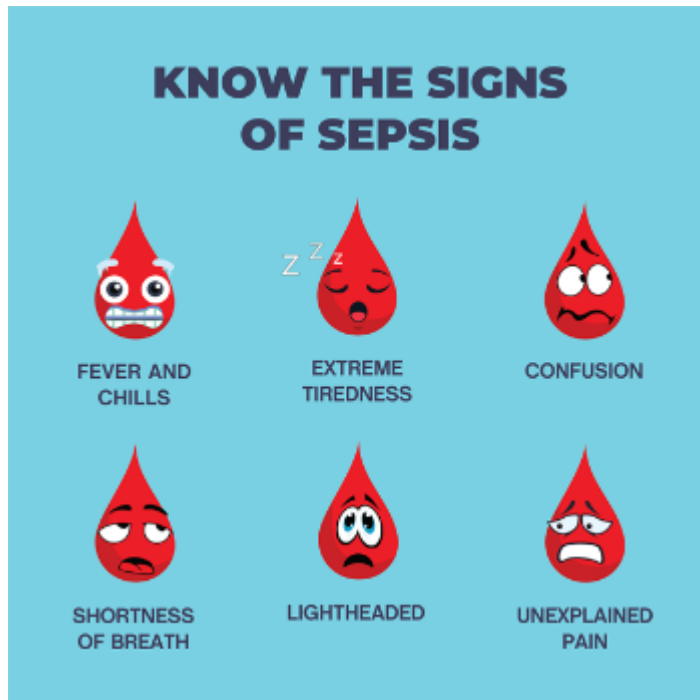


Easy DIY Colored Noodles (or Rice! or Beans!) for Sensory Bins

Early Childhood Therapist/YouTube.com

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

Medical News



What Is Sepsis?

by Steve Silberman

cdc.gov

This New York Times–bestselling book upends conventional thinking about autism and suggests a broader model for acceptance, understanding, and full participation in society for people who think differently.

[Click here](#) to learn more.

Diversity & Inclusion



Disability Discrimination, Medical Rationing and COVID-19

By: *Bo Chen and Donna Marie McNamara/hcbi.nlm.nih.gov*

The current public health crisis has exposed deep cracks in social equality and justice for marginalised and vulnerable communities around the world.

The reported rise in the number of 'do not resuscitate' orders being imposed on people with disabilities has caused particular concerns from a human rights perspective.

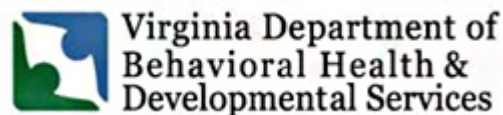
[Click here](#) to read.

Sepsis is the body's extreme response to an infection. It is a life-threatening medical emergency. Sepsis happens when an infection you already have triggers a chain reaction throughout your body. Without timely treatment, sepsis can rapidly lead to tissue damage, organ failure, and death.

Almost any type of infection can lead to sepsis. Infections that lead to sepsis most often start in the lung, urinary tract, skin, or gastrointestinal tract.

Sepsis can't be spread to other people. However, sepsis can be a result of an infection, and some infections can be spread to others. Most sepsis is caused by bacterial infections. It can also be a result of other infections, including viral infections, such as COVID-19 or influenza.

[Click here](#) to learn more.



DBHDS/Office of Integrated Health

The January 2021 - Health Trends Newsletter

The newsletter includes the following topics:

- Sepsis
- ABA Snippets
- COVID-19 Vaccine Information

[Click here](#) to view.

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

Opportunities and Events

11th Annual
Insights
into
Autism

Social Distancing and Sheltering in Place:
The Impact on Families Navigating Autism



Virtual Event - Friday, February 5, 2021

11th Annual Insights into Autism: Social Distancing and Sheltering in Place: The Impact on Families Navigating Autism

When: Feb 5

What: Join experts from around the country at this virtual event providing information and strategies to help families with autism survive the changes surrounding COVID-19 along with commentary and interview by world renowned author Temple Grandin. This virtual autism conference being held on Friday, February 5, 2021.

[Click here](#) for the brochure.

Register at www.EVMS.edu/CMRegistration

AEP Connections: Online webinars & trainings

January 27 - Learn it Today, Use it Tomorrow! Practical Cutting Edge Interventions for Improving Executive Function Skills in Students Foundations Class (with Autism, ADHD, PDD-nos, Anxiety, Attention Deficits, High Functioning Autism, Disorganized Kids, Social & Behavioral Issues)

February 4 - Learn it Today, Use it Tomorrow Master Class! Effective Interventions for Improving Executive Function Skills in Children/Students Master Class (with Autism, ADHD, PDD-nos, Anxiety, Attention Deficits, & More!)

February 18 - Building Social Relationships through Evidence Based Social Skills Programming for Youth with Autism Spectrum Disorders

March 16-17 - Collaborative and Proactive Solutions (including Autism, ADHD, PDD-nos, Anxiety, Attentional Deficits, Behavioral Issues & More!)

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

VCU Autism Center for Excellence upcoming online events

February 1 - 26: Four Week [ASD for Paraprofessionals](#) Online Course

February 4: [Lunch and Learn](#) Returns

February 8 - March 15: Five Week [Evidence-based Practices to Teach Students with ASD](#) Online Course for Virginia Educators

March 15 - April 19: Five Week [Positive Behavior Supports](#) Online Course for Virginia Educators & Family Members

Virtual Monthly Autistic Adult Support Group –

Begins Feb 2 (NEW!!!)

Are you an adult on the autism spectrum and live in Virginia?
Our free, monthly support group for autistic adults will be held virtually on Zoom on the first **Tuesday of the month from 6:30-7:30pm, starting February 2.**

This online support meeting will discuss what YOU want to talk about. Examples of past topics: setting personal goals, dealing with angry or sad emotions, identifying personal learning styles.

Meetings will be moderated by a VT clinical psychology graduate clinician; however, any discussion will be mainly facilitated by the autistic adults in the group.

To sign up for a meeting visit

<https://virginiatech-hipaa.zoom.us/join/91075542012?pwd=ZkFkdz0pE9RlOModcaxCwXQVqfV3KKXp>

Please sign up to join no later than 12pm the day of

Address questions to Megan at mfok@vt.edu

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.

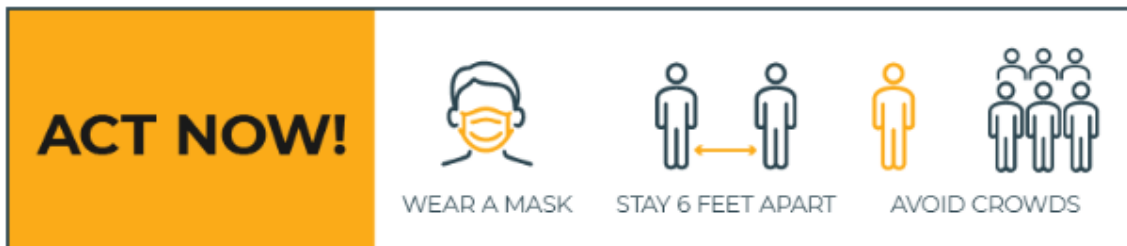
The Virginia Department of Health has provided resources around COVID-19 testing, including a map of COVID-19 testing sites throughout the state of Virginia. If you are symptomatic, you should consider contacting your healthcare provider to get a COVID-19 test. Symptoms of COVID-19 include:

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

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

Vaccine Information Center - Virginia Department of Health

[Click here](#) for information on VDH COVID-19 Vaccination Response.



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.

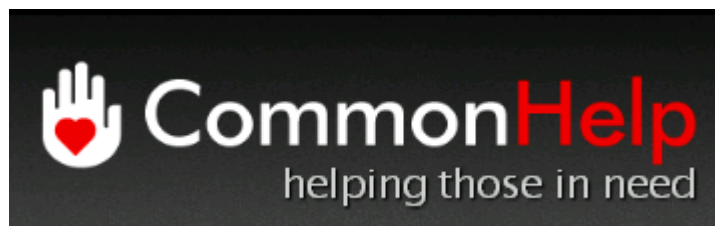
REACH Information

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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