

REACH Region III - Monthly Report for February 2021

[Click here](#) to view



March is Women's History Month

Every year March is designated Women's History Month by Presidential proclamation. The month is set aside to honor women's contributions in American history. [Click here](#) to learn more.

Update

Clinical Corner



February Data

Adults

Referrals: 32
 Active Clients: 141
 Crisis Plan Hours: 111.61
 Crisis Prevention hours:
 543.83

Calls to Crisis Line

Information: 38
 Crisis Prevention: 124
 Crisis Face to Face
 Response: 23 Face to
 Face + 10 Telehealth
Total Calls: 195

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

Crisis Therapeutic Home

Emergency Bed Days: 33
 Step-down Bed Days: 43
 Prevention Bed Days: 0

Children

Referrals: 20
 Active Clients: 106
 Crisis Plan Hours: 66.57
 Crisis Prevention Hours:
 229.34

Calls to Crisis Line

Information: 17
 Crisis Prevention: 9



Why Many Autistic Girls Are Overlooked

Beth Arky/childmind.org

Many more boys than girls are diagnosed on the autism spectrum: more than four boys for every autistic girl, according to the latest numbers from the Centers for Disease Control. Researchers point to genetic differences. But clinicians and researchers have also come to realize that many “higher functioning” autistic girls are simply missed.

They’ve been termed the “lost girls” or “hiding in plain sight” because they’re overlooked or diagnosed late. They don’t fit the stereotypes or their symptoms are misinterpreted as something else. And they may be better at hiding the signs, at least when they’re young.

[Click here](#) to continue reading.

Additional resources about autism and females

Hiding in Plain Sight: In Our Own Words - [Click here](#) to view.

Books on Girls and Women on the Autism Spectrum - [Click here](#) to view.

Crisis Face to Face
Response: 7 Face to
Face + 5 Telehealth
Total Calls: 52

*Average Crisis/Face to
Face Response Time:*
38 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!

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

Videos



4-7-8 Calm Breathing Exercise

Hands on Meditation/YouTube.com

Enjoy the calming effects of deep breathing with this simple guided exercise. The 4-7-8 rhythmic breathing is a core part of many meditation and yoga practices as it promotes relaxation and can also be used to help you fall asleep in a shorter period of time.

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

Apps



iDress for Weather

iDress for Weather provides children and adults, with or without disabilities, the opportunity to make connections between weather conditions and clothing through bold, brightly colored



Paper Rabbit Craft

123 Easy Paper Crafts/YouTube.com

Learn how to make paper rabbits!

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

images, a simple swipe, and without the need for reading or math skills.

[Click here](#) to learn more.

Books & Podcasts



Girls Growing Up on the Autism Spectrum

Shana Nichols

This book covers all the concerns commonly faced by girls with ASDs and their parents, from periods and puberty to worries over friendships and fitting in.

[Click here](#) to view.

Diversity & Inclusion



Inclusive Home Fitness and Activities for Adults and Families with ASD

FREE Virtual Event - Webinar

When: March 25th, 5:30 PM

Medical News



Managing Chronic Kidney Disease: Take Charge of Your Health.

National Institute of Diabetes and Digestive and Kidney Diseases/YouTube.com

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



Virginia Department of
Behavioral Health &
Developmental Services

DBHDS/Office of Integrated Health

The March 2021 - Health Trends Newsletter

The newsletter includes the following topics:

- National Kidney Month
- App of the Month - Karel
- COVID-19 Vaccine Information
- ABA Snippets
- Dental Tips and Facts - Adaptive Toothbrushes

(Eastern Time)

[Click here](#) to register.

[Click here](#) to view.

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

Opportunities and Events



Virtual Trauma Intervention Research Study Opportunity for Youth with Autism

Virginia Tech CARES Lab

[Click here](#) for the flyer for more info and link to sign up.

Adapted Aquatics lessons for children at the Botetourt, Salem and Roanoke YMCAs

Starting the first week of April, the Botetourt, Kirk (Roanoke) and Salem YMCAs will be offering swim lessons to children with special abilities who might need some extra one-on-one time in the water.

Lessons are 30 minutes long. The child to instructor ratio is 3:1.

Cost is \$40/month for members and \$56/month for non-members. Call or visit any location to **register starting 3/1/21.**

Botetourt YMCA: 540.966.9622

Kirk YMCA: 540.342.9622

Salem YMCA: 540.387.9622

VT Autism Clinic & Center for Autism Research Biennial Autism Conference: Autism in the COVID-19 Era

VT Autism Clinic & Center for Autism Research Biennial Autism Conference: Autism in the COVID-19 Era. UVA's keynote speaker Dr. Mazurek will be in attendance.

Event Date: Friday, April 23, 2021 from 2-5pm EST

Location: Virtual via Zoom

For more information regarding registration information please contact vtautismcenter@vt.edu.



Keynote Speaker:
Dr. Micah Mazurek, University of Virginia

Tentative Schedule

- 2-2:15 Welcome and VTAC/CAR overview
- 2:15-3:00 Keynote speaker – Dr. Micah Mazurek
- 3-3:15 Break
- 3:15-3:35 Katrina Ostmeier, "OASIS-Parent Training: A Novel Approach to Service Deserts"
- 3:35-3:55 Ligia Antezana, "Neural Mechanisms of Circumscribed Interests and Intense Fascinations among Adults with Autism Spectrum Disorder"
- 3:55-4:10 Break
- 4:10-4:30 Christina McDonnell, "Trauma-focused Cognitive Behavioral Therapy for Children and Teens with Autism"
- 4:30-4:50 Carolyn Shivers, "ASD Sibling Relationships in College"
- 4:50-5:00 Closing remarks and SAFE Community Champion Award

FREE - Registration info to come!

SAVE THE DATE

Date: Friday, April 23, 2021

Time: 2-5pm EST

Location: Virtual via Zoom

For more information please contact
vtautismcenter@vt.edu


VT Autism Clinic & Center for Autism Research Biennial Autism Conference: Autism in the COVID-19 Era




KEYNOTE SPEAKER:
Dr. Mazurek is an Associate Professor in the Department of Human Services and is the Director of University of Virginia's Supporting Transformative Autism Research (STAR) program. She has broad clinical experience in psychological assessment and intervention, with specific expertise in assessment and treatment of autism and other neurodevelopmental disorders. She has also been active in efforts to enhance quality of care through training, capacity-building, and development and dissemination of best-practice autism guidelines and toolkits.



Bring Your Own Brain






Bring Your Own Brain!

Celebrating Neurodiversity in STEM Careers

Wednesday, April 28, 2021
6pm to 8pm
Panel Discussion via Zoom Webinar



Make sure to attend this annual diversity event for Division of IT held via zoom webinar

Event Date: Wednesday, April 28, 6-8 pm

A Zoom link to register for the webinar will be available soon. For more information, please contact Angela Correa at acorrea@vt.edu or 540-231-4202.

For more information see: <https://it.vt.edu/neurodiversity.html>

Lunch and Learn with VCU-ACE



VCU-ACE “LUNCH and LEARN”
Thursday, March 18, 2021 12:00 - 1:00 p.m.

Facilitated by:
Dr. Sarah Doyle

Autism Society Central VA (ASCV) Program & Outreach Director

Building Relationships through Virtual and Community Programming

Zoom Registration Information:
<https://vcuautismcenter.org/te/lunchandlearn.cfm>

Virginia Commonwealth University's Autism Center for Excellence (VCU-ACE) is funded by the Virginia Department of Education, contract #861-AP661172- H027A150107. Virginia Commonwealth University is an equal opportunity/affirmative action institution providing access to education and employment without regard to age, race, color, national origin, gender, religion, sexual orientation, veteran's status, political affiliations, or disability. If special accommodations are needed, please contact Carol Schall at (804) 628-1851 VOICE or (804) 628-2844 TTY.

VCU

Make sure to join us next week for Lunch and Learn! Dr. Sarah Doyle will speak with us on the topic of **Building Relationships through Virtual and Community Programming**.

Dr. Doyle is the Program & Outreach Director at the Autism Society Central VA (ASCV). She is passionate about helping individuals at every age and stage develop meaningful relationships through engaging community-based programs. Since transitioning to a virtual platform last March, the ASCV has more than tripled their regular programming opportunities for individuals with autism and their families through creative, intentional, and collaborative activities.

Date: Thursday, March 18, 2021

Time: 12:00 - 1:00 pm ET

Registration Link: <https://vcu.zoom.us/meeting/register/tJ0qceGtpzMoGNL1kD8CFIiq0jnI9zMuMx5r>

2021 Virtual I'm Determined MOVE Summit

July 18-20, 2021

Who: Virginia African-American Male Youth with Disabilities
Ages 13-21, and their Parent(s)

Where: Hosted Virtually on  canvas

Application Deadline: April 9th by 11:59pm

Apply: <https://www.imdetermined.org/move/>

**APPLICATIONS
NOW OPEN**



The 8th Annual
Mentorship
Summit for
young men.

The Virginia Department of Education welcomes African-American males with disabilities from across the Commonwealth to participate in a three day summit. Through utilizing state leadership and mentors, young men ages 13-21 engage in activity-based learning. Participants unlock their potential to overcome barriers, become self-determined, and graduate high school to be college and career ready.

To apply, please visit: [HERE](https://www.imdetermined.org/move/)

Stanford 14th Annual Autism Update



14th Annual Autism Update Saturday, March 20, 2021

“Autism through the Lifespan”



Keynote Speakers

Helen Tager-Flusberg, PhD, Boston University, "Explorations of Language in Autism"

Lauren Brookman-Frazee, PhD, UC San Diego, "Designing Autism Interventions for Community Services"

Laura Grofer Klinger, PhD, UNC School of Medicine, "Autism in Adulthood: How can we Support Positive Outcomes?"

Brief Presentations Include:

Joachim Hallmayer, MD, Stanford University, "Modeling Autism using Induced Pluripotent Stem Cell"

Janet Bang, PhD, San Jose State University, "Language Nutrition for Language Health in Autism"

John Hegarty, PhD, Stanford University, "Genetic and Environmental Influences on Brain Structures in Twins with Autism"

Andrea Samson, PhD, Unidistance Suisse & University of Fribourg, Switzerland, "Coping with the COVID-19 pandemic: An emotion regulation perspective"

Daniel Panyard, PhD, Stanford University, "A multiomics, precision health pilot study of autism spectrum disorder"

A one-day conference for parents, educators and care providers of children and adults with autism spectrum disorders. Our annual update will focus on new research and services for individuals with autism to optimize their long term functioning.

Saturday, March 20, 2021 8:45am-4:30pm (Pacific Standard Time)

This conference will be virtual due to COVID-19 restrictions

To register and for for more information click [HERE](#)

Brain School Invitation

Please join the 2021 Fralin Biomedical Research Institute at VTC's Brain School ([Brain School](#)) in celebration of brain awareness week ([International Brain Awareness Week](#)).

Four leading brain researchers who have recently joined the research institute in Roanoke will each give a brief presentation and answer questions in their particular area of expertise. The 60-minute interactive programs are free and open to the public, beginning at 5:30 p.m. on Tuesday, March 16 and on Thursday, March 18. To watch the virtual lectures and ask questions, tune in [via Zoom](#) at the appointed times for the events, or watch the [live webcast](#). Attendees will receive an official brain school graduation certificate.

Working with the Dana Brain Alliance (<https://www.dana.org/dana-alliances/>), the Fralin Biomedical Research Institute at VTC has been designated annually over the past eight years as the official coordinating institution for brain awareness week activities in Southwest Virginia.

[SCHEDULE FOR MEETINGS HERE](#)

Virtual Monthly Autistic Adult Support Group

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/meeting/register/tZAKfu2ggz0pE9RIOModcaxCwXQVqfV3KKXp>

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.

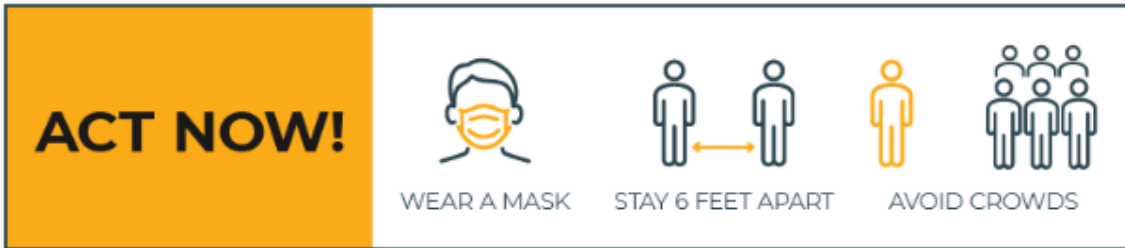
The Virginia Department of Health has provided resources around COVID-19 testing, including a map of COVID-19 testing sites throughout the state of Virginia. If you are symptomatic, you should consider contacting your healthcare provider to get a COVID-19 test. Symptoms of COVID-19 include:

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

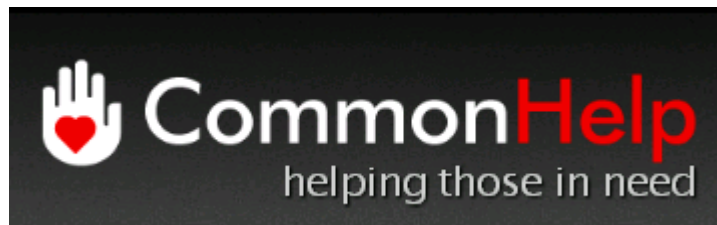
[Click Here](#) for the website.

[Click Here](#) for Provider Development.

New Fair Housing Protections in Virginia: Source of Funds Discrimination

[Click here](#) to learn more.

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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