

**YOU ARE
NOT
ALONE**

It's essential to prioritize our mental health and stay connected with friends, family and peers. No one should feel alone in their mental health journey or without the resources and support they need.

May is Mental Health Awareness Month

[Click here](#) to learn more from NAMI

REACH Region III - Monthly Report for April 2021

[Click here](#) to view

Update

Clinical Corner



April Data

Adults

Referrals: 52
 Active Clients: 130
 Crisis Plan Hours: 191.74
 Crisis Prevention hours: 617.35

Calls to Crisis Line

Information: 41
 Crisis Prevention: 152
 Crisis Face to Face
 Response: 54 Face to
 Face + 10 Telehealth
Total Calls: 257

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

Crisis Therapeutic Home

Emergency Bed Days: 100
 Step-down Bed Days: 0
 Prevention Bed Days: 0

Children

Referrals: 34
 Active Clients: 69
 Crisis Plan Hours: 97.71
 Crisis Prevention Hours: 184.34

Calls to Crisis Line

Information: 25



Taking Care of Your Emotional Well-Being

cdc.gov

Many people are having a hard time coping during or after adverse events, like the COVID-19 pandemic. They may be grieving the loss of a loved one or dealing with stress from social isolation, financial problems, and upsetting news about the pandemic. For some people, these feelings are made worse by long-standing social problems, [like racism](#).

Rates of emotional and behavioral health issues, such as depression, anxiety, substance use, domestic violence, and suicidal thoughts, have increased since early 2020. About 4 in 10 US adults reported symptoms of anxiety or depression in January 2021, 4 times the number who reported these symptoms in June 2019.

How Right Now

How Right Now is a communications campaign designed to promote and strengthen the emotional well-being and resilience of people affected by stress, grief, and loss during the COVID-19 pandemic.

About How Right Now

How Right Now offers resources and support for

Crisis Prevention: 16
Crisis Face to Face
Response: 9 Face to
Face + 3 Telehealth
Total Calls: 53

*Average Crisis/Face to
Face Response Time: 41
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

Apps



The ASL App

The ASL App is made by Deaf
people for you! Learn
conversational ASL right now,
on the go, with all phrases and
signs organized to make it
easy for you to learn.

people coping with a range of emotions, including:

- [Anger](#)
- [Fear](#)
- [Grief](#)
- [Loneliness](#)
- [Sadness](#)
- [Stress](#)
- [Worry](#)
- [Unsure](#)

[Click here](#) for more information.

Videos



5 Minute Deep Calming Mindful Breathing

pure star kids/YouTube.com

Tactical breathing, also known as box breathing or
mindful breathing, is a great way to control
adrenaline, stress, and anxiety.

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

The ASL App is designed to help you learn a new visual language in a way that is easy, intuitive, and well paced. You can drag your finger on the videos to control the speed - totally at your pace. There is a search index (when you need to know a sign right away), slow-motion option, info (tips), and a favorites folder.

[Click here](#) to learn more.



25 ASL Signs You Need to Know - ASL Basics

Learn How to Sign/YouTube.com

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

Books & Podcasts



Mental Health
Crossroads Podcast
mhddcenter.org

[Click here](#) to explore and listen to episodes.

Diversity & Inclusion



Plain Language
Summary - Accessing
Services for Individuals
with Developmental

Medical News



Food Allergy

mayoclinic.org

Food allergy is an immune system reaction that occurs soon after eating a certain food. Even a tiny amount of the allergy-causing food can trigger signs and symptoms such as digestive problems, hives or swollen airways. In some people, a food allergy can cause severe symptoms or even a life-threatening reaction known as anaphylaxis.

[Click here](#) to learn more.

**Disabilities: Cultural
and Linguistic
Diversity.**

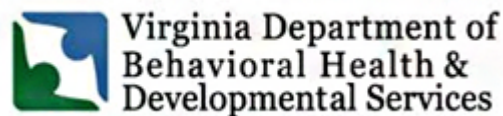
mhddcenter.org

Developmental disabilities are conditions that affect an individual's physical, intellectual, and behavioral abilities throughout a person's life.

Families raising a child with a developmental disability face many challenges when accessing services.

Ethnic minorities face more difficulties when trying to access disability services. This is because ethnic minorities do not always have enough knowledge about community resources and service providers do not always speak their language or understand their culture.

[Click here](#) to continue reading.



DBHDS/Office of Integrated Health

The May 2021 - Health Trends Newsletter

The newsletter includes the following topics:

- Food Allergy Awareness
- App of the Month - [FOODMAESTRO](#)
- ABA Snippets
- All Virginians Now Eligible for the COVID-19 Vaccine!

[Click here](#) to view.

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

Opportunities and Events



JOIN A STUDY THAT PROVIDES TELEHEALTH SUPPORT FOR PARENTS OF CHILDREN WITH AUTISM



We are conducting a study on the feasibility of using a mobile application to provide behavior consultation support for parents of children with autism who present with challenging behaviors.

Earn \$50 for completing screening, and pre- and post- intervention assessments to help with research.

WHAT WOULD I HAVE TO DO?

- Participate in a telehealth screening appointment to determine eligibility for the study
- Attend a telehealth consultation session to learn evidence-based behavior management strategies
- Enroll in one month of telehealth support to manage your child's behaviors
- Complete assessments before and after treatment to help with research



IS THIS STUDY RIGHT FOR ME?

- Do you have a child with autism between ages 3 to 13 years?
- Are you struggling to manage your child's challenging behaviors (e.g. tantrums, non-compliance, difficulties with transitions, and aggression)?
- Are you comfortable completing surveys about you and your child in English?

If you answered YES, then you are invited to participate! Please note that participation is voluntary and free of charge.

Contact us at (540) 315-3273 or vtautismcenter@vt.edu for more information.

Feel free to visit us on [Facebook](#) or [Twitter](#).

Brought to you by the Virginia Tech Autism Clinic & Center for Autism Research, using Treks Health | trekshhealth.com



VTCAR Study

The Virginia Tech Autism Clinic & Center for Autism Research (VTCAR) is recruiting for a study for parents of children with Autism Spectrum Disorder (ASD) and behavioral difficulties.

WHAT: We are offering a free month of telehealth support via a mobile application for parents of children with ASD and behavioral difficulties, and we are investigating the feasibility of using this application. Families will be randomly assigned to a one-session telehealth consultation with the enhancement of a mobile application over the course of 28 days or the one-session telehealth consultation with access to a mobile application with behavioral management resources over the course of 28 days. All sessions will be conducted via HIPPA-compliant Zoom.

WHO: The research study aims to adapt a behavior consultation mobile application to improve telehealth support for parents of children with ASD (from ages 3-13 years) in need of behavioral support.

CONTACT: Interested families are invited to contact Angela Dahiya at vtautismcenter@vt.edu or call us at (540) 315-3273 if they are interested in joining the study or would like more information.

Parental permission and informed consent is required for participation

Click image above for printable flyer.

Infinity Acres Ranch Summer Camps



ANIMAL ADVENTURE SUMMER CAMP INFINITY ACRES RANCH: Ridgeway BOYS & GIRLS: AGES 7-17

CALL NOW TO RESERVE
LIMITED SPACE
Download Registration Form
www.InfinityAcres.org

2021 SUMMER DATES

Session 1: Different Abilities Camp
June 7 - June 10
Mon-Thurs: 9am - 1pm
Ages 6-17 (DD, ASD, ADHD etc)
LIMIT: 10 FREE for Qualified Families

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Session 2: All Inclusive Kids Camp
June 21 - June 25
Monday - Friday: 9 am - 2 pm
\$150/week

.....
Session 3: Different Abilities Camp
June 28 - July 1
Mon-Thurs: 9am - 1pm
Ages 6-17 (DD, ASD, ADHD etc)
LIMIT: 10 FREE for Qualified Families

.....
Session 4: All Inclusive Kids Camp
July 12 - July 16
Monday - Friday: 9 am - 2 pm
\$150/week

.....
EACH CAMP INCLUDES: Animal handling activities, games, crafts & lots of FUN!!
INCLUDES LUNCH AND SNACK

(limited scholarships available: call for details)



276-358-2378

FORMS AVAILABLE ON WEBSITE:
www.INFINITYACRES.ORG
136 Joppa Rd, Ridgeway VA



For more information about Animal Adventure Summer camp, [click here](#).

Autism Can Do Scholarship: A \$5,000 Grant for a Person on the Autism Spectrum to Further His or Her Education - due June 15

For this scholarship competition, the John's Crazy Socks team wants to see your awesome idea for a new sock.

Please submit a brief statement about yourself and what you will do with the scholarship. Then, we want you to design a pair of socks! You can download a sock template here or you can submit your own design. Deadline to submit your **application is June 15, 2021**.

[Click here fore more details](#)

For more announcements like these, sign up for the [Washington Group Special Care Planning Team's](#) weekly newsletter.

UNC TEACCH Autism Program: Virtual Trainings for Professionals Working with Individuals with ASD - June and July NEW

Fundamentals of Structured TEACCHing in a Therapeutic Setting Virtual Training:

June 7 – 11, 2021 [More Information and Registration](#)

Early Learners Foundations of Structured TEACCHing Virtual Trainings:

July 12-16, 2021 [More Information and Registration](#)

July 26-30, 2021 [More Information and Registration](#)

Fundamentals of Structured TEACCHing Virtual Trainings: July 12-16, 2021 (There are several virtual trainings available on the same day at different times)

[More Information and Registration](#)

Strategies for Success in General Education for Individuals with ASD: July 26-28, 2021

[More Information and Registration](#)

Weill Cornell Medicine Global Autism International Network (GAIN): Differential Diagnosis Workshops - Summer NEW

The purpose of the differential diagnosis workshop series is to provide training about issues to consider

when attempting to differentiate between ASD and other disorders associated with social-communication deficits and/or restricted and repetitive behaviors. The workshops are intended for clinicians and researchers involved in diagnostic assessment of ASD. We will present recent research, including studies detailing use of specific diagnostic instruments in particular populations, as well as clinical case examples and video clips about diagnostically differentiating behaviors.

UPCOMING WORKSHOPS:

ASD vs Intellectual Disability (2 workshops available)

Friday, June 4, 2021 - 11am-3pm EST

Saturday, June 5, 2021 - 11am-3pm EST

ASD vs. Attention Deficit Hyperactivity Disorder (2 workshops available)

Friday, August 6, 2021 - 11am-3pm EST

Saturday, August 7, 2021 - 11am-3pm EST

PEERS® Evidence Based Social Skills Program - Beginning Mid-May

The Program for the Education and Enrichment of Relational Skills (PEERS®) was originally developed at UCLA by Dr. Elizabeth Laugeson, Founder and Director of the UCLA PEERS® Clinic, and Dr. Fred Frankel. "PEERS® is a manualized, social skills training intervention for youth with social challenges. It has a strong evidence-base for use with adolescents and young adults with autism spectrum disorder but is also appropriate for adolescents and young adults with ADHD, anxiety, depression, and other socio-emotional problems."

This is not the kind of social group you and your child may have experienced in the past, but rather a setting in which to teach students the skills to make and keep friends and find their own friend group based on common interests. PEERS is a 16-week class that meets virtually. Classes are approximately an hour-and-a-half. There is a college age class beginning in May.

For more information, visit PEERSRVA at www.peersrva.com (DARS and FAPT vendors)

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

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

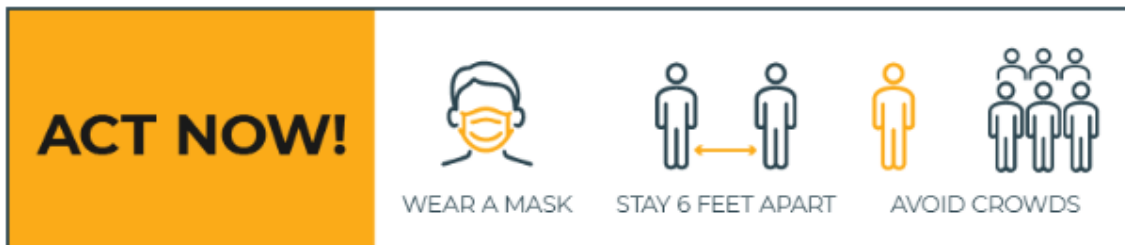
<https://virginiatech-hipaa.zoom.us/join/9198585315>

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

Address questions to Megan at mfok@vt.edu

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



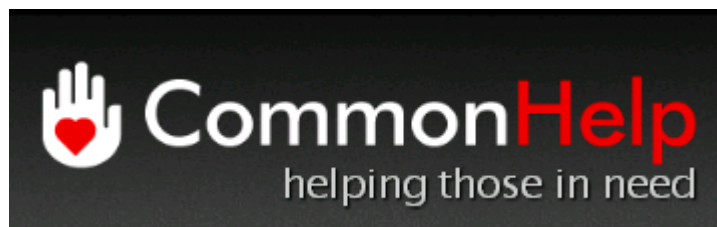
[Click Here](#) for the website.

[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

Business - 540.267.3435

Fax - 540.267.3403

Email - info@swvaREACH.org

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