

REACH Region III - Monthly Report: June

[Click here](#) to view

Update

Clinical Corner



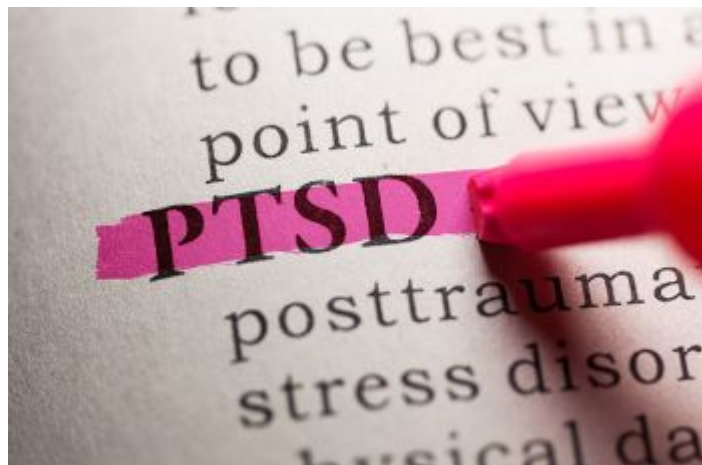
June Data

Adults

Referrals: 31
 Active Clients: 116
 Crisis Plan Hours: 132.71
 Crisis Prevention hours: 448.65

Calls to Crisis Line

Information: 36
 Crisis Prevention: 97
 Crisis Face to Face Response: 25 Face to Face + 4 Telehealth



Training Module. MHDD: Post-Traumatic Stress Disorder.

Learning Objectives:

Following this module, participants will be able to:

Total Calls: 162

Average Crisis/Face to Face Response Time: 43 minutes

Crisis Therapeutic Home

Emergency Bed Days: 81
Step-down Bed Days: 44
Prevention Bed Days: 7

Children

Referrals: 41
Active Clients: 82
Crisis Plan Hours: 159.49
Crisis Prevention Hours: 267.5

Calls to Crisis Line

Information: 14
Crisis Prevention: 9
Crisis Face to Face Response: 14
Face to Face + 2 Telehealth
Total Calls: 39

Average Crisis/Face to Face Response Time: 54.07 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

- Define trauma, toxic stress, acute trauma disorder, and post-traumatic stress disorder
- Identify potentially traumatic events or conditions
- Recognize common signs and symptoms of post-traumatic stress disorder
- Identify helpful ways of supporting oneself or others experiencing post-traumatic stress

Throughout the module, references are numbered. The full list of references is available at the end of the module.

[Click here](#) for the module.



Videos



DIY Summery Sensory Crafts

eSpecial Needs/YouTube.com

Looking for some quick and easy sensory crafts for filling the long days of summer?

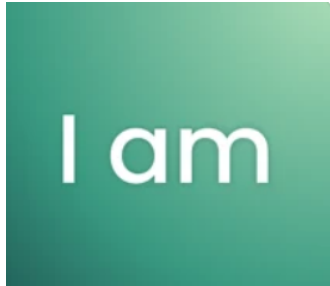
eSpecial Needs has you covered with a handful of

Email: info@swvareach.org
Fax: 540.267.3403

sensory activities you can do at home after just a quick trip to the dollar store.

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

Apps



I am

How many negative thoughts have been endlessly repeating in your mind?

The daily affirmation help rewire our brains, build self esteem and change negative thought patterns.

[Click here](#) to learn more.



Art Therapy Activity for Anxiety, Grounding, and Mindfulness

Coepio Healing Arts/YouTube.com

Are you feeling anxious or overwhelmed? This therapeutic art exercise uses principles of grounding and mindfulness to help manage anxiety and other overwhelming emotions, no matter what setting you're in.

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

Books & Podcasts



44 Children's Books About Mental Health

childmind.org

From a hedgehog too anxious to go ice skating to a puppy who can't make his letters come out right, children's

Health

books address many emotional, behavioral and learning challenges kids face.

[Click here](#) for the list.

Diversity & Inclusion

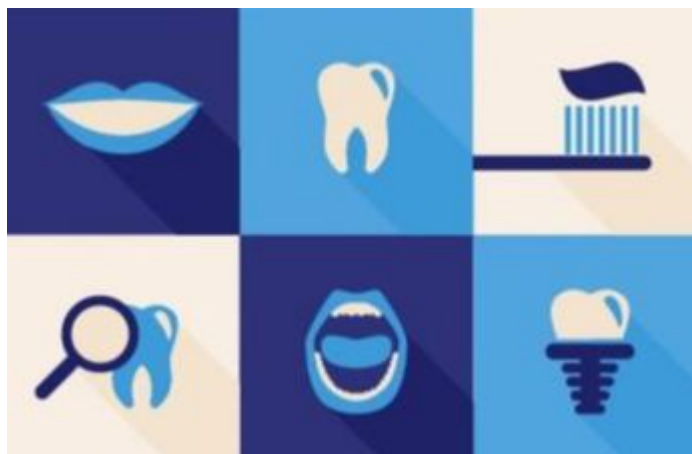


Going Deeper with Diversity and Inclusion

The Washington Post

When change isn't prioritized, there can't be meaningful advancements or improvements made to the inclusivity of teams.

[Click here](#) to read.



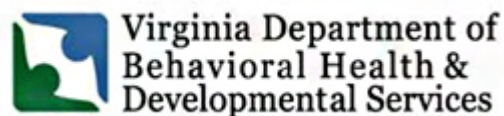
DBHDS/Office of Integrated Health

July Newsletter Includes:

- New Medicaid Adult Dental Benefit
- App of the month: My Dental Care
- ABA Snippets
- Upcoming OIH Caregiver Training Sessions

[Click here](#) to view.

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



Opportunities and Events



Thriving with Anxiety and Depression

Free Live Webinar

adaa.org

Everyone wants to be happy, right? If you struggle with anxiety or depression, though, you know first-hand how much these symptoms can interfere with your quality of life. The skills and strategies that help reduce these symptoms, while important, are not necessarily the same ones that actively promote “the good stuff” in life like wellbeing and happiness. Fortunately, the field of positive psychology has shed light on a lot of ways to actively promote thriving.

In this free webinar, you’ll learn the factors necessary for maximizing your wellbeing. You’ll also learn evidence-based strategies and interventions to help boost your wellbeing, happiness, and life satisfaction, despite anxiety or depression. You’ll walk away with a good understanding of what you need to thrive!

When: Friday, July 23rd, 1:00pm

Presenter: Ashley Smith, PhD

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

UVA STAR: Spanish Virtual Live Events

Webinars are now available on demand!

Introducción al Autismo

(Introduction to Autism)

This Spanish-language webinar provides basic information about autism, including what autism is, its common symptoms, the characteristics associated with autism, and evidence-based treatments.

[Click here](#) to view.

Manejo del estrés en la familia del niño y niña con autismo

(Managing stress in a family with a child with autism)

This Spanish-language webinar provides information about common causes of stress in families with children with autism, an overview of how our bodies react to stress, and offers ways to challenge thinking to reduce stress.

[Click here](#) to view.

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

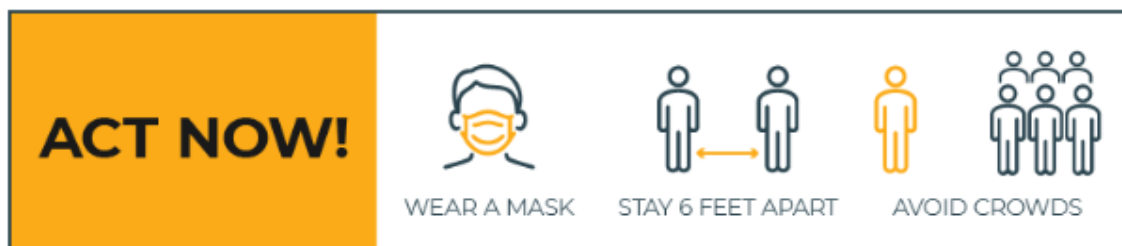
<https://virginiatech-hipaa.zoom.us/meeting/register/tZAKfu2gqz0pE9RIOModcaxCwXQVqfV3KKXp>

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



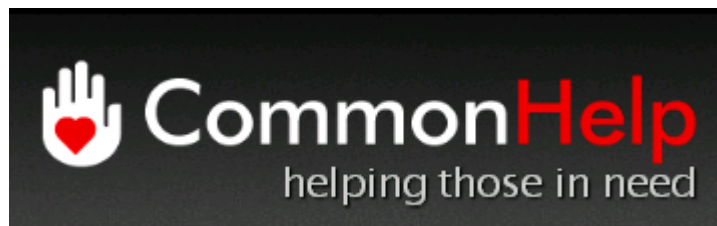
[Click Here](#) for the website.

[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



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

disabilities and mental health needs. [Click here](#) for their website.

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

[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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