

In This Issue: *Flu Facts, DBT for IDD, Halloween Tips, Future Planning & more apps!*

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REACH Region III Newsletter, Volume 1.8, October 2015



REACH Region III September 2015

Crisis Therapeutic House



**(Festive Group at the
CTH)**

8 Emergency Stays
6 Prevention Stays
2 Step Downs from
Psychiatric Hospitals

Community Crisis Services

Adult Services
6 Crisis Plans



Leaf Your Worries Behind!

Learn how to prepare for flu season, how DBT for individuals with IDD can be an effective tool, how to prepare for a sensory safe Halloween, learn tips for future planning & how to boost your cultural agility!

Flu Season is Here!

Are you prepared? Each year, from October to May, millions of people come down with the flu. In this issue, learn important facts about the flu; like how to recognize the signs and symptoms, and what you can do to prevent spreading the flu.



[Read More >>](#)

18 New Referrals
135 Active Cases

Children's Services

0 Crisis Plans
1 New Referrals
16 Active Cases

Prevention Hours

Adult Services

291.98 Total Hours

Children's Services

76.83 Total Hours



Upcoming Events:

October

Training: **Child and Youth
of Trauma**

**Deadline for signup:
October 22nd!**

[Read More>>](#)

**SAFE Downtown
Blacksburg Halloween
Event**

**October: 31st
[Read More>>](#)**

November

Training: **Visual Strategies
for Special Learners**

Nov. 18th or 19th

[Read more>>](#)

FALL ACTIVITIES!

**Sign-up for fun activities
offered by the IDA of the
New River Valley!**

**[Read More>>](#)
[Registration Form>>](#)**



DBT for Individuals with IDD

Individuals with IDD can benefit from Dialectical Behavior Therapy (DBT). Originally developed by Marsha Linehan for individuals with Borderline Personality Disorder, DBT is gaining more research evidence for use with various populations. DBT focuses on skills development for emotional regulation, interpersonal effectiveness, & distress tolerance. [Click here](#) to learn more about how DBT can be adapted for use with individuals who have an IDD diagnosis and challenging behaviors!

And [click here](#) for more examples of how clinicians are using DBT with the IDD population!



Trick or Treat?

Preparation and planning can help kids with sensory difficulties have a positive and memorable Halloween!

[Read this article for tips>>](#)

I'm Thinking About College

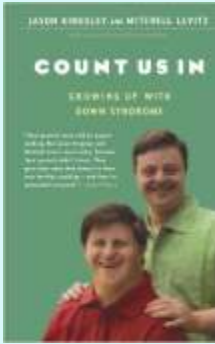
(Even with my Disability)

Students with intellectual disabilities enrolled in a postsecondary education program in Tennessee talk about their experience at college! [Click here](#) to watch the video!



For information on a program in our area, visit [Appalachian](#)

**Count us in:
Growing up with
Down Syndrome**



(click icon for link)

**October is Down
Syndrome
Awareness Month!**

In this book, Jason Kingsley and Mitchell Levitz share their innermost thoughts, feelings, hopes, and dreams, as well as their experiences growing up with Down Syndrome.

Web Resources



Understanding SSI

[Here](#) you can find helpful information as well as resources to help clients and their family to understand the social security system.

**Organization for Autism
Research**

This guide provides information on safety issues from childhood, to adolescence to adulthood. It covers issues in the home, the neighborhood, the

Tips for Future Planning

It's important to have a guide or a plan for individuals with IDD to live a life as independently as possible, especially once the caregiver is no longer able to provide support. This can be an overwhelming process, but this article can provide helpful tips on where to start!

[Read More>>](#)

The ARC also has a helpful website to make your planning easier!

[Helpful resources from the ARC >>](#)



Cultural Agility

Cultural agility is the ability to be flexible and effective in a variety of cultural contexts. Cultural agility emerges when you have experiences as an outsider and find ways to reflect on, learn from, and make sense of those experiences.

For more information, read this articles on [How to Boost your Cultural Agility!](#)

Anxiety Apps

Click on the icons to learn more about the apps. Available on iPhone and Android.



Pacifica

Ideal for adults! A self-help app for anxiety that focuses on helping you identify, understand, and change thinking & behavior patterns.

Mindshift

Great for teens as well as young adults to help cope with

school, the workplace and the internet. [Read More>>](#)

The ARC

Stay informed with the Arc's newsletter. [Click here](#) for their September issue!



anxiety! It teaches relaxation skills, develops new thinking, and suggests healthy activities.



DBHDS Interim Commissioner Message

From: Jack Barber, MD

"As you may have heard, Commissioner Ferguson recently announced her resignation, effective October 20, 2015. Dr. Ferguson has accepted a position as a senior policy advisor in the Governor's Office. She has been taking leave time and transitioning to her new position in the Governor's Office. Health and Human Resources Secretary Hazel has asked that I serve as the interim DBHDS commissioner until further notice, and I assumed operational day-to-day responsibilities for the department on September 22." [Read More>>](#)



****NEW** Connect Social Group** (Roanoke, VA)

Focuses on natural environment learning to offer a fun and motivating way to target social goals. For more information [Click Here!](#)

Support Group for Siblings of Kids with Autism (Blacksburg, VA)

Support group in collaboration with Yale University School of Medicine. For more information, [Click Here!](#)

Adult Asperger/Autism Spectrum Social Group (Salem, VA)

Meets on the second Thursday of each month from 7-8:30 PM at the College Lutheran Church building, 210 S. College Ave., Salem, VA. [Click here](#) to learn more!

Adults with ASD Support Group (Blacksburg, VA)

All adults with an Autism Spectrum Disorder and their families welcome! [Click here](#) to learn more!

NRVCS Autism Support Group (Blacksburg, VA)

Meetings are educational, parent-drive, and supportive. Please RSVP for supervised child socialization by calling 540-320-9281 or 540-443-7522. If you have any questions regarding the Autism Family Support Group with NRVCS, please contact Latrelle Rogers at 540-357-0058.





Autism Research at Virginia Tech

- Examining **restricted repetitive behaviors & heart rate differences** in children with autism spectrum disorder (ASD). [Click here](#) for flyer!
- **Helping Students** with ASD Prepare for the Transition to College. [Click Here](#) for the flyer!
- **Helping College Students** with ASD to Succeed! [Read more>>](#)
- **Moms and Mindfulness**: How do you interact with your child? [Click Here](#).



*****For a complete list of research please visit the
[Virginia Tech Center For Autism](#) website to learn more*****

About REACH

REACH utilizes a team approach to provide: clinical assessment; crisis prevention, stabilization, and intervention planning and education; community and home based crisis intervention and stabilization to both adults and children diagnosed with an intellectual or developmental disability and a co-occurring mental health diagnosis or challenging behavior; and facility-based, therapeutic, emergency, and limited planned stays for individuals 18 and over.

The goal of REACH is to stabilize current or emerging crisis events and strengthen the individuals' support systems. With intervention and training, REACH increases capacity to support individuals served and promote person-centered positive outcomes. REACH serves adults and children with an intellectual or developmental disability and a co-occurring mental health diagnosis or challenging behavior that is affecting their quality of life.

Contact REACH Region III

824 W. Main Street, Radford, VA 24141

Crisis Line - 1-855-887-8278 | **Local Calls** - 540-267-3435 | **Fax** - 540-267-3403

Email - info@swvaREACH.org

Visit our Website!



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+1



Forward

Newsletter Submissions

If you or your organization has information that would be of interest to those working with I/DD populations, please submit that information to REACH (info@swvaREACH.org) with the subject line NEWSLETTER. Please include as much detail as possible (date, time, duration, cost, description, attachments, relevant links, etc.). This can include articles, trainings, events, etc.

*Please keep in mind that submissions need to be made by the first of each month in order to be included in that month's newsletter. For example, if you want a submission included in **November's** newsletter, please send your information/nomination by **November 1**.*

Submit a spotlight nomination

We'd like to begin to highlight one person, organization, or program (in each monthly newsletter) who has gone above and beyond in serving the I/DD population. If you'd like to make a nomination, please [click here](#).

To view a copy of last month's newsletter, [click here](#).

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