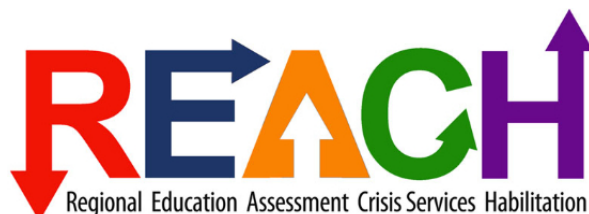


**In This Issue:** Diabetes, IDD & Dementia, Sensory Safe Holidays & more apps!

[View this email in your browser](#)



REACH Region III Newsletter, Volume 1.9, November 2015



## REACH Region III October 2015

### *Crisis Therapeutic House*

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

### *Community Crisis Services*

#### **Adult Services**

8 Crisis Plans  
25 New Referrals  
142 Active Cases

#### **Children's Services**

1 Crisis Plans  
3 New Referrals



## 'Tis the Season for Holidays!

*Holidays are a joyful time, but it can also be stressful to those with specific dietary needs, Alzheimer's and related dementias, as well as sensory difficulties. Learn more about these issues and how to support these individuals throughout the holidays.*

## Diabetes Awareness

According to The Center of Disease Control and Prevention it is estimated that 29.1 million of people have diabetes in the United States. Diabetes Mellitus (DM) is a long term disease affecting the body's ability to turn food into energy. For more information on how this disease



17 Active Cases

## *Prevention Hours*

### Adult Services

345.21 Total Hours

### Children's Services

70.95 Total Hours



## Upcoming Events:

### December

Central State Hospital  
Archives Preservation  
Project

Dec. 4th

[View Flyer>>](#)

[Click here](#) & [Here](#) to read  
more!

**SAFE Santa**



Dec. 6th from 9a-11a  
at NRV Mall

Pictures will be flexible.  
Mall music will remain off &  
lights will be minimal!

## **FALL ACTIVITIES!**

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

[Read More>>](#)

[Registration Form>>](#)

The Reason I Jump:  
The Inner Voice of a  
Thirteen-Year-Old Boy  
with Autism

affects the human body, how to recognize the signs and  
symptoms, and what you can do to prevent diabetes  
[click here!](#)



## Dementia & IDD

*Did you know that individuals with IDD,  
particularly Down Syndrome, are at high  
risk for developing Dementia?*

The [NTG-Early Detection Screen for Dementia](#),  
developed by a National Task Group of the American  
Academy of Developmental Medicine and Dentistry, is  
specifically designed to screen for early symptoms of  
dementia in individuals with IDD. This is not an  
assessment or diagnostic tool, but is meant for family  
members and other caregivers to complete and bring  
this information to a qualified professional to determine  
treatment options and next steps.

For more information or to get the screening tool in other  
languages, [click here!](#)

To read more about IDD & Dementia, check out this  
recent report. [Read more >>](#)

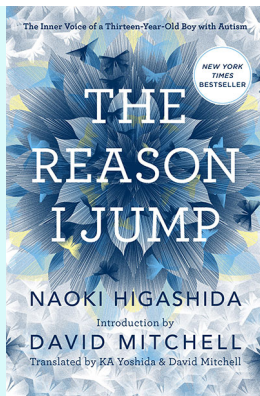
[Click here](#) to learn about supporting individuals with  
Alzheimer's and other dementias during the holidays!

## **Sensory Strategies for the Holidays!**

Children and adults with sensory  
difficulties struggle through the  
holidays, which can make a  
typically joyful time of the year a  
time of confusion and frustration.  
Fortunately, a number of simple  
sensory strategies can help a child or an adult adapt to  
the intense stimulation surrounding the holiday season.



To learn more [click here!](#)



(click icon for link)

One of a kind memoir, written by Naoki Higashida, a very charming thirteen-year-old boy with Autism. This book demonstrates how an autistic mind thinks, feels, perceives, and responds.

## Project Lifesaver



Jarvis "Gene" Saunders, was captain of the Chesapeake, Virginia Police Department for 33 years. He retired with the hopes of finding a better way to address search-and-rescue operations for individuals with Alzheimer's or dementia. [Click here](#) to read how his hopes became a reality!

The mission of Project Lifesaver is to provide timely response to save lives and reduce potential injury for adults & children who wander due to Alzheimer's, Dementia, Autism, Down Syndrome, and other cognitive conditions. To learn more about this organization [Click here!](#)

### Autism Challenge



Do you know what Autism is? How many individuals in the United States live with this condition? Test your knowledge to see how informed you are...or aren't?

\*[Click here](#) to take the challenge!

## Cultural Humility



Cultural humility is a lifelong process of self-reflection and self critique. So how does this fit with the mental health world? It means that the provider develops and practices a process of self-awareness and reflection to identify his/her own preconceptions and worldview as compared to the patient, and to strive to respect any differences. [Click here](#) to watch this 30 minute film that further explains what Cultural Humility is, how it differs from Cultural Competence, and why we need it to positively affect interpersonal relationships and systems change.

## 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.

### The ARC

## Helpful Apps

Click on the icons to learn more about the apps.



### The Planner Guide

Great for adults and teens! This app provides reference guides that provide information on what to expect or how to do a task.

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

### **The Special Needs Alliance (SNA)**

A national organization of attorneys dedicated to the practice of disability and public benefit law. Individuals with disabilities, their families, and their advisors rely on the SNA to connect them with nearby attorneys who focus their practices in the disability law arena. [Click here](#) to stay informed and read their October newsletter!



### **Sensory Training**

Great for kids but also adults! This app helps develop attention, auditory sensory, tactile sensory, and visual sensory.

\*These are not a replacement for mental health services



## **DBHDS News & Updates**



### **Money Follows the Person**



This program provides options for community living to individuals who live in nursing facilities, long-stay hospitals, institutes for mental disorders, psychiatric residential treatment facilities, and intermediate care facilities for individuals with IDD for 90 days or more. MFP is now saving Virginia **over \$69 million per year**.

[Click here](#) to view the accomplishments of the program!

To learn more about MFP visit [DBHDS' website](#).



#### **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**

- **\*\*New\*\*** Driving Study. [Click here](#) for more information!
- **\*\*New\*\*** FEET: Facial Emotion Expression Training. [Click here](#) for flyer!
- **\*\*New\*\*** A new construct for studying social reciprocity. [Click here](#) for flyer!
- **\*\*New\*\*** Stress & Anger Management Program for children with ASD. [Click here](#) for flyer!
- 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\*\*\***



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## **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](mailto:info@swvaREACH.org)

**Visit our Website!**



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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](mailto: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 **December's** newsletter, please send your information/nomination by **December 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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### **Our mailing address is:**

824 W. Main St., Radford, VA 24141

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