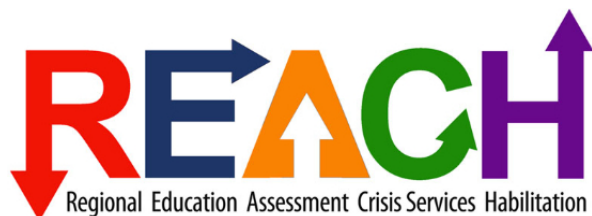


In This Issue: SAD, Neurotypical Privilege, Sensory Strategies, and more apps!

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REACH Region III Newsletter, Volume 1, Issue 10, December 2015



REACH Region III November 2015

Crisis Therapeutic House

11 Emergency Stays
10 Prevention Stays
4 Step Downs from
Psychiatric Hospitals

Community Crisis Services

Adult Services

12 Crisis Plans
21 New Referrals
128 Active Cases

Children's Services

2 Crisis Plans
8 New Referrals
24 Active Cases

Clinical Corner

Welcoming Decem-Brrrr!



"Year's end is neither an end nor a beginning but a going on, with all the wisdom that experience can instill in us." -- Hal Borland

In this issue learn about Seasonal Affective Disorder, the winter blues, and neurotypical privilege. Also, find great resources to help individuals with sensory difficulties, and resources to become more culturally competent!

Community Crisis Hours

Adult Services

177 Total Hours

Children Services

41.42 Total Hours

Prevention Hours

Adult Services

380.86 Total Hours

Children's Services

67.35 Total Hours



Upcoming Events:

December



AMC Sensory Friendly Films

Every 2nd & 4th
Tuesday & Saturday!
[Click here to find a theatre near you!!](#)



**A Folk 'N' Roll
Christmas Concert**
Saturday Dec. 19th
At the Pulaski Theatre
[Click here for flyer!](#)

Mimi and Dona
What happens when love
runs out of time?
A PBS special available until
12.24.15
[To watch the film click here!](#)

January

Seasonal Affective Disorder

Winter can be a drag to many; it's cold, grey, and dreary. Each winter, according to Mental Health America, Seasonal Affective Disorder (SAD) affects half a million people between September and April with it peaking in December, January, and February. It is estimated that the "winter blues" or "holiday blues" affects more people than SAD. To learn more about the difference between Seasonal Affective Disorder and the "winter blues" **[click here!](#)**



P.S. The "holiday blues" tend to fade once the festivities are over but if they do not, consider seeking professional help. In the meantime, to get you through the winter, read this article from the Roanoke Times for **["25 ways to lose the winter blues."](#)**



Neurotypical Privilege

What is it? And why should we know about it?

In 1989 Peggy McIntosh published an essay on Privilege-- the unearned benefits or advantages that are bestowed upon people for simply being a member of a majority population. Since its publication, numerous conversations and adaptations have been sparked about other types of Privilege (e.g., straight, able-bodied, male, upper class etc.). Below is a checklist of Neurotypical Privilege written by individuals who have developmental disabilities. This list highlights the day to day issues that "neurotypical people" don't have to experience, addresses the



Autism In Love

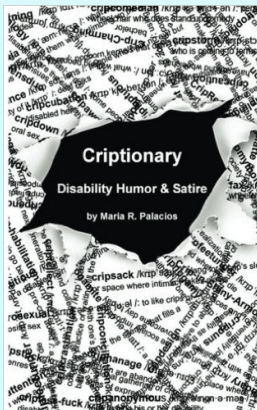
Finding love is challenging but for those with ASD it can be overwhelming.

PBS special

Jan. 11th 2016

[Click here to learn more!](#)

Criptionary: Disability Humor and Satire



(click icon for link)

Maria R. Palacios wrote this one-of-a-kind humorous book to shine light on the struggles and obstacles faced by people with disabilities. This book is written in a dictionary format to let the author take full ownership of derogatory and offensive terms used about individuals with disabilities.

*This book is not intended to offend anyone but to bring awareness and to learn about the experiences of others.

Grieving Through the Holidays

from the Dougy Center

assumptions that some people carry about individuals who have an intellectual or developmental disability, & most importantly promotes understanding.

[Check it out here!](#)

Important Things to Remember about Privilege

Privilege is not your fault. It is an artifact of systems that favor some people over others, systems that have evolved naturally to meet the needs of the majority.

The statement that privilege exists is not an accusation or attempt to blame. It is an invitation to see your experiences and the experiences of others in a new light.

Sensory Strategies for the Win!

Winter and the holidays can be difficult for children and adults with sensory difficulties due to changes in routine, schedules at school, and at home with holiday breaks and family gatherings. This [Holiday](#)

[Survival Guide for Sensory Kids](#), further explains how the holidays can affect the sensory systems for children, and you can also learn helpful tips to make this season more sensory safe for your child. These tips can be applied to adults who also need a sensory safe environment!



For children and adults who crave sensory activities and need more stimulation during winter time it can be difficult to find appropriate activities to enjoy. But do not fear, [click here](#) to read this article with ideas of activities you can do indoors and outdoors to fulfill those sensory needs!

Cultural Competence



In the upcoming months, we'll highlight resources from DBHDS' website on [Cultural Competence in ID & DD services](#) that would be helpful for personal growth & a great tool for working with



This time of the year can be a challenging after the death of a family member. The Dougy Center has created a list of tips to navigate the challenges as well as a holiday plan sheet.

[Click here](#) to read more!

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

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

The Special Needs Alliance (SNA)

A national organization of attorneys dedicated to the practice of disability and public benefit law. [Click here](#) to stay informed and read their October newsletter on Representative Payee for Social Security Benefits!

NADD

A not-for-profit association for professionals, care providers, and families to promote understanding of services for individuals who have developmental disabilities and mental health needs. [Click here](#) to read their newsletter!

diverse families.

Virginia Commonwealth University's department of [Virginia Early Intervention Professional Development Center](#) has great resources. In particular their "Resource Landing Pads" are filled with information about evidence-based practices, topics that can be found online or print, video resources, and Virginia specific guidance for topics such as Dual Language Learners, Deaf and Hard of Hearing, Assistive Technology, and many more! [Click here](#) to read this specific landing pad that talks about Cultural Competence. This landing pad highlights: research, policies, and other materials that are respectful of and responsive to culture and diversity.



Helpful Apps

Click on the icons to learn more about the apps.

Dropophone

Great for anyone who needs sensory stimulation! The app provides colorful raindrops with music to provide a soothing sensation.



Miracle Modus

Great for any age. This app is simple and aimed to help with sensory overload. Contains calming music to help ground.





Waiver Redesign

As you might know, for the last two years, DBHDS has been working with various departments in order to redesign Virginia's Intellectual and Developmental Waiver program. They have released [The Amended Waiver Application](#) that must be submitted and approved for Medicaid and Medicare services for the proposed changes to go in effect July 1st, 2016. DBHDS is accepting public comments. If you decide to submit a comment please ensure they are labeled by waiver and by appendix. Comments should be sent to mylifemycommunity@dbhds.virginia.gov

To read more about the waiver redesign visit [DBHDS' website to read all the appendices.](#)

FY 16 Slot Distribution

DBHDS has received approval to release the remaining 235 FY 16 ID waiver slots to the CSBs for slot assignment. In order to comply with regulations/policies, the slots must be assigned within 90 days. Also please ensure that once the slots are assigned, the Slot Assignment form is sent to the appropriate DBHDS Regional Support Specialist with all information completed.

[Click Here for the Final Slot Distribution](#)



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

- **Driving Study.** [Click here](#) for more information!
- **FEET:** Facial Emotion Expression Training. [Click here](#) for flyer!
- A new construct for studying **social reciprocity.** [Click here](#) for flyer!
- **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***



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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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 newsletter, please send your information/nomination by **January 1st**.*

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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