In This Issue: *Sexuality & IDD, Medical Causes of Behavior, and more apps!*

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REACH

Regional Education Assessment Crisis Services Habilitation
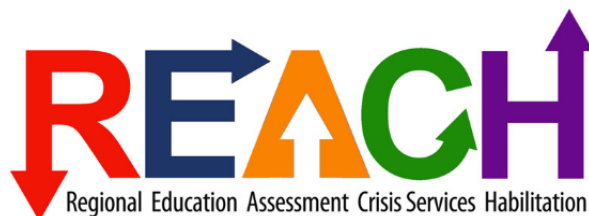
REACH Region III Newsletter, Volume 1, Issue 12, February 2016

BLACK HISTORY MONTH

"Love is like a virus. It can happen to anybody at any time."
- Maya Angelou

Clinical Corner

UPDATE

REACH Region III
January 2016

Crisis Therapeutic House

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

***
Community Crisis Services

Medical Causes of Behavior

Individuals with intellectual disabilities disproportionately have more health problems than the general population. To further this issue, individuals with IDD sometimes cannot verbalize the health complication they are experiencing. Often, the way individuals with IDD communicate a medical

Save the Date

Upcoming Events:

February

Special Olympics SW Region - Basketball Tournament
Feb. 21st
Click here for more information

Autism Research Symposium
Research from Biomedical

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problem can be mistaken by their support system as psychosis or unfounded aggression. **Click here to learn more on how to recognize medical causes of behavior**.

LET'S TALK SEX

FACT :
Individuals with IDD can experience the full range of sexual feelings, desire intimate relationships, and need education about sexuality just as much as those without IDD!

Check out this position statement by the American Association on Intellectual & Developmental Disabilities. Read more>>

Want more resources for educating and supporting individuals with IDD about sexuality? Check out this list of books, websites, and journal articles!

For an informative PowerPoint on Sexual Health created by the Florida Center for Inclusive Communities, click here!

Respite Care

ARCA National Respite Network And Resource Center

Caring for individuals with IDD can be tiring and overwhelming for family and primary caregivers. Respite is a great option for families and provides a temporary break between the family caregiver and care recipient.

Respite care is a service provided for unpaid caregivers of eligible individuals that is provided on a routine basis because of the absence of or need for relief of those unpaid persons. In order to be eligible,

& Imaging, Technology, Education, & Clinical Translational fields
RSVP by Feb. 25th
Click here for flyer!

March
VTAC Outreach Conference
"Autism Throughout the Lifespan"
Deadline to Register March 25th
Click here to learn more!

Invisible No More: A Photographic Chronicle of the Lives of People with Intellectual Disabilities
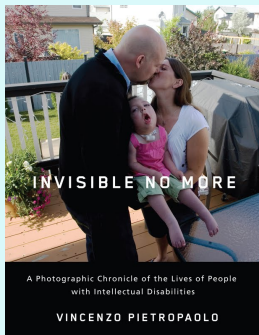
(click icon for link)

A photographic chronicle, by vincent Pietropaolo. The book is a celebration filled with dynamic images and poetic stories of people with intellectual disabilities. Pietropaolo photographed in forty communities across Canada, portraying individuals lives through photos.

Web Resources

Understanding SSI
Here you can find helpful

the individual must have an unpaid primary caregiver who requires temporary relief in order to avoid institutionalization.

The National Respite Network has created a great guide for caregivers to learn the ins and outs of Respite. To read it click on the link: **The ABCs of Respite: A Consumer Guide for Family Caregivers**

For information on finding providers that offer respite in Virginia, click the link: **Virginia Information**

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 diverse families.

The National Black Disability Coalition (NBDC) addresses disability issues relating to Black people with disabilities and their families. The goals of the organization are to promote unity, equity, and opportunity for Black people with disabilities. This website also has resources to learn more about developmental milestones, early intervention, and developmental disabilities.

Helpful Apps

(Click on the icons to learn more about the apps)

ChoiceBoard-Creator

Great for any age! This app lets you customize choice

information as well as resources to help clients and their family to understand the social security system.

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!

boards for the unique needs of the individual.

GoodBudget Budget Planner
Great for adults but can also be useful to teach children. Great for managing personal finances and budget planning.

DBHDS News & Updates

Since October 2014, there has been a transformation process, that includes a comprehensive review of the state's behavioral health and developmental services system. This effort focuses on **access, quality, stewardship of resources, and accountability**. The ultimate goal is to become a model system and to achieve DBHDS' vision of **"A life of possibility for all Virginians."** To accomplish this, four Transformation Teams were started.

The initial areas of focus are:

- Adult behavioral health services
- Adult developmental services
- Child and adolescent behavioral health services
- Services to individuals who are justice-involved

To learn more about the Transformation Teams **click here**.

In December 2015, the four teams finalized and submitted the second round of recommendations aimed at transforming Virginia's system. They are now asking for public comments. **Click here to read a letter with more information on how you can provide comments**.

New **"Get Real" Social Skills Group** (Blacksburg, VA)
Social support for high school students to help improve conversation skills, solve problems, and manage stress. **Click here** for the flyer. **Click here** for application.

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*** **Group Parent Training**. **Click here** for flyer!!
- ***New*** **Stress & Anger Management program.** Click here for flyer!
- **Driving Study**. Click here for flyer!!
- **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 Research 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!

(f) Share   (G+) +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 newsletter, please send your information/nomination by **March 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.

Our mailing address is:
824 W. Main St., Radford, VA 24141

Let us know how we are doing!

Feedback