

Update

Clinical Corner



February Data

Adults

Referrals: **32**
Active Clients: **197**
Crisis Plans: **8**
Prevention hours: **553.47**

Crisis Therapeutic Home

Emergency Bed Days: **100**
Step Down Bed Days: **28**
Prevention Bed Days: **39**

Children

Referrals: **13**
Active Clients: **56**
Crisis Plans: **3**
Prevention hours: **188.85**



Focus: Fragile X Syndrome

Click above for a video from the CDC.

Fragile X syndrome (FXS) is the most common known cause of intellectual disability that can be

[Click here to download current REACH Referral Form.](#)

Events



MCPS Transition Fair

You are invited to attend!
Learn about programs and services available to students with disabilities.

When: Thursday, May 4th

Time: 4-6pm - Drop In.

Where: Christiansburg High School Cafeteria.

[Click here](#) for the flyer.



The Youth and Parent Summit

This is a two-day event held each June and sponsored by the Virginia Department of Education and the Partnership for People with Disabilities.

[Click here](#) for more information.

When will it be held?

June 14-16, 2017

inherited.

It is estimated that FXS affects about 1 in 4,000 boys and 1 in 6,000 to 8,000 girls.



Ruth's Story

Ask Ruth what it's been like having two sons with full mutation fragile X syndrome, and she'll tell you. "It's been so hard. But it's changed my life. I love it all. Even the struggles have been strengthening."

Ruth's two sons, John and David, are both middle-aged. John is about to turn 50. He's the higher functioning of the two. He's worked for 29 years as a dishwasher at a cafeteria that's walking distance from his home. [Click here](#) to read more of Ruth's story and other real stories from CDC.gov and [here](#) for the main site.

Learn more: (Click on subject to view pdf) [Fragile X 'The Facts](#) and [Public Health Challenge](#).

What did you learn about Fragile X?
Take the Quiz! [Click here.](#)

Video

Where is it?

The 2017 Youth Summit will be held at James Madison University.

B.U.D. Event

Where: Cox's Driving Range and Miniature Golf Course - Blacksburg, VA.

[Click here](#) for more information.

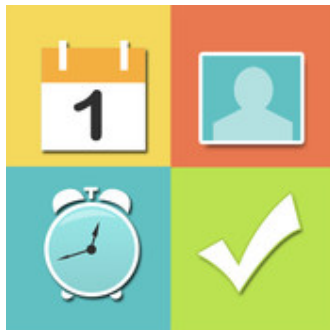
When: 1-3pm - March 25th

There will be snacks, mini golf, and a SAFE area! Golf clubs and balls will be provided.

If interested, please contact Kyle Nelson at nkyle5@vt.edu.

[Click here](#) for a Calendar of Events!

Apps



Visual Schedule Planner

Visual Schedule Planner is a completely customizable visual schedule iPad app that is designed to give an individual an audio/visual representation of the "events in their day".



Click above to view video "**Dylan's Dream**" - which follows an individual with Down syndrome as he pursues his dream to attend Evergreen College.

Medical News



Let's Keep Talking Nutrition!

When you go grocery shopping, how do you make your selection? Is it based on price? Quality of the product? Attractiveness of the package?

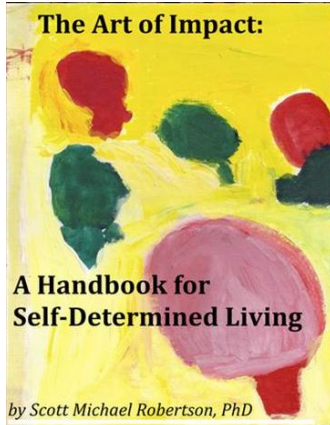
In order to make healthy choices at the grocery store, you need select your items based on two things: the nutrition label and the ingredient list.

[Click here](#) to read more.

Resource

[Click here](#) for more information.

Books



**“The Art of Impact:
A Handbook for Self-
Determined Living”**
*Written by Dr. Scott Michael
Robertson in conjunction with
the Self-Advocate Leadership
Circle of the NACDD.*

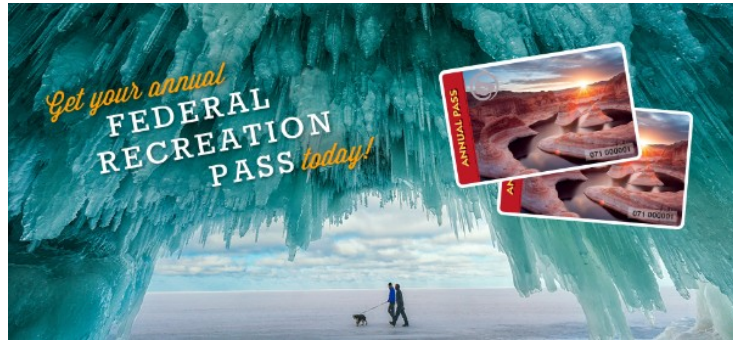
This publication is filled with resources, information and tips for successful advocacy.

The accessible publication is available in multiple formats including PDF, e-reader and straight text and is available at www.startyourjourney.org

Internet



[Click here](#) for the website.



**America The Beautiful -
The National Parks and Federal Recreational
Lands Pass.**

What is an Access Pass?

A **free, lifetime pass** - available to U.S. citizens or permanent residents of the United States that have been medically determined to have a **permanent disability** (does not have to be a 100% disability) - that provides admittance to more than 2,000 recreation sites managed by five Federal agencies.

[Click here](#) for more information!

Article



**Tactile defensiveness:
How to do sensory enriched touch?**



[Click here](#) for The Arc's website.



Virginia Tech Center for
Autism Research
[Click here](#) for the website.

The sense of touch plays a vital role in therapy. When [combined with smell it helps increase the plasticity of the brain](#) and its ability to compensate for damage and various dysfunctions. This is why Sensory Enrichment Therapy™ includes many exercises that combine touch and smell.

In this article, we will review strategies that help individuals with tactile defensiveness, as well as other sensory processing issues related to touch, so that they can also implement touch exercises, and reap the benefits of an increase in brain plasticity. [Click here to continue reading from Mendability.](#)

Opportunities

AMPP (Autism Mentor Parent Program) NEW

WHAT: The primary goal of AMPP (Autism Mentor Parent Program) is to provide families with the support and information they need to successfully navigate their child's Autism Spectrum Disorder (ASD) diagnosis and treatment process. Trained parents (mentors) will share their experiences and help provide encouragement to other parents (mentees) as they learn to navigate their new reality.

The purpose of the current study is to pilot the use of an online mentor-mentee matching program for parents of children with ASD. Usefulness, satisfaction and sustainability of the program will be evaluated via parent report pre and post participation.

WHO: Parents (18+) of children of all ages with ASD in New River Valley

COMPENSATION: You could receive up to \$25

CONTACT: If you have any questions please contact vt.ampp@gmail.com or call (540) 231- 8747

Sign up today [here](#).

See [flyer here](#).

ASSET Study: Managing Emotions for Teens with ASD


WHY: We are conducting a study on the study of a new treatment for adolescents with autism spectrum disorders (ASD) who struggle with handling their emotions.

WHO: Teens ages 12-17 with an ASD diagnosis and IQ of 80 or higher who also have difficulties with their emotions.


WHAT: The program involves individual sessions, online resources for parent and teen, and at home practices for the teen. There is no cost for this program and we offer payments, receiving up to \$125.00, for completing the assessments.

CONTACT: If you would like to learn more about the study or are interested in participating, please email psyc.soc.interventions@gmail.com.

[Click here](#) for full list of Events/Research/Monthly Group Meetings from VTAC.



2017 Annual Autism Outreach and Research Conference



SAVE THE DATE!

This year we are combining the VT Autism Clinic (VTAC) Outreach Conference with the VT Center for Autism Research (VTCAR) Conference to provide two days of autism related information. Faculty, students, affiliates, and community are invited to attend!
All proceeds directly benefit VTAC and VTCAR.

Location: Biocomplexity Institute of Virginia Tech
(1015 Life Science Circle, Blacksburg, VA 24061) Conference Room 145

*Attendees can either attend one or both conferences

The 4th Annual VTAC Outreach Conference


March 30th 9:00 AM– 3:00 PM

- **Keynote Speakers:** Dylan and Derek Volk "A rare and truthful look inside a dad's life raising a son on the autism spectrum"
- Breakfast and Lunch will be provided.
- \$20 donation requested.
- Exhibitor Opportunity: \$20 for half of a table, \$40 for a whole table. Limited space available. If interested, contact vtcar2013@gmail.com.

The 5th Annual VTCAR Conference

March 31st 8:30 AM– 11:30 AM

- **Keynote Speaker: Lisa Ruble, Ph.D.**
*College of Education, University of Kentucky
Center for Autism Evaluation, Service and Research*
- Breakfast will be provided.
- \$10 donation is requested.
- RSVP for either conference by March 15th to Zoe Waddell (vtcar2013@gmail.com) and indicate which conference(s) you will be attending



Click image above for full size PDF.



49th Annual Autism Society National Conference
July 12-15, 2017 in Milwaukee Wisconsin
Your Quality of Life Conference

Please plan on joining us in Milwaukee for this one-of-a-kind opportunity to change lives! We are planning many wonderful sessions, exciting keynotes and optional social events to make your experience both educational and fun!

[Registration is open.](#) The conference will take place at [The Wisconsin Center](#) and our conference hotel is [The Hilton Milwaukee City Center](#) which is connected by skybridge to the Wisconsin Center. More details will be coming soon.

[Register today >>](#)

DBHDS



News and Press Releases

[Click Here](#) for the latest!

[Click here](#) for 2nd Quarter REACH reports.

Pilot Mobile Rehab Engineering Team

Mission: To provide mobility equipment maintenance and repair services in the community to individuals with I/DD.

[Click here](#) for more information and MRE team assessment form

HEALTH EQUITY IN BEHAVIORAL HEALTH AND DEVELOPMENTAL SERVICES

The DBHDS Office of Health Equity Advancement (OHEA) leads efforts to provide improved services to diverse and under-served individuals and works toward eliminating the disparities within the state's mental health, intellectual disability and substance-use disorder system.

[Click here](#) for the website.

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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

Local Calls - 540.267.3435

Fax - 540.267.3403

Email - info@swvaREACH.org

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