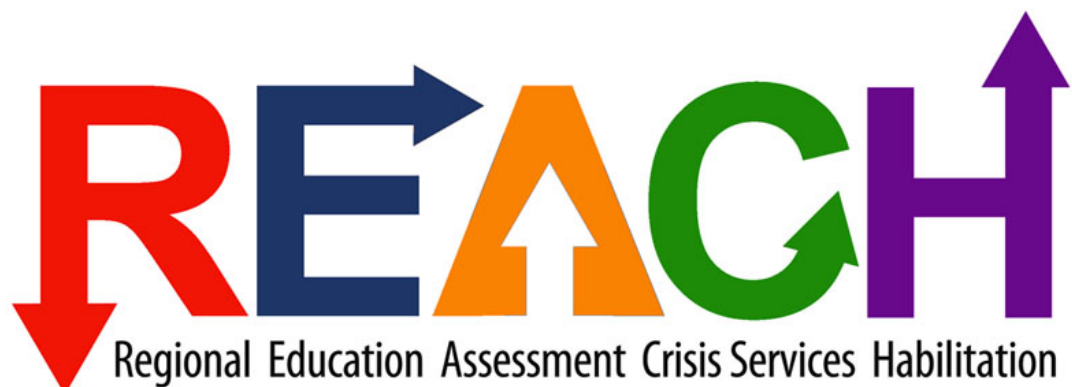


REACH Region III – The Newsletter
Vol.6, No.11, November 2020

[View this email in your browser](#)



REACH Region III - Monthly Report for October 2020

[Click here](#) to view

Update

Clinical Corner



October Data

Adults

Referrals: 53
Active Clients: 138
Crisis Plan Hours: 193.1
Crisis Prevention hours:
529.77

Calls to Crisis Line

Information: 30
Crisis Prevention: 71
Crisis Face to Face



Holidays During the Pandemic

childmind.org

This year's holiday season may look a little different for some families because of the impact of Covid-19. Individuals with IDD are sometimes challenged by changes in their routines and rituals. They can also feel anxiety in anticipation of an

Response: 26 Face to
Face + 13 Telehealth
Total Calls: 140

*Average Crisis/Face to
Face Response Time:*
43.4 minutes

Crisis Therapeutic Home

Emergency Bed Days: 31
Step-down Bed Days: 121
Prevention Bed Days: 5

Children

Referrals: 34
Active Clients: 89
Crisis Plan Hours: 46.45
Crisis Prevention Hours:
309.7

Calls to Crisis Line

Information: 29
Crisis Prevention: 7
Crisis Face to Face
Response: 18 Face to
Face + 6 Telehealth
Total Calls: 60

*Average Crisis/Face to
Face Response Time:*
58.6 minutes

We have a new referral form!

Please replace the old form
with this new form.
-updated 05.2020

[Click here](#) to download it, and
please share with anyone in
your system that makes
REACH referrals. Thank you!

altered schedule or activity.

Tips for reducing stress, helping kids cope, and making new traditions

As we head into the holidays, families everywhere are struggling to make plans appropriate for the pandemic. How do we celebrate when we can't be together as usual? How do we resolve differences of opinion about what is safe? How do we deal with more disappointment and frustration — and help our kids do the same?

[Click here](#) to read.

Covibook

mindheart.co

This social story was created for supporting and reassuring people around the world in **25 different languages**.

[Click here](#) to access.

Supporting Mental Health During the COVID-19 Pandemic

nimh.nih.gov

The outbreak of coronavirus disease 2019 (COVID-19) may be stressful—it can be difficult to cope with fear and anxiety, changing daily routines, and a general sense of uncertainty. Although people respond to stressful situations in different ways, taking steps to care for yourself and your family can help you manage stress.

REACH Region IIIEmail: info@swvareach.org

Fax: 540.267.3403

Apps

**CoughDrop**

Every voice should be heard.

Disabilities like autism, cerebral palsy, Down syndrome, Angelman syndrome and Rett syndrome can make it harder for many individuals to communicate on their own.

Powerful software called Augmentative and Alternative Communication (AAC) can fill the gaps and make every voice heard.

[Click here](#) to learn more.

Books & Podcasts

Stress during an infectious disease outbreak can include:

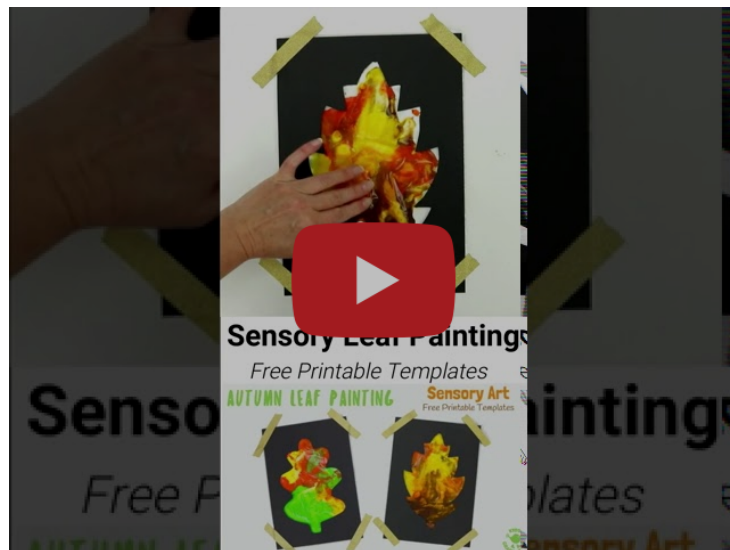
- Fear and worry about your own health and the health of your loved ones
- Changes in sleep or eating patterns
- Difficulty sleeping or concentrating
- Worsening of chronic health problems
- Increased use of alcohol, tobacco, or other drugs

Things you can do to support yourself

- Take breaks from the news.
- Take care of your body.
- Make time to unwind.

[Click here](#) to continue reading.

Videos



Sensory Leaf Painting - Fall DIY Crafts

[youtube.com](https://www.youtube.com/watch?v=74047837e446)

Click the video above or [click here](#) to view.



Autism POVs: Gender and Autism

autismspeaks.org

As our understanding of autism grows, researchers are finding that the way we diagnose autism may be biased.

They're also finding, through early research and small studies, that gender fluidity may be more prevalent in people with autism than the general population.

In this episode, we'll dive into both of these topics through the experiences of three autistic advocates.

[Click here](#) for the podcast.

Diversity & Inclusion



How Families Are Fighting Racism and Disability Discrimination

disabilityscoop.com

Many parents of children with

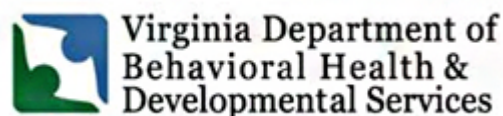


10 Thanksgiving ZOOM Games

youtube.com

Click the video above or [click here](#) to view.

Medical News



DBHDS/Office of Integrated Health

Health Trends Newsletter: November 2020

Topics in this months newsletter include:

- What is Advocacy?
- What is Community & Health Advocacy Training (CHAT)?
- App of the Month: [CRPD](#)
- ABA Snippets
- Dental Facts and Tips
- Wellness Corner: Stop the Spread of Germs
- Coronavirus/COVID-19

[Click here](#) to view.

special health care needs — regardless of race — report struggling to receive prompt diagnoses and access to adequate therapy and support services. But for families of color, particularly those who are Black and Latinx, the struggle is more acute.

[Click here](#) to view safety alerts and newsletter archive..

[Click here](#) to read.

Opportunities and Events



Special Olympics: Polar Plunge - 2021

Plunge It Your Way – Say What?

2020 sucked. For 2021, the least we can do is bring back the Plunge. To keep our amazing colony safe, this year you can support the athletes of Special Olympics Virginia and Plunge however you'd like. This is your year!

How to become a Plunger

Due to the COVID-19 pandemic, we can't hold an in-person event, but we know that won't stop our colony! Participate as an individual or with friends, family, and colleagues on a team. Fundraise and receive the 2021 Plunge Pack, earn all new incentives, and join the fun statewide activities during the weeklong Plunge celebration. It all culminates with a virtual event ceremony on Saturday, February 6!

Register!

Gather your flock, create your team, and sign up to be a Plunger: [Register](#) .

Fundraise

Earn all new [incentives](#) and use our [fundraising resources](#) to bring in donations! Our athletes need your support now more than ever.

Plunge Prep

Decide how you want to Plunge at home and remember to be creative! Want to take an icy dip in your

neighbor's pool? Go for it! Rather take the year off and lounge in a hot tub? You do you. We promise, we won't judge!

Whatever you decide, we want you to have fun and Plunge it YOUR WAY. At the end of the day, no matter what your Plunge looks like, you'll be supporting 23,000+ Special Olympics Virginia athletes.

Share Your Plunge

Take photos and video plunging your way and post them to social media using the hashtag #plungeyourway. There's a chance you'll be featured in our virtual Plunge ceremony on Saturday, February 6 or as our Plunger of the week!

Celebrate

Tune in on February 6 at 10AM to enjoy the Virtual Plunge Celebration. From special guests to top team announcements and additional entertainment, you won't want to miss it. Mark your calendar!

Stay Tuned

Follow us on social media ([Facebook/Instagram](#)) and visit your regional Plunge page (coming soon) on the website to stay up to date on all the latest Plunge happenings. From a virtual costume contest, to free Wawa and discounted brews during Plunge week, we're here to make this Plunge season the coolest yet.

Autism On Call, LLC

WHAT:

Many schools are still closed and our children with ASD are at home in response to Covid-19. This situation may be presenting families with some unique circumstances that normally would not be occurring and/or increasing complications to existing ASD related challenges.

Given these difficult times, Dr. Rydell is offering a **FREE consultation** (phone or video conference) to all families with children with ASD to assist with existing or new challenges, questions or concerns.

HOW:

To schedule a free consultation with Dr. Rydell, go to:

www.autismoncall.com > Home Page > Schedule Your Free Consultation

Lunch and Learn - VCU Autism Center for Excellence

During these uncertain times, VCU-ACE is working to provide resources for families. Weekly, VCU- ACE will provide an opportunity for parents to join us for Lunch and Learn.

An interactive and secure Zoom meeting that will address different topics each week. There will be a short presentation with a time for Q&A.

[Click here](#) to register.

Blacksburg Adult ASD/Asperger's Monthly Support Group

WHAT:

This support group is to come together to discuss various topics of interest and engage in fun social activities!

WHO: Adults (ages 18 and up) with an autism spectrum disorder diagnosis, as well as their families/caregivers.

WHERE:

If there is interest in this support group it can be moved to a zoom meeting. Please contact Angela Dahiya by email: avdahiya@vt.edu or by phone: 504-231-3514.

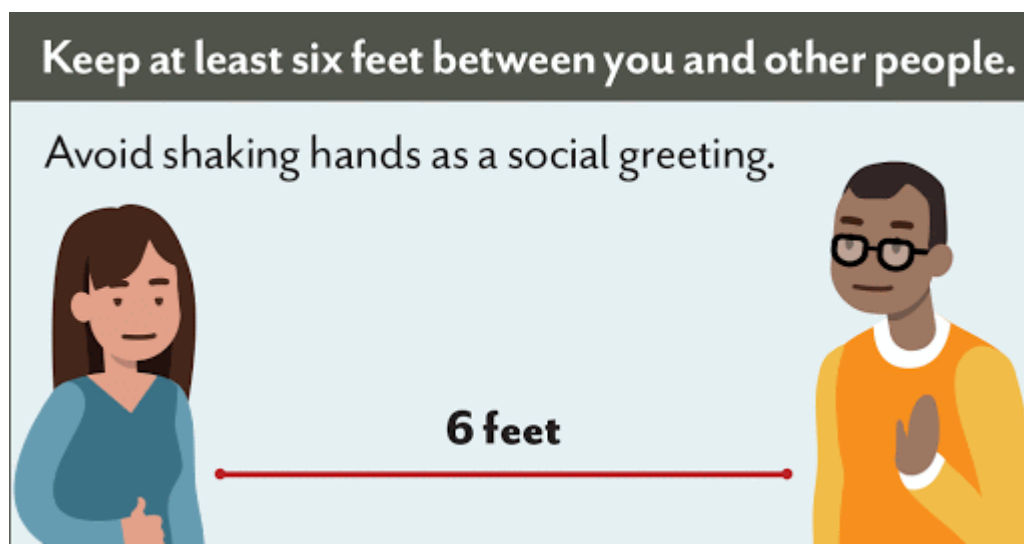
Do You Know Where to Go to Get a COVID-19 Test?

It's important to know where the COVID-19 testing sites are in case you or a loved one becomes symptomatic.

The Virginia Department of Health has provided resources around COVID-19 testing, including a map of COVID-19 testing sites throughout the state of Virginia. If you are symptomatic, you should consider contacting your healthcare provider to get a COVID-19 test. Symptoms of COVID-19 include:

Fever or chills
Cough
Shortness of breath
Loss of taste or smell

[Click here](#) to find your testing location.



Employment Opportunities

Come check out our job openings for REACH Region III.

[Click here](#) for the flyer.

For more information on available positions and to apply [click here](#).

DBHDS



Virginia Department of
Behavioral Health &
Developmental Services

[Click Here](#) for the website.

[Click Here](#) for Provider Development.

New Fair Housing Protections in Virginia: Source of Funds Discrimination

[Click here](#) to learn more.

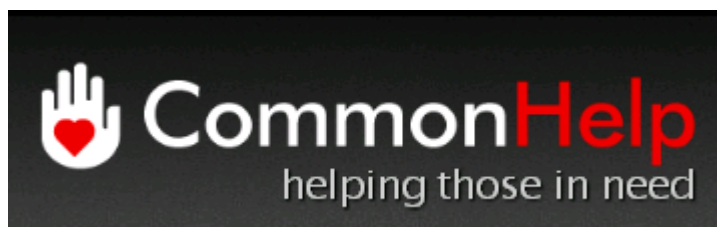
REACH Information

Crisis Services

The DBHDS website has been updated with more in depth information on REACH, has updated contact info, and contains links to some of the forms that may be helpful for consumers to access.

[Click here](#) to view.

Resources



Virginia CommonHelp

In these difficult times, many Virginians are looking for assistance with essential services.

Virginia CommonHelp makes it easy for you to apply for multiple Department of Social Services programs using one online application.

CommonHelp partners with several government agencies to offer Virginians a fast and easy way to apply for a wide range of services:

- Help with paying for childcare
- Home energy assistance
- Help with buying food
- Low or no-cost healthcare
- Temporary cash assistance for families with children

To determine your eligibility for one or more programs, you can complete CommonHelp's [online eligibility portal](#). The portal will tell you which programs you qualify for and how to apply for them online. Visit the [CommonHelp website](#) to learn more about the programs and government agencies that they partner with.

The Employment Toolkit for Job Seekers with Autism

readyjob.org

[Click here](#) to view.



The Arc of Virginia

Our Mission. The Arc of Virginia promotes and protects the human rights of people with intellectual and developmental disabilities and actively supports their full inclusion and participation in the community throughout their lifetimes.

Our Vision. People with intellectual and developmental disabilities are valued as classmates, coworkers, neighbors, citizens and friends.

[Click here](#) for their website.



The Virginia Tech Autism Clinic

VTAC in the Psychology Department of Virginia Tech, opened in the Fall of 2005 to provide clinical services to individuals with Autism Spectrum Disorders and their families in the surrounding New River Valley.

[Click here](#) for Events and News!

[Click here](#) for their website.



NADD

NADD is a not-for-profit membership association established for professionals, care providers and families to promote understanding of and services for individuals who have developmental disabilities and mental health needs. [Click here](#) for their website.



Special needs require special attorneys.

The Special Needs Alliance

The Special Needs Alliance is a national, non-profit organization committed to helping individuals with disabilities, their families and the professionals who serve them. [Click here](#) for their website and [here](#) for **The Voice -Special Needs Alliance Newsletter**.



The Virginia Autism Council

This website is Virginia's clearinghouse on best practices and research-based education and training opportunities to advance personnel development and knowledge regarding autism in Virginia. [Click here](#) for more information.



Commonwealth Autism

[Click here](#) to view Resources compiled by **Commonwealth Autism**.



New River Valley Disability Resource Center

A non-profit Center for Independent Living serving the NRV

New River Valley Disability Resource Center

A Non-Profit Center for Independent Living; Serving the NRV

[Click here](#) for their website for Events and Resources.

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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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