

## REACH Region III - Monthly Report: August

[Click here](#) to view

### Update

### Clinical Corner



#### August Data

##### Adults

Referrals: 37  
Active Clients: 133  
Crisis Plan Hours: 229.68  
Crisis Prevention hours: 660.03

##### **Calls to Crisis Line**

Information: 54  
Crisis Prevention: 92  
Crisis Face to Face  
Response: 46 Face to  
Face + 4 Telehealth



#### Free Recorded Webinars

##### **IDD AND MENTAL HEALTH: UNDERSTANDING DUAL DIAGNOSIS BASICS**

Like the rest of the population, people with Intellectual and Developmental Disabilities (IDD) may experience mental health challenges over the course of their lives. Also, research has shown that they are more likely to experience a secondary psychiatric disorder. Dual Diagnosis is a term used to describe the presence of both IDD and symptoms of a mental illness. This webinar will review considerations for supporting people with a

**Total Calls: 196**

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

**Crisis Therapeutic Home**

Emergency Bed Days:  
145  
Step-down Bed Days: 1  
Prevention Bed Days: 0

**Children**

Referrals: 26  
Active Clients: 73  
Crisis Plan Hours: 73.06  
Crisis Prevention Hours:  
307.79

**Calls to Crisis Line**

Information: 20  
Crisis Prevention: 11  
Crisis Face to Face  
Response: 15 Face to  
Face + 0 Telehealth  
**Total Calls: 46**

*Average Crisis/Face to Face Response Time:* 39 minutes

**Our Referral Form**

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

**REACH Region III**

Email: [info@swvareach.org](mailto:info@swvareach.org)  
Fax: 540.267.3403

dual diagnosis, including barriers to recognizing mental health issues in people with IDD and the impact of mental health needs on an individual's quality of life.

**Presenter:** Melissa Cheplic, MPH; Rutgers University, The Boggs Center on Developmental Disabilities

**THE NADSP AND NADD DSP COMPETENCIES: SUPPORTING PEOPLE WITH IDD/MI**

Direct Support Professionals spend more time with the person with IDD/MI than any other professional. The competence of the DSP can make a big difference in the quality of life for people. Both NADSP and NADD have developed nationally recognized skills standards to certify the competence of DSPs who support people with IDD. We will review how to apply these competency areas to improve the quality and effectiveness of supports provided to individuals with Dual Diagnosis.

**Presenters:** Melissa Cheplic, MPH; Rutgers University, The Boggs Center on Developmental Disabilities; Dan Hermreck, Director of Certification and Accreditation, NADSP

**ASSESSMENT SKILLS FOR DIRECT SUPPORT PROFESSIONALS**

Accurate assessment helps to identify physical or mental health symptoms, environmental triggers to behaviors, changes in moods, and other key information essential to support planning for people with IDD/MI. It can be a challenge to identify and evaluate factors that may contribute to signs and symptoms. This webinar will focus on strategies to differentiate between these causes, with an emphasis on indicators of a possible mental health condition.

**Presenter:** Melissa Cheplic, MPH; Rutgers University, The Boggs Center on Developmental

# Apps



## **Dare: Anxiety & Panic Relief**

DARE is an app aimed at helping those experiencing anxiety. The app's home screen first asks the user what they need help with: anxiety, worry, panic attacks, insomnia, or "mind gym".

Once the user chooses what they need to focus on, the app provides related audio clips, ranging in length from 3-20 minutes.

These clips provide psychoeducation, guided trainings and soothing background noise.

[Click here](#) to view in the App Store.

## **Books & Podcasts**



### **Anxiety Relief for Teens:**

## Disabilities

### **POSITIVE APPROACHES TO CRISIS PREVENTION FOR PEOPLE WITH IDD/MI**

A crisis can occur when a person's health or safety is at risk due to unmet needs. Many crises can be prevented or interrupted by addressing underlying causes, including mental health symptoms and repeated behavioral challenges. This webinar will focus on specific positive approaches and effective intervention strategies to help direct support professionals reduce the impact of potential risk factors for people with IDD.

**Presenter:** Melissa Cheplic, MPH; Rutgers University, The Boggs Center on Developmental Disabilities

### **PSYCHOPHARMACOLOGY AND THE ROLE OF THE DSP**

People with dual diagnoses are at risk for further health problems and may take many medications. Medications are often prescribed and then changed repeatedly due to incomplete diagnostic information. Communication challenges can affect a person's ability to report their effectiveness. This webinar will review considerations for the use of medication, including the role of the DSP in advocating for a person with co-occurring disorders during prescribing, planning, treatment, and recovery.

**Presenter:** Melissa Cheplic, MPH; Rutgers University, The Boggs Center on Developmental Disabilities

### **COMMUNITY CONNECTION AND COLLABORATION**

A significant barrier to effective, meaningful supports for people with IDD is the separation of services. This can occur across systems, in the community, and within the person's own support

## Essential CBT Skills and Mindfulness Practices to Overcome Anxiety and Stress

by: Regine Galanti, PhD

With Anxiety Relief for Teens, Dr. Regine Galanti teaches you how CBT-based skills and mindfulness techniques can help you manage your anxiety and reverse negative patterns. Through simple and effective exercises that help you change your thoughts, behaviors, and physical reactions, this helpful guide gives you the tools you need to navigate all of life's challenges.

[Click here](#) to learn more.

team. The Direct Support Professional has a critical role in helping an individual coordinate behavior, mental health, medical, and other support needs by facilitating communication and coordinating with other professionals. This webinar will explore how collaboration and teamwork can address barriers to supports by placing individuals at the center of his or her plan and decisions.

**Presenter:** Melissa Cheplic, MPH; Rutgers University, The Boggs Center on Developmental Disabilities

\*This webinar series, originally co-sponsored by NADD and NADSP, will be available to view for free until September 26, 2021

[Click here](#) for these webinars.

## Diversity & Inclusion



### LGBTQ+ Information and Resources

[autismspeaks.org](http://autismspeaks.org)

Autism, Sexuality and Gender Identity

Research about the intersection of sexuality and gender identity with autism, while a relatively new field, has uncovered meaningful findings about the experiences of autistic LGBTQ+ people.

These findings can impact physical and mental health as

## Videos



### Bring It Down

[GoNoodle/Youtube.com](https://www.gonoodle.com/)

This exercise teaches how to gain control of your stressful energy when it becomes too hard to

well as social interactions for  
people on the spectrum.

handle.

[Click here](#) to learn more.

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

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## Health

### DBHDS/Office of Integrated Health

September Newsletter Includes:

The Covid-19 Vaccine and the Delta Variant  
App of the month - The CDC Mobile App  
ABA Snippets

[Click here](#) to view.

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



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## Opportunities and Events

**20  
21**

**THE LGBT COMMUNITY CENTER OF  
GREATER CLEVELAND PRESENTS**

**BRIDGES  
AND  
RAINBOWS:**  
**How to be a Better Ally  
to Autistic Individuals  
Who Identify as  
LGBTQ+**

**Learn about the  
lived experiences  
of autistic adults  
in this virtual  
panel discussion.**


**Thursday  
Sept. 23, 2021  
Live on Zoom  
12-1 pm**

**FOR MEDICAL PROFESSIONALS,  
PROVIDERS, CAREGIVERS AND  
ANYONE WHO SUPPORTS  
INDIVIDUALS WITH AUTISM**

**RSVP HERE: [HTTPS://TINYURL.COM/EVZESMFT](https://tinyurl.com/evzesmft)**

**WITH SUPPORT OF THE CUYAHOGA COUNTY ADVISORY  
COMMITTEE ON PERSONS WITH DISABILITIES**

**LGBT COMMUNITY  
CENTER**  
GREATER CLEVELAND



## **Bridges and Rainbows: How to be a Better Ally to Autistic Individuals Who Identify as LGBTQ+**

Please join us to learn about the lived experiences of autistic adults in this virtual panel discussion:

**When:** Thursday, September 23, noon-1pm

[Click here](#) to register for this online event.

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## UVA STAR: Spanish Virtual Events

Webinars are now available on demand!

### **Introducción al Autismo**

(Introduction to Autism)

This Spanish-language webinar provides basic information about autism, including what autism is, its common symptoms, the characteristics associated with autism, and evidence-based treatments.

[Click here](#) to view.

### **Manejo del estrés en la familia del niño y niña con autismo**

(Managing stress in a family with a child with autism)

This Spanish-language webinar provides information about common causes of stress in families with children with autism, an overview of how our bodies react to stress, and offers ways to challenge thinking to reduce stress.

[Click here](#) to view.

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## Virtual Monthly Autistic Adult Support Group

Are you an adult on the autism spectrum and live in Virginia?

Our free, monthly support group for autistic adults will be held virtually on Zoom on the first **Tuesday of the month from 6:30-7:30pm, starting February 2.**

This online support meeting will discuss what YOU want to talk about. Examples of past topics: setting personal goals, dealing with angry or sad emotions, identifying personal learning styles.

Meetings will be moderated by a VT clinical psychology graduate clinician; however, any discussion will be mainly facilitated by the autistic adults in the group.

### **To sign up for a meeting visit**

<https://virginiatech-hipaa.zoom.us/joining/register/tZAKfu2ggz0pE9RIOModcaxCwXQVqfV3KKXp>

Please sign up to join no later than 12pm the day of

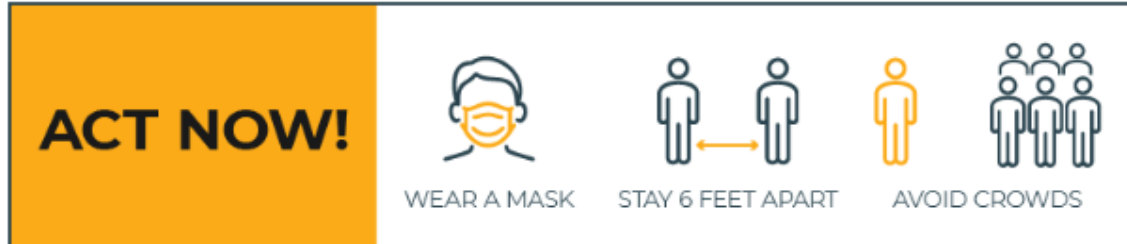
Address questions to Megan at [mfok@vt.edu](mailto:mfok@vt.edu)

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## Vaccine Information Center - Virginia Department of Health



[Click here](#) for information on VDH COVID-19 Vaccination Response.



## 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](#).

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## DBHDS



[Click Here](#) for the website.

[Click Here](#) for Provider Development.

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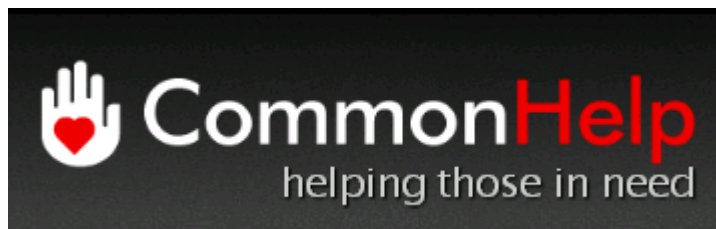
## New Fair Housing Protections in Virginia: Source of Funds Discrimination

[Click here](#) to learn more.

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## 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.

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## 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



### 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!

friends.

[Click here](#) for their website.

[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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[Contact REACH Region III](#)

**Our mailing address is:**

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**Business** - 540.267.3435

**Fax** - 540.267.3403

**Email** - [info@swvaREACH.org](mailto:info@swvaREACH.org)

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