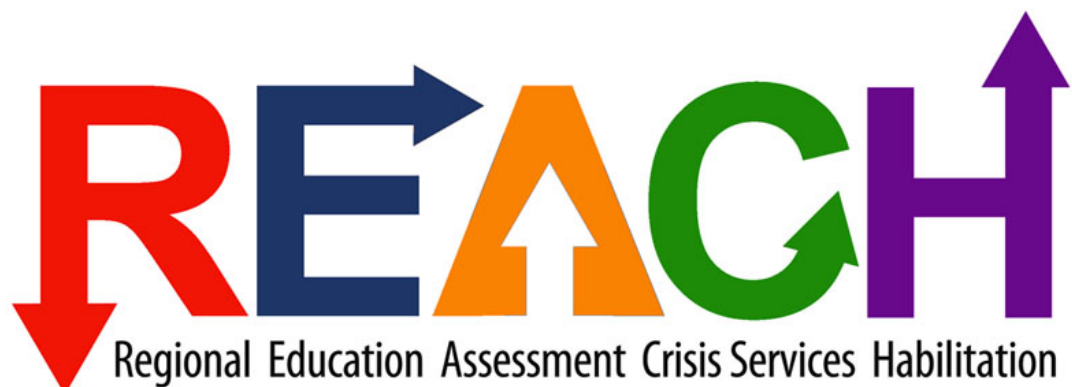


REACH Region III – The Newsletter  
Vol.7, No.10, October 2021

[View this email in your browser](#)



**October is National Bullying Prevention Month.**

Learn more at [stopbullying.gov](https://stopbullying.gov)

**REACH Region III - Monthly Report: September**  
[Click here](#) to view

**Update**

**Clinical Corner**



**September  
Data**

**Adults**

Referrals: 38  
 Active Clients: 118  
 Crisis Plan Hours: 153.9  
 Crisis Prevention hours:  
 562.81

**Calls to Crisis Line**

Information: 41  
 Crisis Prevention: 71  
 Crisis Face to Face  
 Response: 40 Face to  
 Face + 3 Telehealth  
**Total Calls: 155**

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

**Crisis Therapeutic  
Home**

Emergency Bed Days: 87  
 Step-down Bed Days: 28  
 Prevention Bed Days: 9

**Children**

Referrals: 26  
 Active Clients: 74  
 Crisis Plan Hours: 187.36  
 Crisis Prevention Hours:  
 242.41

**Calls to Crisis Line**

Information: 27  
 Crisis Prevention: 15  
 Crisis Face to Face  
 Response: 18 Face to  
 Face + 2 Telehealth  
**Total Calls: 62**

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



## Free Workshop for Professionals: Suicide-Focused Assessment and Treatment

*McLean Hospital*

**When:** October 20th, 12pm ET.

**What:** The suicide rate has increased significantly over the past two decades, with nearly 50,000 people currently dying by suicide in America each year.

To respond to our field's most pressing clinical challenge, national suicide experts will present the most recent, cutting-edge advances in suicide-focused assessment and treatment.

[Click here](#) to sign up now for this free workshop. Optional continuing education credits (CME, CEU) are available.

[Click here](#) for additional courses offered.

## 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

## Apps



### Self Checkout

Self Checkout allows you to monitor how you're feeling on a day-to-day basis in an attempt to improve your overall mental wellness.

Not feeling so great? Take a look at your Self Care Checklist and be reminded of what makes you feel better!

Self Checkout creates a space for you to learn about and take care of yourself.

[Click here](#) to view.

## Books & Podcasts



## How to have a sensory-friendly Halloween

by Jen Brown/Easterseals.com

The holidays and the traditions that come along with them can be overwhelming at times. This year, keep these tips in mind when buying costumes, trick-or-treating, and navigating the spooky world of Halloween.

**1. Costume choice is essential.** Comfort is extremely important! The first successful costume we have ever had was a skeleton sweatshirt and sweat pants, because it felt like regular clothes. Which brings me to when to purchase costumes: The sooner the better! Take time to let a child get used to the feeling of a costume so it really does feel like regular clothes on the big day. Don't be a last minute costume buyer who ends up with a screaming three year-old dressed like parrot, while you are wondering what went wrong.

**2. Plan ahead** with a therapist and at home, practicing for the big trick-or-treat. This is a tricky social skill, and on a typical day, knocking on a door means going inside. Expecting a literal mind to know that Halloween night is different without practice just might backfire, so take time and do all you can to establish the difference and explain why Halloween is special. Books, social stories, apps, or a favorite holiday movie will help. The Great Pumpkin Charlie Brown was a huge help for me.



### Uniquely Human: The Podcast

Uniquely Human: The Podcast expands the conversation on autism and neurodiversity by amplifying the voices of autistic individuals and thought leaders in providing insightful, cutting-edge and practical information about the autistic experience.

[Click here](#) for episodes and to listen.

### Diversity & Inclusion



### Virtual Inclusion and the Value of Belonging

*assurity.com*

In the wake of COVID-19, virtual inclusion matters more than ever.

[Click here](#) to read more.

[Click here](#) to continue reading.

## Videos



### Halloween Sensory Bins

*Sarah McClelland-Little Bins Bricks/YouTube.com*

Easy to make Halloween sensory bin ideas for sensory tables and more using three different fillers.

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



### Funny Skeleton Halloween Yoga

*Cosmic Kids Yoga/YouTube.com*

Get ready for halloween with a Yoga Adventure featuring Ruby Broom, plus an extended version of the skeleton dance!

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

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## Health

### DBHDS/Office of Integrated Health

#### The October Newsletter Includes:

Influenza Vaccination Info  
Oral Health Pearls of Wisdom  
ABA Snippets  
COVID-19 Vaccines  
App of the Month: FLUVIEW

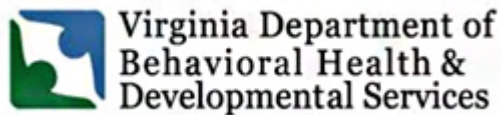
[Click here](#) to view.

#### October Safety Alert:

Aspiration Pneumonia

[Click here](#) to view.

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



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## Opportunities and Events





## Virginia Tech Science Festival 2021 (FREE)

**What:** Small group (20-60 people) campus field trips and virtual meetups between scientists and learners plus presentations in the Moss Arts Center Cube and live-streamed via YouTube.

**When:** September 27 - November 19, 2021

[Click here](#) to learn more.

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## Blue Mountain Therapy Trunk or Treat (FREE)

**What:** For all ages and abilities. Bounce house, food trucks, and giveaway for "Best Trunk!". Located in the parking lot of their Wytheville location.

**When:** Thursday, October 28, 5-7pm

[Click here](#) to learn more.

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## Blue Ridge Autism and Achievement Center Parent and Community Trainings (FREE)

**What:** Parent and Community Trainings

**When:** Last Thursday each month, 5:30pm-6:30pm

[Click here](#) to learn more.

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## Virtual Events

Parent Educational Advocacy Training Center & the Va. Department of Education:

## Parent friendly transition to adulthood courses (FREE)

Transition University will offer a 5-session **self-paced** online series to help parents/guardians navigate the transition process for their school age child and prepare for the adult world.

Available: October 10-November 30

[Click here](#) to learn more and to register.

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Blue Ridge Leadership Education in Neurodevelopmental Disabilities (LEND) Program:

## Ongoing Virtual Lunch and Learn Lecture Series (FREE)

Fridays, noon-1pm (or times may vary)

[Click here](#) to learn more and to register.

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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.

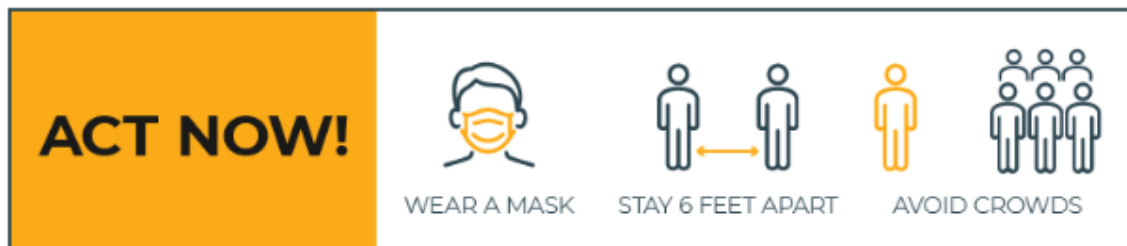
Meetings will be moderated by a VT clinical psychology graduate clinician; however, any discussion will be mainly facilitated by the autistic adults in the group.

**To sign up for a meeting visit**

<https://virginiatech-hipaa.zoom.us/meeting/register/tZAkfu2ggz0pE9RIOMdcaxCwXQVqfV3KKXp>

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

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



# Employment Opportunities

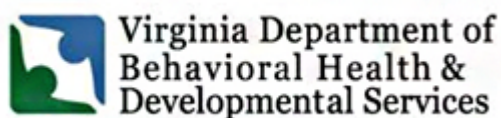
**Come check out our job openings for REACH Region III.**

[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.

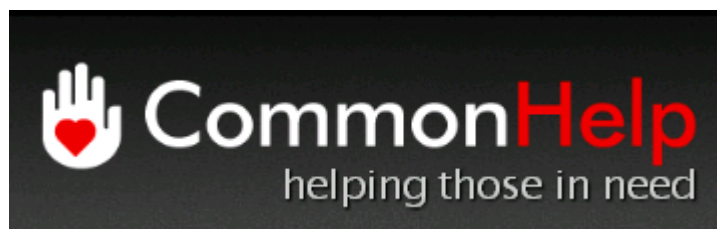
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## Resources

### **Vaccine Information Center - Virginia Department of Health**

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

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### **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](http://readyjob.org)

[Click here](#) to view.

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### 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.

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### NADD

NADD is a not-for-profit membership association established for professionals, care providers and



*Special needs require special attorneys.*

### The Special Needs Alliance

The Special Needs Alliance is a national, non-profit organization committed to helping

families to promote understanding of and services for individuals who have developmental disabilities and mental health needs. [Click here](#) for their website.

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

**Business** - 540.267.3435

**Fax** - 540.267.3403

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

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