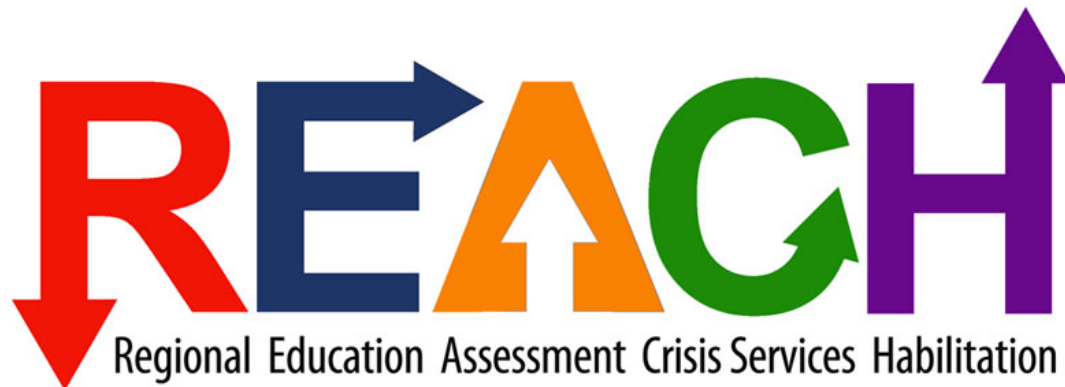


REACH Region III – The Newsletter  
Vol.8, No.01, January 2022

[View this email in your browser](#)



## REACH Region III - Monthly Report: December

[Click here](#) to view

## Update

## Clinical Corner



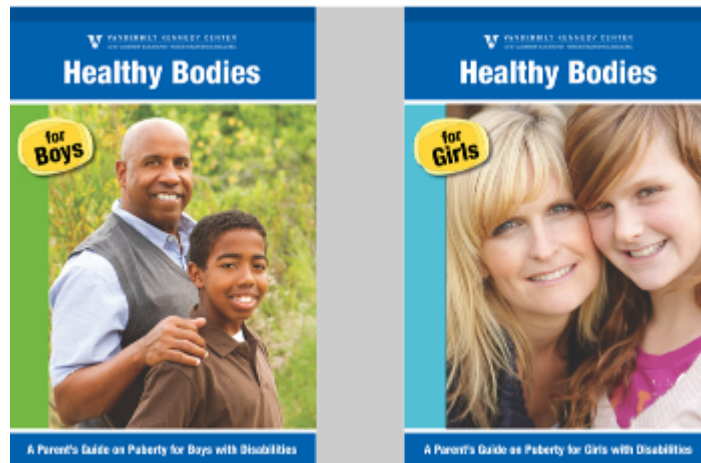
### December Data

#### Adults

Referrals: 37  
Active Clients: 82  
Crisis Plan Hours: 50.58  
Crisis Prevention hours:  
351.77

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

Information: 17  
Crisis Prevention: 70  
Crisis Face to Face  
Response: 20 Face to  
Face + 8 Telehealth



## The Healthy Bodies Toolkit

[vkc.vumc.org](http://vkc.vumc.org)

Puberty can be a stressful and confusing time, especially for you and your child with an Intellectual and/or Developmental Disability (I/DD).

In spite of delays in other areas, children with I/DD usually enter puberty around the same time as

**Total Calls: 115**

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

**Crisis Therapeutic Home**

Emergency Bed Days: 11  
Step-down Bed Days: 44  
Prevention Bed Days: 31

**Children**

Referrals: 23  
Active Clients: 52  
Crisis Plan Hours: 51.38  
Crisis Prevention Hours: 275.26

**Calls to Crisis Line**

Information: 46  
Crisis Prevention: 8  
Crisis Face to Face Response: 16 Face to Face + 1 Telehealth

**Total Calls: 46**

*Average Crisis/Face to Face Response Time:*  
39.56 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

other children their age. These toolkits gives you resources and tips on how to talk to your child about these sensitive topics.

*Spanish translation available.*

[Click here](#) for the toolkits.

## Webinar: Addressing MH & Wellness with IDD during Transition to Adulthood

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

**Webinar Description:**

This presentation will focus on the assessment of mental health in youth who experience intellectual and developmental disabilities during the transition to adulthood years (12-26).

**Learning Objectives:**

- Understand the purpose of addressing mental health for youth with intellectual and developmental disabilities during transition to adulthood
- Gain an appreciation of participation in occupation as part of mental health and wellness
- Consider the importance of development when addressing mental health in clients with intellectual and developmental disabilities
- Hear from youth and young adults regarding their experience with mental health and wellness during transition to adulthood.

**When:** Tuesday, February 8, 2022.

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

## Apps



### **Endel: Focus, Sleep, Relax**

Focus, relax, and sleep through the power of sound. Endel creates AI-powered sounds designed to support your everyday life. Backed by science, and enjoyed by millions worldwide.

[Click here](#) to learn more.

## Books & Podcasts



### **Sexuality and Disability, with Dr. Margaret Newbury Jones**

*empoweringability.podbean.com*

In this conversation with Dr. Margaret Newbury Jones, here out referred to as Margaret, of SHADE Consulting and Counselling we dive into the topic of

## Videos



### **Behind the Mask: Autism for Women and Girls**

Kate Kahle/Tedx Talks/YouTube.com

As a woman with autism, Kate will talk about the gender discrepancy in autism diagnoses. Women and girls often display completely different behaviors than what neurotypical people have been taught to associate with autism, which affects when and how (and if) they are diagnosed.

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



### **How to Make a Snowy Sensory Bottle**

*Maker Mondays/YouTube.com*

sexuality and disability.

We discuss what self-advocates, families, and supporters need to know about sexuality and Intellectual/developmental disability (IDD).

[Click here](#) to listen.

A sensory bottle is a calming, mesmerizing toy designed to engage your senses, like in this case our sense of sight!

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

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## Health

### Diversity & Inclusion



#### **reWorked: The Diversity and Inclusion Podcast**

Join the EW Group team as they speak to leaders in diversity and inclusion, discussing best practice and wellbeing tips.

[Click here](#) to listen.

### DBHDS/Office of Integrated Health

#### **The January Newsletter Includes:**

Emergency Evacuation Devices

ABA Snippets

App of the Month: Red Cross Mobile App

[Click here](#) to view.

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



Virginia Department of  
Behavioral Health &  
Developmental Services

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## Opportunities and Events



## **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**

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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## **Autism Society of Central Virginia Caregiver Resources - On Demand/Virtual**

[Newly Diagnosed Workshop for Families Who Have Received an Autism Diagnosis with the ASCV](#)

[Self-Compassion in Parenting with Recognizing Children's Gifts](#)

["Sincerely, Your Autistic Child with Morénike Giwa-Onaiwu"](#)

["Disability as Possibility" with Hari Srinivasan](#)

["Supporting Your Family During Coronavirus - A Q&A with Dr. Temple Grandin"](#)

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## Establishing Tax Basics of Special Needs Trusts

In this Chartered Special Needs Consultant® (ChSNC®) webcast, trust planning expert and guest presenter Vincent J. Russo, Managing Shareholder at the Russo Law Group, takes a comprehensive look at special needs trusts (SNTs) and their uses in financial planning, including how taxes treat first- and third-party trusts, considerations for drafting trusts, differences between types of SNTs, and how grantors and beneficiaries may be affected.

[Click here](#) to view.

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## Parent Educational Advocacy Training Center

PEATC is a statewide nonprofit whose passion is to empower families of children with disabilities in Virginia. Our central focus is on families who are navigating the special education and disability service system.

Additional areas of targeted outreach:

[Bullying Awareness](#)

[Early Childhood](#)

[Family Engagement](#)

[Latino Outreach](#)

[Military Outreach](#)

[Transition to Adulthood](#)

PEATC can help you learn to: Move through the special education and disability services system maze, build effective communication skills, encourage self-advocacy and self-determination in students, and develop collaborative partnerships

PEATC provides one-on-one consultations; workshops, webinars and trainings; and easy to understand factsheets. All services to Virginia's families are free and confidential.

[Click here](#) to learn more.

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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/join/9tZAKfu2ggz0pE9RIOModcaxCwXQVqfV3KKXp>

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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## 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



Virginia Department of  
Behavioral Health &  
Developmental Services

[Click Here](#) for the website.

[Click Here](#) for Provider Development.

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## Resources

### The ARC of the United States

#### **Our Virtual Program Library for People With Disabilities Is Now Live!**

Looking for online activities that someone with disabilities in your life can use to keep busy as the weather cools down?

We're excited to share our new Virtual Program Library, a free hub full of on-demand activities that can be done from home by people with disabilities, their families, and service providers.

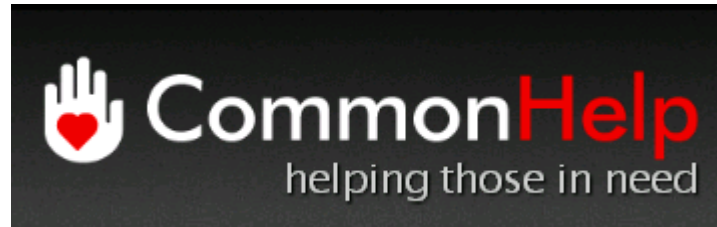
Topics include arts, community and life skills, health and wellness, virtual clubs, and more.

Visit the hub to check out the resources we have so far and share it with your networks so it can continue to grow into a robust resource for people with disabilities and their supporters!

[Click here](#) to view!

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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.

## The Employment Toolkit for Job Seekers with Autism

[readyjob.org](http://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



### 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!



classmates, coworkers, neighbors, citizens and 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**

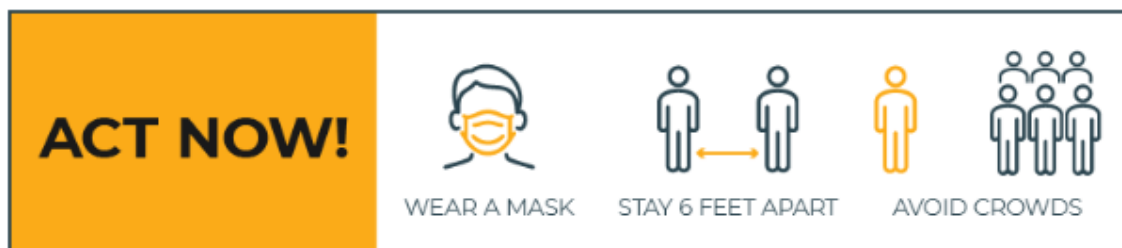
A Non-Profit Center for Independent Living; Serving the NRV

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

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## Vaccine Information Center - Virginia Department of Health

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



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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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