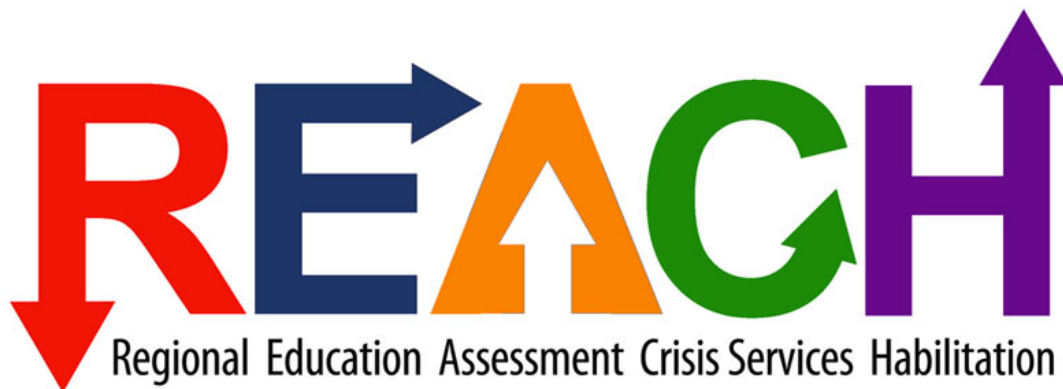


REACH Region III – The Newsletter
Vol.8, No.02, February 2022

[View this email in your browser](#)



REACH Region III - Monthly Report: January

[Click here](#) to view

**BLACK
HISTORY
MONTH**



February is Black History Month

This year's theme is Black Health and Wellness

Considerations to Improve Services for Black/African American Individuals with Disabilities and Mental Health Concerns. - [Click here](#) to read.

'MHDD National Training Center

“Access for Everyone” toolkit from the Center of Excellence for Integrated Health Solutions (CoE-IHS) will help you address racial inequities and the associated stigmas that lead to disparities in mental health and substance use treatment, and ensure you have the tools to support your patients and

organizations. - [Click here](#) for the toolkit.

National Council for Mental Wellbeing

Update



January Data

Adults

Referrals: 31
Active Clients: 83
Crisis Plan Hours: 95.77
Crisis Prevention hours: 388.82

Calls to Crisis Line

Information: 31
Crisis Prevention: 60
Crisis Face to Face
Response: 20 Face to
Face + 5 Telehealth
Total Calls: 116

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

Crisis Therapeutic Home

Emergency Bed Days: 13
Step-down Bed Days: 25
Prevention Bed Days: 31

Children

Clinical Corner



Treating Severe Behavior or Psychiatric Crisis in Autistics Admitted to Emergency Medical or Inpatient Psychiatric Settings: It Is More Than Just Reducing Behavior

Jill Fodstad PhD, HSPP, BCBA-D

UCLA Tarjan Center

Dr. Fodstad presents on, "Treating Severe Behavior or Psychiatric Crisis in Autistics Admitted to Emergency Medical or Inpatient Psychiatric Settings: It Is More Than Just Reducing Behavior" you can view it and download the PowerPoint by [clicking here](#).

MHDD ECHO 2022 Winter-Spring Series

Mental Health & Developmental Disabilities ECHO

Referrals: 16
 Active Clients: 59
 Crisis Plan Hours: 31.69
 Crisis Prevention Hours:
 234.28

Calls to Crisis Line

Information: 10
 Crisis Prevention: 10
 Crisis Face to Face
 Response: 13 Face to
 Face + 0 Telehealth
Total Calls: 33

*Average Crisis/Face to
 Face Response Time:*
 39.15 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
 Fax: 540.267.3403

offers a virtual network of real-time access to experienced experts in the field of mental health for people with developmental disabilities.

Through the use of a hub and spoke model, MHDD ECHO gives participants the opportunity to take an active role in rich dialogue with the hub team and with their fellow spokes in an interdisciplinary teaching and learning environment.

Each session includes a brief lecture, deidentified case presentation, and open discussion facilitated by an interdisciplinary team.

- Feb 17 Person-Centered Trauma Informed Care
- Mar 03 Cognitive Considerations
- Mar 17 Applied Behavior Analysis
- Mar 31 Testing & Diagnosis
- Apr 14 Treatment I (Research)
- Apr 28 Treatment II (Focus on cases/adapting treatment)

[Click here](#) for the flyer.

[Click here](#) to register.

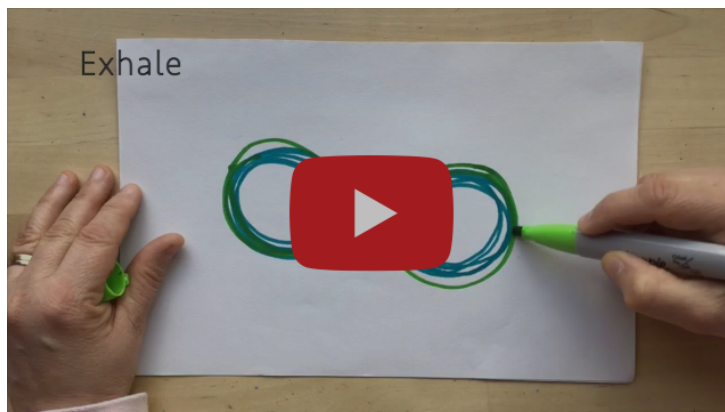
Apps



All Smiles Shine

The All Smiles app was created to help the autism and

Videos



IDD communities learn about oral healthcare, practice preventative care at home, and prepare for an upcoming visit to the dentist.

[Click here](#) to learn more!

Books & Podcasts



The Good Ahead Podcast

The Good Ahead Podcast, hosts important conversations around the areas of Mental Health, Substance Use, and Intellectual and Developmental Disabilities.

[Click here](#) to explore.

Diversity & Inclusion



MHDD Equity, Diversity, & Inclusion Digital Storytelling Series:

Mindfulness Breathing and Directed Doodling

Michigan Medicine/YouTube.com

[Click here](#) or on the video above to view how to use mindfulness during art to help calm you when stressed or having anxiety.



Discovery Sensory Bottles & Bags Ideas

Play With Purpose/YouTube.com

[Click here](#) or on the video above for 10 ideas for themed I-spy sensory bottles and bags.

Health

DBHDS/Office of Integrated Health

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

Maria's Story

MHDD National Training
Center/YouTube.com



Virginia Department of
Behavioral Health &
Developmental Services

Maria Delrosario is mother to an autistic son. In this episode, she shares their experiences as a Filipino American family navigating school, upcoming transition to employment, social gatherings, disability and mental health services, and more.

[Click here](#) to view.

Plain Language COVID-19 Fact Sheets

md-council.org

[Click here](#) to view. Available in English, Spanish, Russian, Korean, French, Chinese, and Amharic

Opportunities and Events



Events (Virtual)

[Nationwide Children's: Family ECHO](#) (free)

Family ECHO is a virtual learning program that brings clinical professionals and subject matter experts right to your screen. In a series of 75-minute sessions, you will learn, engage and build skills around four major topics

Wednesday sessions: February 9 - March 23

4 - 5:15 pm

[Blue Ridge LEND \(Leadership Education in Neurodevelopmental Disabilities\): Lunch & Learn Lecture Series](#) (free)

Includes topics related to evidence-based, culturally competent, person- and family-centered care for autism and other developmental disabilities.

Fridays through April 22

12 - 1pm EST

[PEATC and VDOE: Early Childhood Academy](#) (free)

In this virtual 5-week learning program, parents and caregivers will learn useful tips and ideas for supporting their child's development and the resources available to help make transition from early intervention to school less confusing. Learn on your own schedule; new sessions opening weekly and are available anytime.

February 5 - March 12

[PEATC and VDOE: Transition University Winter 2022](#) (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. Self-paced: new sessions released on Saturday evenings and remain open until the end of the course.

February 6 (pm) and will be open through March 28 at 5pm.

[PEATC Special Education Workshops](#) (free)

For parents and professionals who want to learn more about special education in Virginia.

February 2 - March 16

[Freehorse Arts and the Autism Society of Central Virginia: The art of connection, sharing through writing for Autistic adults](#) (free)

Participants will engage in the process of self-expression through "writing" (with accommodations as preferred).

February 2, 9, 16 and 23

6 - 7pm EST

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.

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.

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"](#)

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.

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.

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

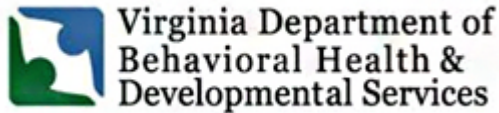
Employment Opportunities

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



[Click Here](#) for the website.

[Click Here](#) for Provider Development.

Resources

The ARC of the United States

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

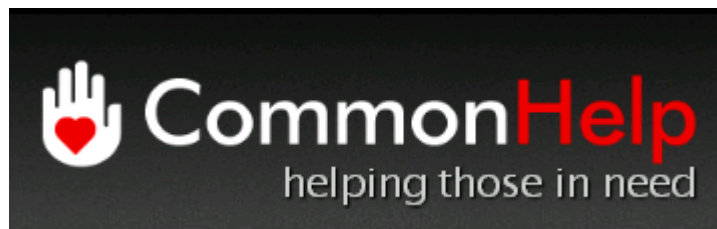
Looking for online activities that someone with disabilities in your life can use to keep busy as the weather cools down?

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!



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

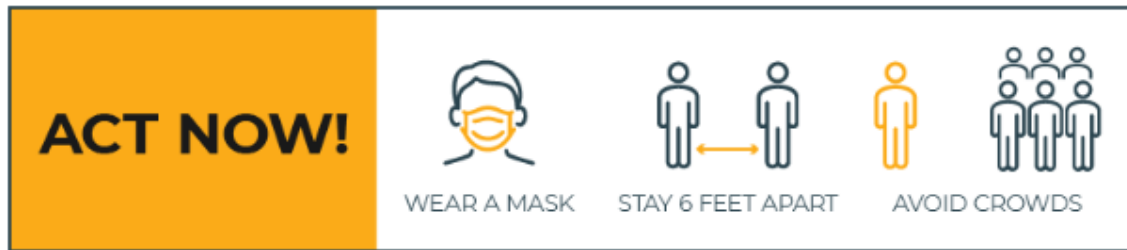
A Non-Profit Center for Independent Living; Serving the NRV

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

Vaccine Information Center -

Virginia Department of Health

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



Copyright © 2015 NRVCS, All rights reserved.

[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

Want to change how you receive these emails?

You can [update your preferences](#) or [unsubscribe from this list](#)

[Visit Our Website](#)

[Feedback and Submissions!](#)

[Last Month's Newsletter](#)

[Subscribe!](#)



Share



Tweet



Forward