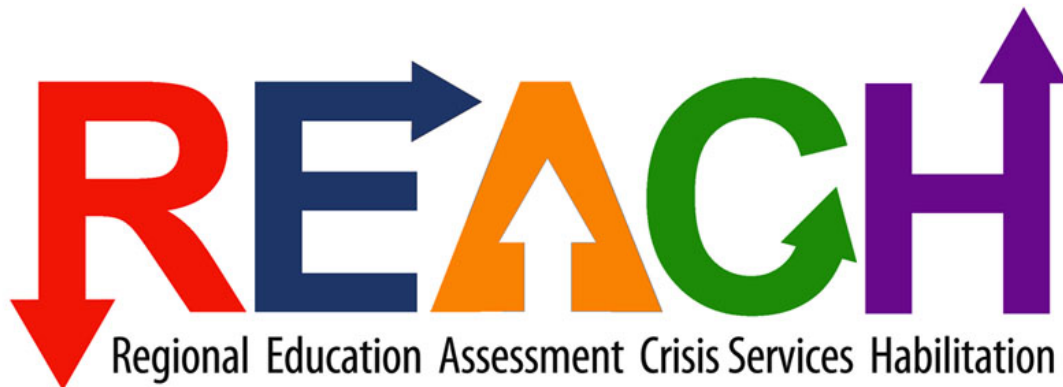


REACH Region III – The Newsletter  
Vol.8, No.04, April 2022

[View this email in your browser](#)



## April is Autism Acceptance Month

This April, the Autism Society of America is proud to continue its fourth annual #CelebrateDifferences campaign in honor of Autism Acceptance Month.

[Click here](#) to learn more.

## REACH Region III - Monthly Report: March

[Click here](#) to view

**Update**

**Clinical Corner**



## March Data

### Adults

Referrals: 38  
 Active Clients: 73  
 Crisis Plan Hours: 26.5  
 Crisis Prevention hours: 469.5

### Calls to Crisis Line

Information: 45  
 Crisis Prevention: 92  
 Crisis Face to Face Response: 27 Face to Face + 8 Telehealth  
**Total Calls: 172**

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

### Crisis Therapeutic Home

Emergency Bed Days: 14  
 Step-down Bed Days: 31  
 Prevention Bed Days: 31

### Children

Referrals: 41  
 Active Clients: 50  
 Crisis Plan Hours: 28.25  
 Crisis Prevention Hours: 325.58

### Calls to Crisis Line

Information: 34  
 Crisis Prevention: 9



## Blogpost: Anxiety Management with Autism

*Natalie Miller for mhddcenter.org*

As you're no doubt aware, the pandemic and subsequent social distancing had multiple side effects on Americans beyond the immediate concern of being infected with COVID-19. One of the most prevalent of these effects has been anxiety. Many foreign to it are experiencing it for the first time, and those who are familiar with it have felt their symptoms increase.

Like many people on the autism spectrum, I have dealt with generalized anxiety most of my life and have certainly felt my fair share during this chaotic time in our world. Luckily, dealing with it for almost two decades has given me plenty of time to develop coping skills and a few simple life strategies to help minimize the effects.

If you'd like to see what I've learned over the years, keep reading! I've organized these by the stage of life I was in when I started developing them, but I think you'll find these applicable no matter your age or situation.

[Click here](#) to continue reading.

Crisis Face to Face  
Response: 19 Face to  
Face + 2 Telehealth  
**Total Calls: 64**

*Average Crisis/Face to  
Face Response Time:*  
26.3 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

## Apps

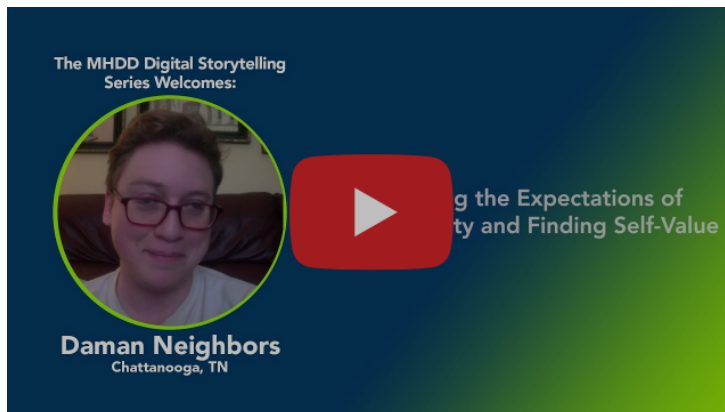


### i Create...Social Skills Stories

i Create... Social Skills Stories is an application with the ability to totally customize sequential steps of a storyline for individuals that need help building their social skills.

The app is designed to make unlimited personalized social skill story books by importing personal photos, adding titles, text and audio to unlimited

## Videos



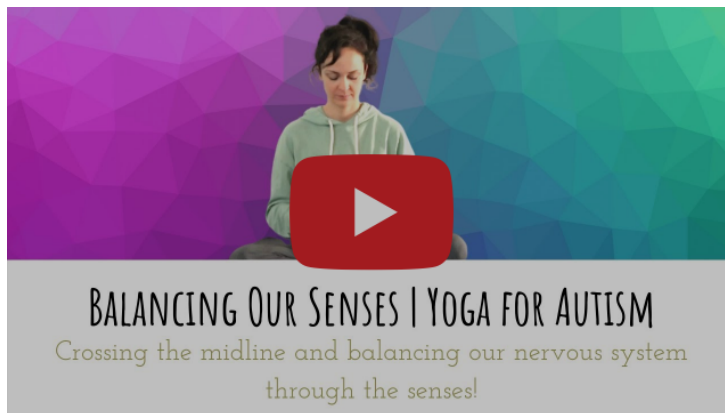
### MHDD Digital Storytelling Series: Daman's Story

*YouTube.com*

Daman has a unique life story, highlighted by misdiagnoses, lack of understanding from professionals in the fields of physical and mental health, and traumatic experiences.

After a rough patch in life, Daman embarked on a personal journey to find their voice and most of all, who they are. All signs have pointed towards ways of helping others in a similar place that they had once been, and Daman consistently pursues that goal.

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



### Sensory Yoga

pages into your own story.

*Spectrum Yoga for Youth/YouTube.com*

[Click here](#) to learn more.

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## Books & Podcasts



### The 10 Best Podcasts By Autistic Creators

*discoverpods.com*

[Click here](#) to read.

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## Diversity & Inclusion



### Autism Spectrum Disorder and the Hispanic/Latinx Community

*mhddcenter.org*

[Click here](#) for this Fact Sheet.

This is a nervous system workout! We cross the midline and give attention to all eight of our senses: visual, auditory, olfactory, gustatory, tactile, vestibular, proprioceptive, and interoception!

A couple practices within this session are advanced. Go slow, press pause when needed, take breaks, mute me when I talk too much, and use the suggested modifications!

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

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## Health

### DBHDS/Office of Integrated Health

The Latest Newsletter in the Archive Included:

The Fatal Seven

ABA Snippets

Commonwealth of Virginia Learning Center

App of the Month

Available Trainings

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



Virginia Department of  
Behavioral Health &  
Developmental Services

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## Employment Opportunities



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

For information on available positions and to apply [click here](#).  
(Type 'REACH' in the search bar)

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## Opportunities and Events

**MARK  
YOUR CALENDAR!**

### Events (Virtual)

[PEATC April Online Workshop calendar](#)

*A variety of free workshops (potty training, sibling roles, facilitating social opportunities, etc.), often happening on Tuesdays and Wednesdays of each week, some in Spanish and some in English.*

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[Kennedy Krieger Institute Center for Autism and Related Disorders:  
Autism Acceptance Month Miniseries \(free\)](#)

**Thursdays, April 14 - 28  
noon – 1:00pm EST**

[Atlanta Autism Consortium: Neurodiversity Panel with Dr. Kerry Magro](#)  
**(free)**

**Tuesday, April 19th**  
**6:30 - 7:30pm**

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[VT Carilion School of Medicine: Neurodiversity Panel Discussion -](#)  
[Different Perspectives of Autism \(free\)](#)

**Wednesday, April 27**  
**11:00am EST**

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[CA Human Services: ADOS-2 Virtual Training \(fee-based\)](#)

**May 4 - 6**

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[CA Human Services 20th Annual Autism Conference - Community:](#)  
[Stronger Together \(fee-based\)](#)

**May 17th - June 17th**

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## **Events (In-person)**

[I'm Determined MOVE Summit: 9th Annual](#)  
[Mentorship Summit for Virginia African American](#)  
[Youth with Disabilities](#)

July 17-19 (applications due April 22)

Virginia State University  
Petersburg, VA

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## **In-Person Professional Trainings**

[Carolina Institute for Developmental Disabilities \(CIDD\), UNC Chapel](#)

[Hill: Autism Diagnostic Observation Schedule, Second Edition \(ADOS-2\) Introductory/Clinical Workshop \(fee-based\)](#)

May 19 - 20  
Chapel Hill, NC

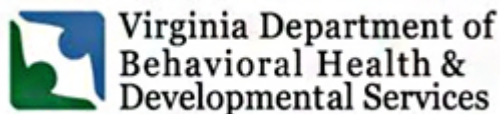
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## Virtual Professional Trainings

### Weill Cornell Medicine Psychiatry: GAIN Differential Diagnosis Workshops and other trainings (fee based)

- [Differential Diagnosis of ASD: Early Childhood](#)
  - [Differential Diagnosis of ASD: School Age and Adolescence](#)
  - [Global Autism Interactive Network – Quarterly Training](#)
  - [Global Autism Interactive Network – Office Hours](#)
  - [University of Minnesota ADOS-2 Introductory/Clinical Training](#)
  - [University of California at San Francisco ADOS-2 Introductory/Clinical Training](#)
  - [University of California at San Francisco ADOS-2 Toddler Module Workshops](#)
  - [University of California at San Francisco Conference on the Assessment of Autism Spectrum Disorders: Best Practice Guidelines for Measure Selection and Interpretation](#)
- 

## DBHDS



[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!

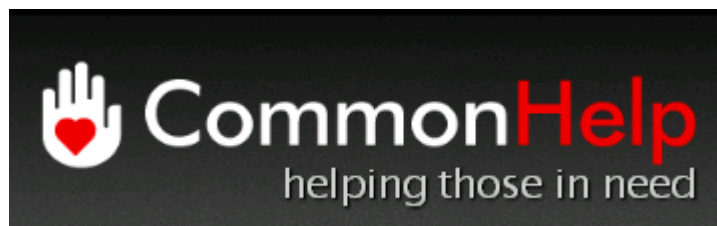
Looking for online activities that someone with disabilities in your life can use to keep busy as the weather cools down?

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!



## 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 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



### Commonwealth Autism

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.

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

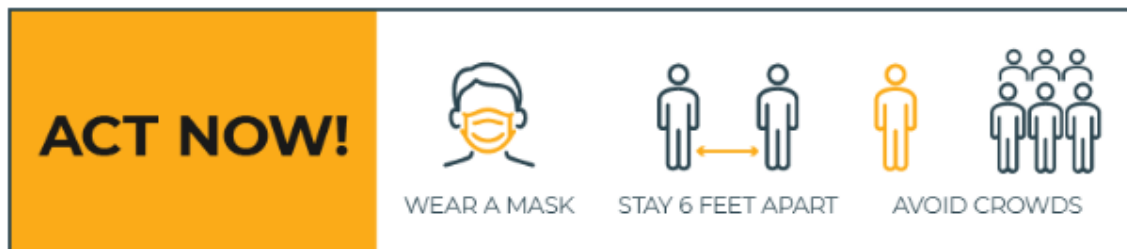


**New River Valley Disability Resource Center**  
A Non-Profit Center for Independent Living; Serving the NRV

[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.



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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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