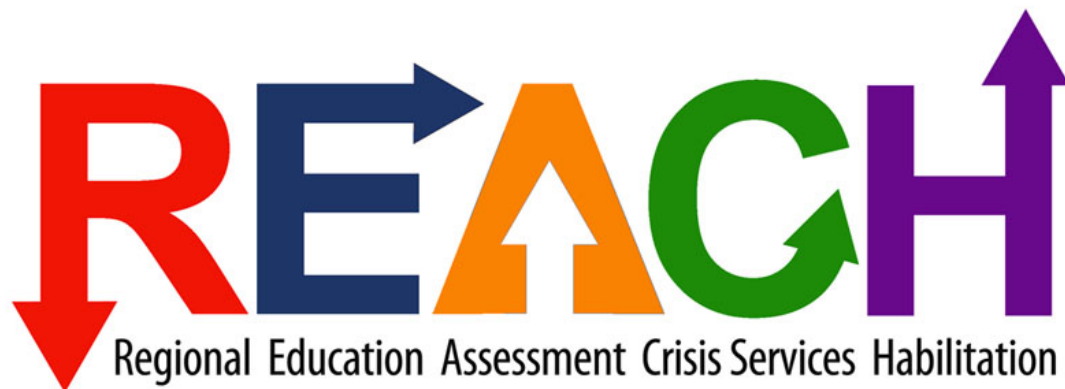


REACH Region III – The Newsletter
Vol.8, No.08, August 2022

[View this email in your browser](#)



REACH Region III - Monthly Report: July

[Click here](#) to view

Update

Clinical Corner



July Data

Adults

Referrals: 53
Active Clients: 84
Crisis Plan Hours: 87.3
Crisis Prevention hours:
454.25

Calls to Crisis Line

Information: 48
Crisis Prevention: 63
Crisis Face to Face



Back to School Resources

childmind.org

Helping Kids Back Into the School Routine

As the summer comes to a close and school is getting back into session, here are a couple quick reminders to help make the transition from the

Response: 32 Face to
Face + 0 Telehealth
Total Calls: 143

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

Crisis Therapeutic Home

Emergency Bed Days: 43
Step-down Bed Days: 41
Prevention Bed Days: 6

Children

Referrals: 21
Active Clients: 58
Crisis Plan Hours: 57.9
Crisis Prevention Hours:
273.5

Calls to Crisis Line

Information: 15
Crisis Prevention: 10
Crisis Face to Face
Response: 18 Face to
Face + 0 Telehealth
Total Calls: 43

*Average Crisis/Face to
Face Response Time:*
31.27 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

beach to the classroom easier for you and your
child.

[Click here](#) to continue reading.

Back to School Tips for Parents

Every child faces challenges when heading back to
school. But back-to-school time can be
exceptionally difficult for the 20 percent of children
who suffer from a mental health or learning
disorder.

The school environment demands many things that
summer activities don't — the ability to sit still; get
organized; stay on task; and adapt to a new, highly
structured daily schedule. School also requires kids
to separate from their parents and interact with
peers — enormously challenging tasks for any
child with anxiety.

[Click here](#) to continue reading.

School Mornings Without the Stress

Getting everyone out the door in the morning is a
challenge for lots of families. For kids with mental
health or learning difficulties, it can be even harder.
Kids with ADHD or behavior issues may have
trouble following instructions or focusing on what
needs to get done. Kids with anxiety or depression
may have a hard time getting out of bed or
managing their worries about school. And for
children on the autism spectrum, small changes in
routine can lead to conflict.

But whether or not your child has a mental health
diagnosis, there are ways to make mornings easier
and avoid conflict. First, plan ahead. Anything that
you can do the night before will save time in the
morning — packing lunches, taking showers,
choosing clothes. For younger kids, it's helpful to

Apps



SeeDo Visual Reminder

A picture might be all you need to remind yourself of many simple tasks.

[Click here](#) to learn more.

Books & Podcasts



The Daily Meditation Podcast

A Library of Meditations at Your Finger Tips. Be happy, healthy, more at peace, and sleep better as you're greeted every morning with a daily guided meditation technique.

Feel as though you're seated next to your personal meditation teacher Mary Meckley as she takes you on a weekly journey to manage your emotions.

break tasks down into small steps and praise them when they do them successfully. Older kids can use checklists. And visual prompts like posted schedules can help kids, especially those with ADHD or autism. Over time, all kids can build routines that they can complete with less help.

[Click here](#) to continue reading.

Videos



Back to School Yoga

Cosmic Kids Yoga/YouTube.com

Get ready for the new school year with a Yoga Club filled with confidence boosting tips, stretches and stories!

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

Health

DBHDS/Office of Integrated Health

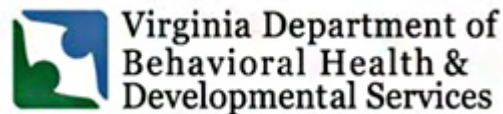
[Click here](#) for the August newsletter for info on

New themes each week based on an emotion with different daily meditation techniques to manage stress triggers. You are so worth slowing down for.

[Click here](#) to learn more.

Assistive Technology.

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



Diversity & Inclusion



6 Diversity and Inclusion Printable Activities for Back to School

weareteachers.com

[Click here](#) to view.

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)

Opportunities and Events



PEATC and VDOE: Building Strong Parent Advocates online training series - Virtual

August 25 - September 19, <https://bit.ly/3lUtWXU>

Training takes approximately 6 hours and can be accessed anytime during your session.

VCU - Lunch and Learns

Throughout the Covid-19 pandemic, VCU-ACE hosted Lunch and Learn, an interactive Zoom meeting, to bring important ASD topics and resources to self-advocates, caregivers, and professionals.

[Click here](#) for the recordings.

DBHDS



Virginia Department of
Behavioral Health &
Developmental Services

[Click Here](#) for the website.

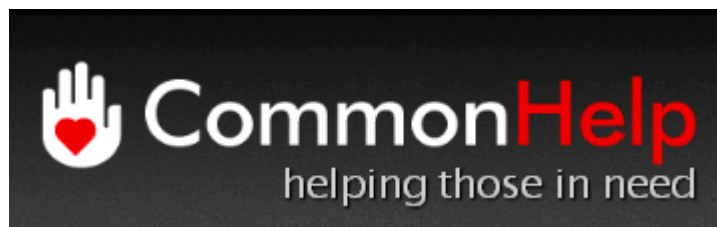
[Click Here](#) for Provider Development.

Resources

The ARC of the United States

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

[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

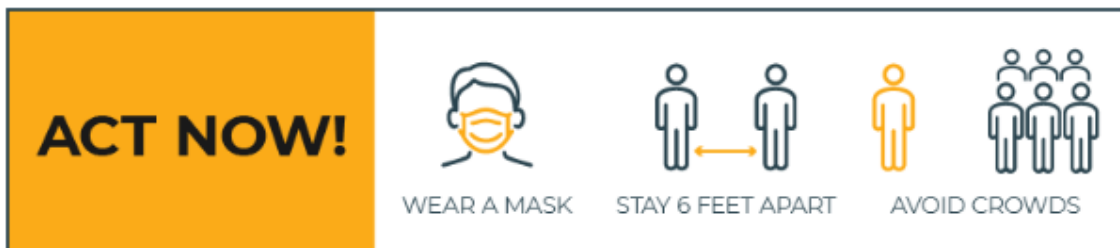
A Non-Profit Center for Independent Living; Serving the NRV

[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.



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[About REACH](#)

[Fact Sheet-Adult](#) [Fact Sheet-Children](#)

[Contact REACH Region III](#)

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