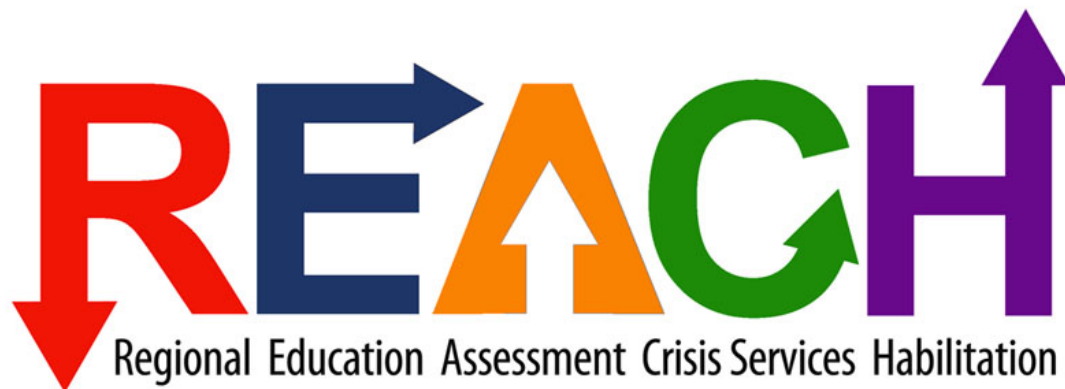


REACH Region III – The Newsletter
Vol.8, No.09, September 2022

[View this email in your browser](#)



REACH Region III - Monthly Report: August

[Click here](#) to view

Update

Clinical Corner



August Data

Adults

Referrals: 29
Active Clients: 104
Crisis Plan Hours: 97.8
Crisis Prevention hours:
531.7

Calls to Crisis Line

Information: 37
Crisis Prevention: 103
Crisis Face to Face



September is National Suicide Prevention Month

Suicidal thoughts, much like mental health conditions, can affect anyone regardless of age, gender or background. In fact, suicide is often the result of an untreated mental health condition.

Response: 33 Face to
Face + 0 Telehealth
Total Calls: 173

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

Crisis Therapeutic Home

Emergency Bed Days: 54
Step-down Bed Days: 26
Prevention Bed Days: 7

Children

Referrals: 16
Active Clients: 70
Crisis Plan Hours: 72.2
Crisis Prevention Hours:
306.06

Calls to Crisis Line

Information: 16
Crisis Prevention: 9
Crisis Face to Face
Response: 20 Face to
Face + 1 Telehealth
Total Calls: 46

*Average Crisis/Face to
Face Response Time:*
25.4 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

Suicidal thoughts, although common, should not be
considered normal and often indicate more serious
issues.

Learn more via the links below.

- [Autism Speaks: Suicide Risk in Autism](#)
- [American Association of Suicidology: Autism
Resource for Warning Signs of Suicide:
Considerations for the Autism Community](#)
- [National Alliance on Mental Illness: Suicide
Prevention Awareness Month](#)

Suicide Assessment and Prevention in Early Psychosis - Free Webinar

Until recently, the mental health field has lacked
clearly defined categories of suicidal ideation and
behavior. But, with impetus from the Centers for
Disease Control and Prevention, more systematic
measurement processes are available (e.g., C-
SSRS). These tools permit different users to work
from a shared set of definitions and classification
system.

[Click here](#) to learn more and access this free
Webinar.

Videos

Apps



Choking

The “Choking” app is designed to help a person in a situation in which food or other object is obstructing their airway.

The app has two primary features:

(1) broadcast a recorded help message from the user’s phone - remember they won’t be able to talk and therefore difficult to get someone’s attention that is not nearby

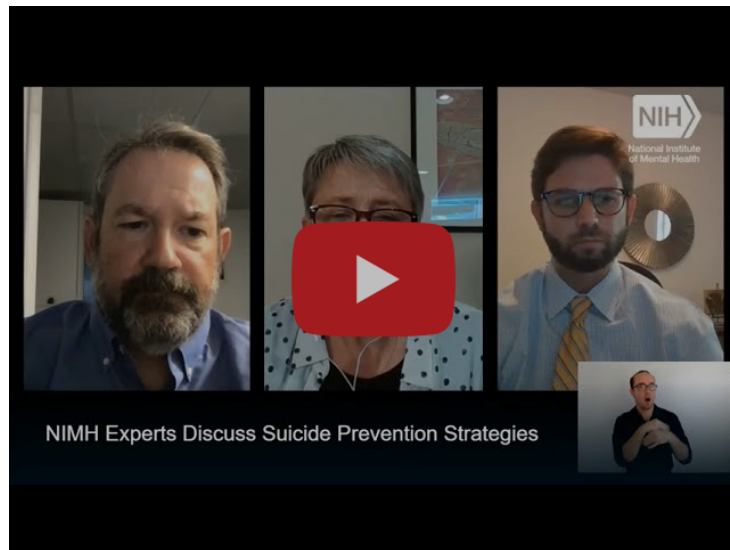
(2) send a pre-written text message with your location information to someone you think could be nearby or first responders

[Click here](#) to view.

Books & Podcasts



The Happiness Lab with



NIMH Experts Discuss Suicide Prevention Strategies

NIMH/YouTube.com

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



How to Practice Mindfulness

Psych Hub/YouTube.com

Practicing mindfulness through meditation or other techniques improves both mental and physical health. Follow this body scan exercise to help improve focus and overall wellbeing.

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

Dr. Laurie Santos

Based on the psychology course she teaches at Yale -- the most popular class in the university's 300-year history -- Laurie will take you through the latest scientific research and share some surprising and inspiring stories that will change the way you think about happiness.

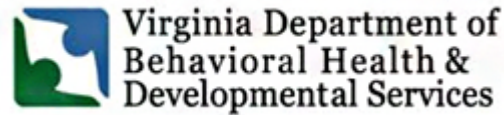
[Click here](#) to learn more.

Diversity & Inclusion**The Will to Change:
Uncovering the True
Stories of Diversity and
Inclusion**

The Will To Change is hosted by Jennifer Brown- Jennifer is an award-winning entrepreneur, dynamic speaker, and author and diversity and inclusion expert. She is a passionate social equality advocate

[Click here](#) to access the complete library of this podcast.

Health

**DBHDS/Office of Integrated Health**The September Newsletter Includes:

- Nut Butters and Choking Risk
- ABA Snippets
- Community Nursing Leader - Region 5

[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



Dance for Children with Autism

UCLA Researchers are looking for:

Children ages 8-12 years
Must have an autism diagnosis

Participants receive:

FREE weekly dance classes (held via Zoom)
Unique opportunity to make friends & stay active from home
\$100 cash or gift card upon completion of the study

How do classes work?

Kids are paired 1-to-1 with a teacher who will modify group classes to meet their unique needs & ability level.

What is the purpose?

This study will examine the effects of dance classes on motor skills and behavior.

Contact Us:

Phone: 310.206.1045
Email: AIRPdancestudy@mednet.ucla.edu

Autism Society of Central Virginia Virtual Events **(free)**

Virtual Caregivers of Teens & Adults Support Group

Monday, September 19
6 - 7:00 pm

Virtual Grandparents Group

Wednesday, September 21

4 - 5:00 pm

[Virtual Caregivers of Young Children Support Group](#)

Wednesday, September 21

6 - 7:00 pm

[Virtual Women's Group](#)

Tuesday, September 27

5 - 6:00 pm

[Stanford Autism Center: 14th Annual International Pivotal Response \(PRT\) Conference for Autism](#)

Saturday, September 24

Live via Zoom or watch recorded sessions

[University of North Carolina TEACCH Autism Training Program: Early Learners Foundations of Structured TEACCHing](#)

Three dates spanning

October 31 - November 4, EST

DBHDS



Virginia Department of
Behavioral Health &
Developmental Services

[Click Here](#) for the website.

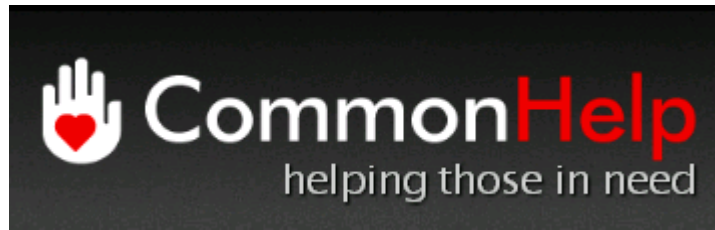
[Click Here](#) for Provider Development.

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



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

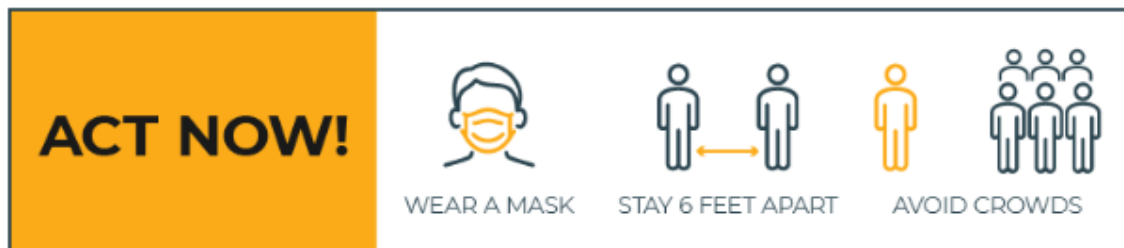
New River Valley Disability Resource Center

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

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

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

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