

Mental Health Awareness Month

Mental Health Awareness Month was established in 1949 to increase awareness of the importance of mental health and wellness in Americans' lives.

[Click here](#) to learn more from SAMHSA.

REACH Region III - Monthly Report: April

[Click here](#) to view

Update

Clinical Corner



April Data

Adults

Referrals: 38
Active Clients: 71
Crisis Plan Hours: 41.42
Crisis Prevention hours: 302.3

Calls to Crisis Line

Information: 49
Crisis Prevention: 120
Crisis Face to Face Response: 19 Face to Face + 4 Telehealth
Total Calls: 192

Average Crisis/Face to Face Response Time:
73.37 minutes

Crisis Therapeutic Home

Emergency Bed Days: 51
Step-down Bed Days: 57
Prevention Bed Days: 0

Children

Referrals: 31
Active Clients: 55
Crisis Plan Hours: 28.05
Crisis Prevention Hours: 185.02

Calls to Crisis Line

Information: 26
Crisis Prevention: 7



UCLA Tarjan Center Lecture Series

Jamie Barstein, PhD; Licensed Clinical Psychologist

"Let's Talk about Sex... Education! Sexuality and Sex Education for Neurodivergent Individuals"

1. Describe the importance of sex education for the autistic population.
2. Identify critical components to include in a sex education program for young adults on the autism spectrum
3. Integrate sex education into clinical care

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

Health



Crisis Face to Face
Response: 22 Face to
Face + 5 Telehealth
Total Calls: 60

*Average Crisis/Face to
Face Response Time:*
43.09 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

DBHDS/Office of Integrated Health

The May Newsletter Includes:

- Pica and Individuals with IDD
- App of the Month: Poison Control
- ABA Snippets
- Nursing Conference: Save the Date

[Click here](#) to view.

[Click here](#) for the archives.

Apps



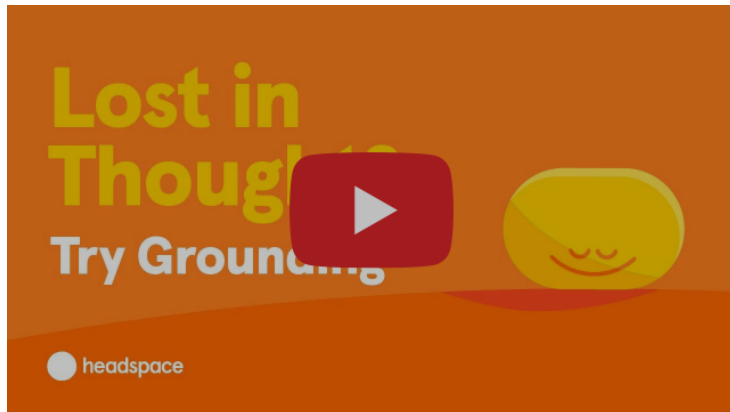
Moodkit

MOODKIT'S TOOLS:

- + MoodKit Activities
- + Thought Checker
- + Mood Tracker
- + Journal

[Click here](#) to learn more.

Video



Managing Anxious Thoughts And Stress With Mindfulness

Headspace/YouTube.com

Overwhelmed with thoughts, stress, and anxiety?

Try a grounding technique lead by Headspace Meditation and Mindfulness teacher Dora Kamau. Help settle your mind and body, and rediscover a sense of balance whenever you need it most.

Books & Podcasts



11 Mental Health Podcasts You Shouldn't Miss

[Click here](#) to view from Integralcare.org

We'll work on connecting to the breath to move out of your mind and into your body, giving your mind the space it needs to come back to the present.

Free Grounding Exercise for Managing Anxious Thoughts and Reducing Stress.

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

Employment Opportunities



REACH Region III Is Hiring!

The **REACH** program is the statewide crisis system of care that is designed to meet the crisis support needs of individuals who have a developmental disability and are experiencing crisis events which put them at risk for homelessness, incarceration, hospitalization, and/or danger to self or others.

REACH services are available statewide, with one regional program being located in each of the Commonwealth's five DD regions.

REACH Mission Statement

Individuals with intellectual and/or developmental disabilities shall be supported with services that allow the individual to live the most inclusive life possible in his/her community which includes access to appropriate and effective crisis stabilization, intervention, and prevention services including mental health treatment services when indicated.

What does it mean to our staff to work for REACH?

“I enjoy working in the REACH program as it allows me to be creative and to utilize skills and abilities that most programs do not. REACH services also allows me the opportunity to witness the impact of my work on clients and their families/providers.” - Junior Stoots, REACH Coordinator

“Working for REACH means to me being the first line of support when working with a challenging population. It means being flexible and dependable for my co-workers and the consumers we serve.” – Nicole Dailey, CSP II-Utilization and Training

REACH Region III - Southwestern Virginia.

Areas Served:

Blue Ridge BH: Botetourt, Buchanan Town, Daleville, Eagle Rock, Fincastle, Oriskany, Roanoke City, Troutville, Arcadia, Catawba, Craig, New Castle, Newport, Paint Bank, Bent Mountain, Roanoke, Vinton, Salem, Vinton

Cumberland Mt CSB: Big Rock, Buchanan, Grundy, Pilgrims Knot, Vansant, Castlewood, Cleveland, Dante, Honaker, Lebanon, Rosedale, Russell, Tazewell

Highland CS: Washington County, Abingdon, Clarksville, Damascus, Emory, Glade Spring, Meadowview and City of Bristol, Virginia

New River Valley CS: Radford, Willis, Copper Hill, Floyd, Giles, Narrows, Pearisburg, Rich Creek, Staffordsville, Blacksburg, Christiansburg, Claudville, Montgomery, Riner, Shawsville, Pilot, Allisonia, Draper, Dublin, Hiwassee, New Bern, Pulaski, Pembroke, Meadows of Dan

Danville-Pittsylvania CSB: Danville, Blairs, Callands, Chatham, Gretna, Pittsylvania, Ringgold, Sandy Level

Dickenson County BHS: Birchleaf, Breaks, Clinchco, Clintwood, Dickenson, Haysi

Mt. Rogers CSB: Bastian, Bland, Rocky Gap, Carroll, Atkins, Ceres, Chilhowie, Elk Creek, Fires, Galax, Grayson, Groseclose, Hillsville, Independence, Mouth of Wilson, Smyth, Sugar Grove, Troutdale, Whitetop, Saltville, Marion, Barren Springs, Crockett, Fort Chiswell, Foster Falls, Ivanhoe, Max Meadows, Wythe, Wytheville, Rural Retreat

Piedmont CS: Martinsville, Boones Mill, Burnt Chimney, Callaway, Ferrum, Franklin, Glade Hill, Penhook, Rocky Mount, Smith Mountain Lake, Union Hall, Wirtz, Axton, Bassett, Collinsville, Fieldale, Henry, Ridgeway, Spencer, Stanleytown, Patrick

Planning District One BHS: Dryden, Ewing, Jonesville, Lee, Middlesboro, Pennington Gap, Rose Hill, Stickleystown, Norton, Clinchport, Duffield, Dungannon, Gate City, Hiltons, Nickelsville, Scott, Weber City, Appalachia, Big Stone Gap, Coeburn, Pound, St. Paul, Wise,

Southside CSB: Warfield, Alberta, Brunswick, Gasburg, Lawrenceville, Rawlings, Alaton, Boydton, Buffalo Junction, Chase City, Clarksville, Clover, Halifax, Mecklenburg, Nathalie, Scottsburg, Skipwith, South Boston, South Hill, Sutherlin, Virgilina, Bracey

For information on available positions and to apply [click here.](#)

(Type 'REACH' in the search bar)

Opportunities and Events



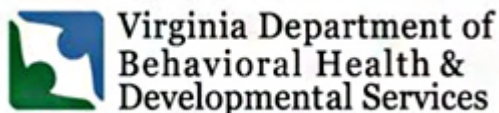
Lists of Summer Camps/Programs

- [Training and Technical Assistance Center at Virginia Tech \(T/TAC\)'s list](#)

- [Autism Society of Central Virginia's list](#)

- [Virginia Tech Hokie BugCamp](#)

DBHDS



Virginia Department of
Behavioral Health &
Developmental Services

[Click Here](#) for the website.

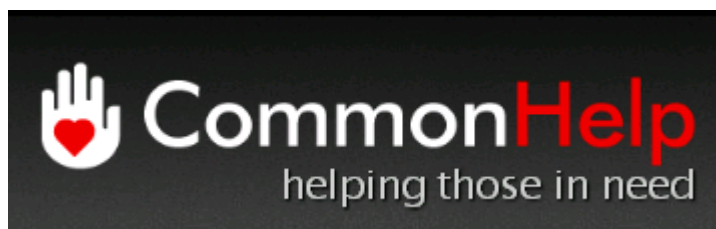
[Click Here](#) for Provider Development.

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



Commonwealth Autism

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

development and knowledge regarding autism in Virginia. [Click here](#) for more information.



New River Valley Disability Resource Center

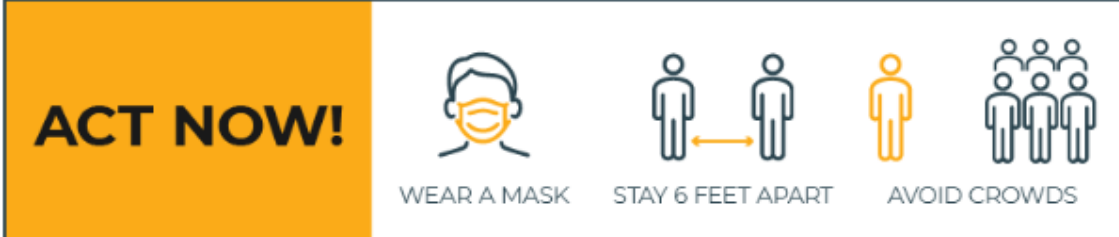
A non-profit Center for Independent Living serving the NRV

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.



ACT NOW!

WEAR A MASK STAY 6 FEET APART AVOID CROWDS

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[About REACH](#)

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

[Contact REACH Region III](#)

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Fax - 540.267.3403

Email - info@swvaREACH.org

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