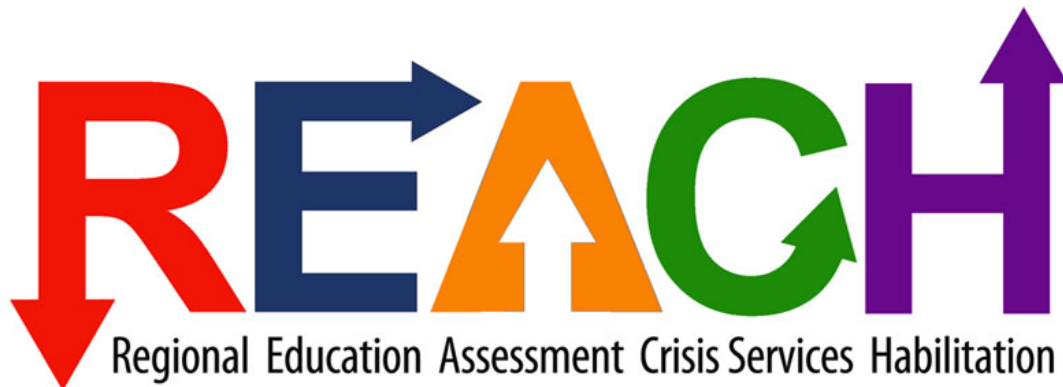


REACH Region III – The Newsletter  
Vol.9, No.01, January 2023

[View this email in your browser](#)



## REACH Region III - Monthly Report: December

[Click here](#) to view

## Update

## Clinical Corner



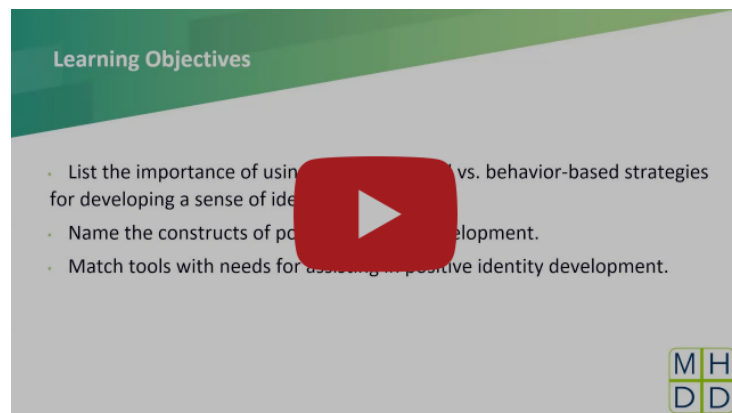
### December Data

#### Adults

Referrals: 23  
Active Clients: 74  
Crisis Plan Hours: 135.8  
Crisis Prevention hours:  
357.1

#### **Calls to Crisis Line**

Information: 42  
Crisis Prevention: 100  
Crisis Face to Face  
Response: 32 Face to  
Face + 8 Telehealth



### **MHDD Webinar Ep. 1: Positive Identity - Karyn Harvey, PhD**

In this one-hour webinar, learn how you can meaningfully support the individuals you serve by using Positive Identity Development and better understand developmental disabilities and mental health conditions.

**Total Calls: 182**

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

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

### **Crisis Therapeutic Home**

Emergency Bed Days: 43  
Step-down Bed Days: 31  
Prevention Bed Days: 5

### **Children**

Referrals: 15  
Active Clients: 53  
Crisis Plan Hours: 59.6  
Crisis Prevention Hours:  
176.6

### **Calls to Crisis Line**

Information: 16  
Crisis Prevention: 16  
Crisis Face to Face  
Response: 21 Face to  
Face + 2 Telehealth  
**Total Calls: 55**

*Average Crisis/Face to  
Face Response Time:*  
57.3 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

## Videos



### **How to Practice Mindfulness**

*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.



### **Don't Take the Exit on People: A Diversity &**

## Apps



### **Keeble: Accessible Keyboard**

Keeble is an iOS keyboard that allows users with fine motor-challenges, switch users and users with vision impairments to type in almost any app.

[Click here](#) to learn more.

## Books & Podcasts



### **Podcast: Anxiety Slayer**

Calm your mind and feel more peace and tranquility in your life with this popular anxiety relief podcasts, supportive courses, and relaxing meditations created to slay your anxiety.

[Click here](#) to learn more.

## Inclusion Approach

*Justin Jones-Fosu | TEDx Talks*

In this talk, Justin Jones-Fosu shares practical ways to challenge our assumptions and encourage meaningful connections with others.

Learn how to communicate better, learn from others, and make diversity/inclusion an everyday reality.

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

## Health



Virginia Department of  
Behavioral Health &  
Developmental Services

### **DBHDS/Office of Integrated Health**

#### The January Newsletter Includes:

- Coughing, Sneezing and Hand Washing
- App of the Month: SureWash
- ABA Snippets
- Dental Health Program - FREE Interactive Virtual Training

[Click here](#) to view.

[Click here](#) for the archives.

# 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, Stickleysville, 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



## Family ECHO: Autism

Family ECHO: Autism is a virtual learning program for families and caregivers raising children with autism. This series is designed to educate families so that parents and caregivers can learn to better support and care for their child with autism.

From navigating a diagnosis to learning about new therapies, parents and caregivers of children with autism need an immense amount of knowledge and support to provide the best care for their loved ones. This information can be difficult to access – so Family ECHO: Autism is here to help.

[Click here](#) for dates and to learn more.

---

## DBHDS



[Click Here](#) for the website.

[Click Here](#) for Provider Development.

---

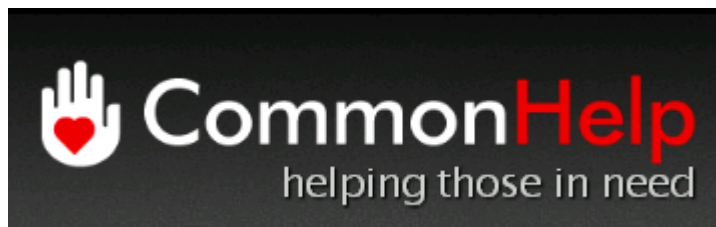
## Resources



# The ARC of the United States

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

[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



The Virginia Tech Autism Clinic

**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.

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

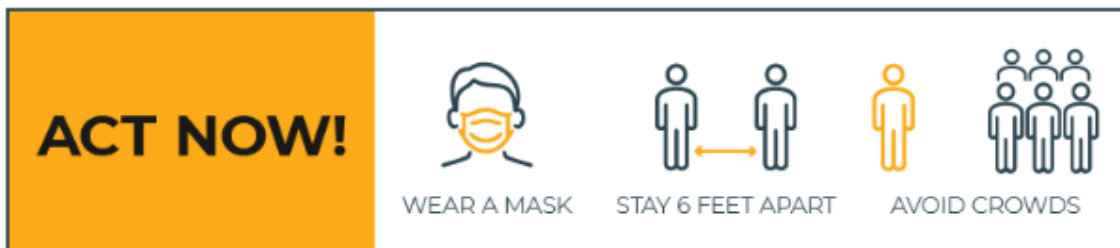
## New River Valley Disability Resource Center

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](mailto: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

---

This email was sent to <<Email Address>>

[why did I get this?](#) [unsubscribe from this list](#) [update subscription preferences](#)

REACH Region III / NRVCS · 824 West Main Street · Radford, VA 24141 · USA

