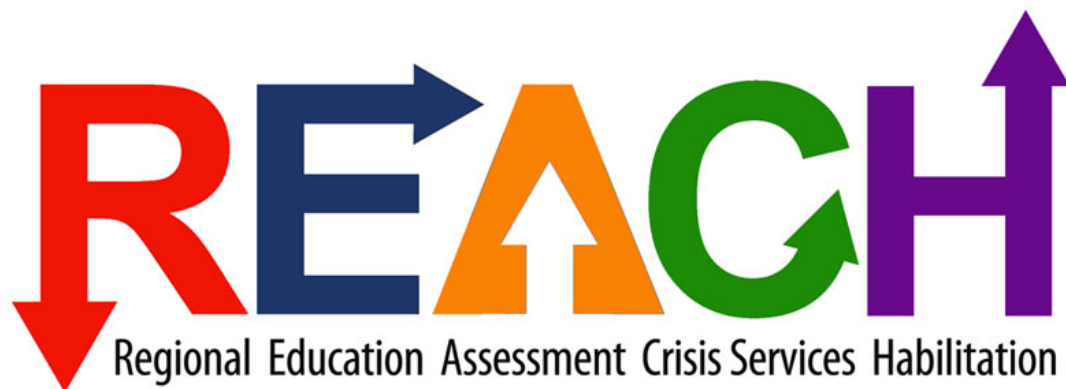


REACH Region III – The Newsletter
Vol.9, No.10, October 2023

[View this email in your browser](#)



REACH Region III - Monthly Report: September

[Click here](#) to view

Update



September Data

Adults

Referrals: 18
Active Clients: 55
Crisis Plan Hours: 145.5
Crisis Prevention hours:
357.5

Calls to Crisis Line

Clinical Corner



Webinar

Sensory Modulation: An Underutilized Tool for Reducing Anxiety in People with ASD and IDD

In this presentation, the nature and extent of anxiety

Information: 34
 Crisis Prevention: 136
 Crisis Face to Face
 Response: 43 Face to
 Face + 2 Telehealth
Total Calls: 215

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

Crisis Therapeutic Home

Emergency Bed Days: 93
 Step-down Bed Days: 26
 Prevention Bed Days: 0

Children

Referrals: 28
 Active Clients: 44
 Crisis Plan Hours: 74.5
 Crisis Prevention Hours:
 166.9

Calls to Crisis Line

Information: 18
 Crisis Prevention: 19
 Crisis Face to Face
 Response: 29 Face to
 Face + 1 Telehealth
Total Calls: 67

*Average Crisis/Face to
 Face Response Time:*
 63.6 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

related challenges that impact individuals with
 Autism Spectrum Disorders (ASD) and other
 Intellectual and Developmental Disabilities (IDD) will
 be briefly reviewed.

How anxiety can be a major influence on the
 manifestation of externalizing behaviors will also be
 discussed.

The relationship between atypical sensory profiles
 and anxiety, with a particular focus on over-arousal
 states, will be explored.

Ways in which some simple and easy to use sensory
 modulation tactics and tools may be employed to
 help individuals with ASD and other IDD who present
 with significant anxiety and challenging behaviors
 will be shared.

[Click here](#) for more information, slides, and
 presentation transcript, and click on the video above
 or [click here](#) to view.



5 Tips for an Inclusive Trick-or-Treating Experience

cultivatebhe.com

1. Plan Ahead for Costume Success:

Choose materials that are soft and non-restrictive.
 If masks are uncomfortable, explore washable face
 paint or hats as alternatives. Planning and
 practicing wearing the costume before the big night

Email: info@swvareach.org
Fax: 540.267.3403

can make all the difference.

[Click here](#) to continue reading.

Apps



Breathwrk: Breathing Exercises

Breathwrk customizes to you and makes it fun and easy to breathe and build good habits.

Get a full sensory experience with customizable sounds, visuals, haptics, and breath coaches.

[Click here](#) to learn more.

Video



Halloween Sensory Bins

YouTube.com

Easy to make Halloween sensory bin ideas.

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

Books & Podcasts



Podcast: The Autism Show

[#17 - Halloween](#)

You'll find helpful tips on how

Health



DBHDS/Office of Integrated Health

The October Newsletter Includes:

to prepare, what to wear, and other helpful suggestions for enjoying Halloween.

[Click here](#) for more information.

- NARCAN news
- App of the month: NARCAN Now
- Virginia specific 988 Toolkit

[Click here](#) to view and [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, Staffordville, 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, Hiltens, 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



IN-PERSON EVENTS

[VT Autism Clinic: Adult Autism Support Group](#)

Biweekly, alternating between Thursdays and Tuesdays for **90 minutes** from **6-7:30pm**.

Tuesday, October 17th from 6-7:30pm

Thursday, November 2nd from 6-7:30 pm

Tuesday, November 14th from 6-7:30pm

Thursday, November 30 from 6-7:30pm

[Registration required.](#)

Psychological Services Center

3110 Prices Fork Rd.

Blacksburg, VA

[VT Psychological Services Center: Teen Therapy Group](#)

For high school students ages 14 to 17 who are struggling with: Anxiety, depression, perfectionism, low self-esteem, school performance, loneliness, concerns about eating.

FRIDAYS through November 17

3:30-5pm

3110 Prices Fork Rd.

Blacksburg, VA

[VT Center for Autism Research SAFE \(Supporting Autism Friendly Environments\) Program and the Moss](#)

[Performing Arts Center: Invoke's Azure Sensory-Friendly Concert](#) - free

Tuesday, November 14

11:30am - 12:15pm

Moss Arts Center, Cube

Free; Registration required [at this link.](#)

ONLINE EVENTS

[Autism Speaks Workplace Inclusion Now: Autism Speaks National Pathways to Employment webinar](#) -
free

Thursday, October 26
12pm - 2pm EST

[Autistic Self-Advocacy Network: Important Health Care Policy Changes - Commenting on the Proposed Section 504 Regulations](#) - *free*

Tuesday, October 17
3pm EST

DBHDS



Virginia Department of
Behavioral Health &
Developmental Services

[Click Here](#) for the website.

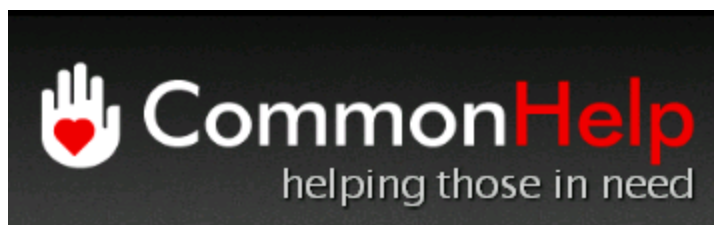
[Click Here](#) for Provider Development.

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 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 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

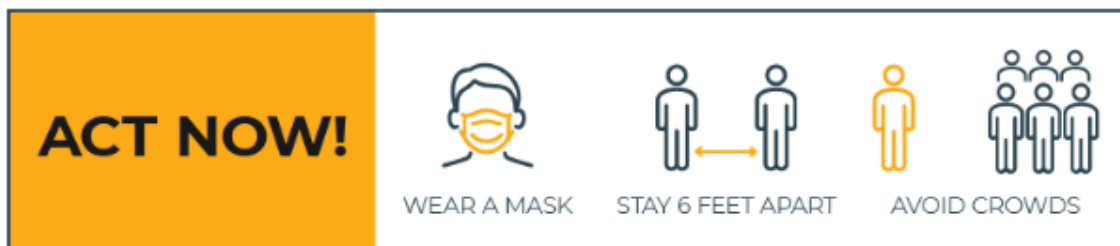
New River Valley Disability Resource Center

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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