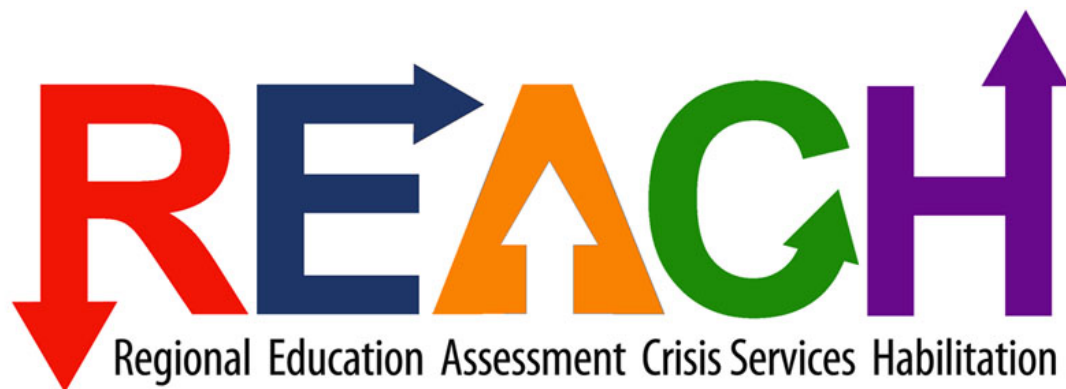


REACH Region III – The Newsletter
Vol.10, No.01, January 2024

[View this email in your browser](#)



REACH Region III - Monthly Report: December

[Click here](#) to view

Update

Clinical Corner



December Data

Adults

Referrals: 27
Active Clients: 56
Crisis Plan Hours: 119.4
Crisis Prevention hours:
265.7

Calls to Crisis Line



ASD, ID & Psychosis

YouTube.com

Psychosis presentation by Laura Politte, MD.

Highlights include:

Information: 11
Crisis Prevention: 157
Crisis Face to Face
Response: 41 Face to
Face + 4 Telehealth
Total Calls: 213

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

Crisis Therapeutic Home

Emergency Bed Days:
143
Step-down Bed Days: 31
Prevention Bed Days: 0

Children

Referrals: 27
Active Clients: 41
Crisis Plan Hours: 72.9
Crisis Prevention Hours:
200.7

Calls to Crisis Line

Information: 14
Crisis Prevention: 13
Crisis Face to Face
Response: 29 Face to
Face + 2 Telehealth
Total Calls: 58

*Average Crisis/Face to
Face Response Time:*
70.7 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

Identification of psychotic symptoms in children with
ASD and ID is challenging due to overlapping
symptoms.

Common features of psychosis in ASD include:
decline from baseline functioning; presence of new
onset delusions or hallucinations; change in intensity
of magical thinking or blurring of reality/fantasy; and
co-occurring change in mood.

Change from usual functioning is key.

Consult a child and adolescent psychiatrist if
psychosis is suspected.

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

Video



Heartbeat: A Mindfulness Exercise To Calm Your Emotions

YouTube.com

Sometimes feelings of fear, excitement, or anxiety
can cause your heart to race.

If these feelings become overwhelming, this quick
mindfulness exercise can help to calm your
emotions and connect your emotions to your
heartbeat.

Email: info@swvareach.org

Fax: 540.267.3403

Apps



Routinery: Self-Care

Make a productive morning and night routine.

Plan and maintain your schedule.

Stay focused with timers.

- Supports iPhone, iPad and Apple Watch.
- Seamless backup and synchronization between devices.
- Dark Mode Support.

[Click here](#) to learn more.

This exercise doesn't require any materials and can be done in just a few minutes.

Take a seat, get comfortable, and give it a try!

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



Wanna Build A Snowman? How To Make Fake Snow

YouTube.com

Use baking soda and hair conditioner to create your fake snow!

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

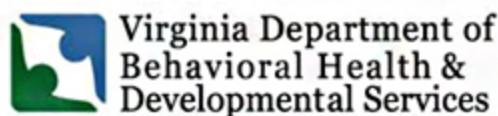
Books & Podcasts



The Will To Change: Uncovering True Stories of Diversity & Inclusion

Jennifer Brown

Health



DBHDS/Office of Integrated Health

The January Newsletter Includes:

- Tripledemic - COVID-19, RSV, & the Flu

Podcast - Everyone has a diversity story- even those you don't expect. Get ready to hear from leading CEO's, bestselling authors and entrepreneurs as we uncover their true stories of diversity and inclusion.

[Click here](#) for episode list.

- ABA Snippets
- App of the Month: CDC Health I.Q.
- Wheelchair Safety & Maintenance Tasks for Caregivers

[Click here](#) for the newsletters and safety alert 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, 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



[UNC School of Medicine: TEACCH Autism Training Program](#) - *fee based*

Various dates in February, March and April of 2024

DBHDS



Virginia Department of
Behavioral Health &
Developmental Services

[Click Here](#) for the website.

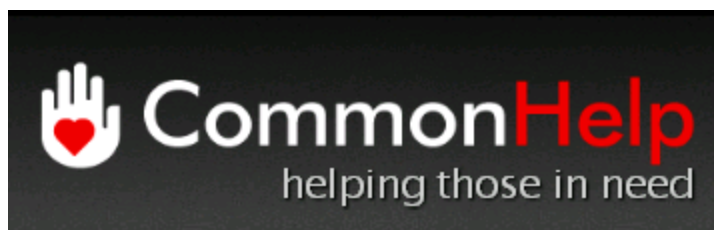
[Click Here](#) for Provider Development.

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



The Virginia Tech Autism Clinic

VTAC in the Psychology Department of Virginia Tech, opened in the Fall of 2005 to provide

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.

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

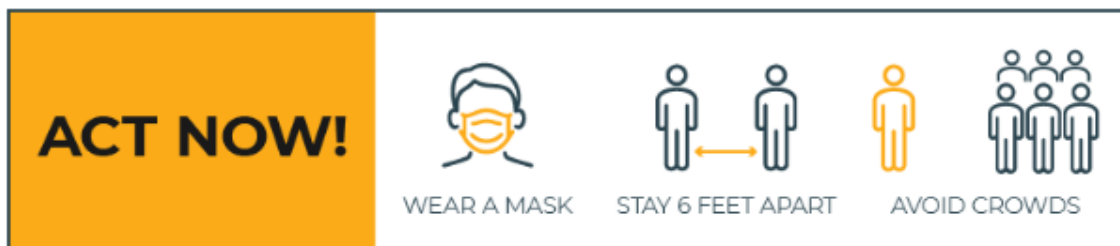
New River Valley Disability Resource Center

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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