

## REACH Region III - Monthly Report: February

[Click here](#) to view

### Update



### February Data

#### Adults

Referrals: 23  
 Active Clients: 64  
 Crisis Plan Hours: 136.5  
 Crisis Prevention hours: 266.8

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

Information: 28  
 Crisis Prevention: 155



### March is Women's History Month

The National Women's History Month's theme for 2024 celebrates "Women Who Advocate for Equity, Diversity and Inclusion."

[Click here](#) to learn more.

### Clinical Corner

Crisis Face to Face  
Response: 31 Face to  
Face + 3 Telehealth  
**Total Calls: 217**

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

**Crisis Therapeutic  
Home**

Emergency Bed Days:  
168  
Step-down Bed Days: 0  
Prevention Bed Days: 0

**Children**

Referrals: 33  
Active Clients: 59  
Crisis Plan Hours: 124.4  
Crisis Prevention Hours:  
203.4

**Calls to Crisis Line**

Information: 22  
Crisis Prevention: 11  
Crisis Face to Face  
Response: 29 Face to  
Face + 1 Telehealth  
**Total Calls: 63**

*Average Crisis/Face to  
Face Response Time:*  
69.6 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**

Email: [info@swvareach.org](mailto:info@swvareach.org)  
Fax: 540.267.3403



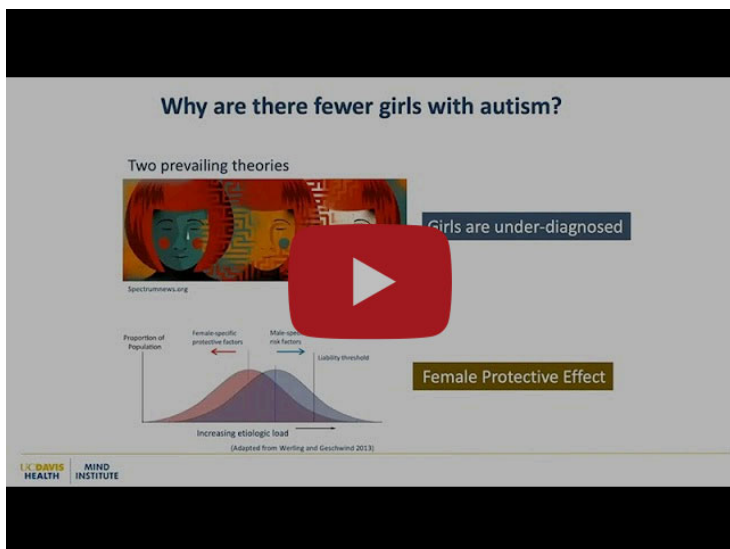
**Why Autism Is Often Missed  
in Women and Girls**

*TED/YouTube.com*

Women and girls with autism spectrum disorder  
often don't display the behaviors people typically  
associate with neurodivergence, greatly impacting  
when, how -- and if -- they are diagnosed.

Autism acceptance advocate Kate Kahle makes the  
case for more research into this gender discrepancy,  
sharing her personal experience with masking, being  
diagnosed as a teenager and how it allowed her to  
better understand herself. "Autism is not a disease,  
and it doesn't need to be cured," she says. "It's just a  
different way some brains can work."

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



# Apps



## Dare: Panic & Anxiety

Take the app with you wherever you go.

Almost every anxious situation is addressed including driving, flying, eating out, health anxiety, intrusive thoughts, public speaking, at the gym, at the doctors, going on holidays and many more.

[Click here](#) to learn more.

# Books & Podcasts



## reWorked: The Workplace Inclusion Podcast

A seismic shift has taken place in the world of work. Workplace culture continues to

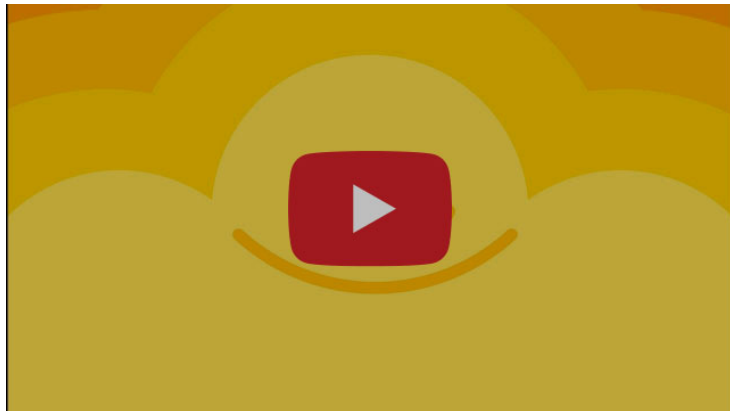
# Girls and Women with Autism Spectrum Disorder

*UCTV/YouTube.com*

Christine Wu Nordahl, PhD, Associate Professor of Psychiatry and Behavioral Sciences, UC Davis MIND Institute.

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

# Video



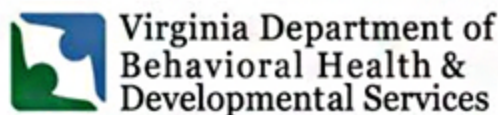
## Mini Meditation | Breathe

*Headspace/YouTube.com*

A mini meditation for when you're short on time. Add some extra mindfulness to your day.

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

# Health



## DBHDS/Office of Integrated Health

adapt and respond – as it always has done – to the wider world. Society, culture and work now overlap in ways we have not seen before.

We speak to leading thinkers and doers about their ideas for what an inclusive workplace looks like.

[Click here](#) to learn more.

The March Newsletter includes:

- Supported Decision Making (SDM)
- ABA Snippets
- 

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

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## 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)*

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## Opportunities and Events



### **Webinar: Fostering Healthy Relationships and Preventing Abuse Training**

**When:** March 18th at 6pm.

In May 2023, the Surgeon General called attention to a new public health crisis of loneliness, isolation, and lack of connection in our country.

For people with disabilities, this lack of connection coupled with fewer opportunities for face-to-face social experiences puts them at risk for unhealthy relationships and experiencing abuse at exponentially higher rates than their non disabled peers.

This webinar will provide strategies for disability support staff, family members and friends to empower people with disabilities to form healthy relationships and avoid abuse.

[Click here](#) to register.

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### **CE Webinar: Involving Minors in Decisions about Medical & Mental Health Care**



**When:** Friday, April 19th 12-1pm

[Click here for the flyer.](#)

**OVERVIEW:** Many states afford minors legal autonomy for decision-making in some areas of health (e.g., reproductive or mental health care). However, there are other situations where clinicians need to determine how much to include minors in decision-making, and work with families where parents and minors do not agree on their role in decision-making or the decisions themselves. Minors' capacity for decision-making is situation-specific, and not all medical and mental health decisions are alike. Moreover, health care decision-making itself should be viewed on a continuum of involvement, ranging from information and preparation for treatment - to shared decision-making with parents - to autonomous decision-making. Developmental competencies, ethical principles (i.e., autonomy, self-determination), and opportunities to promote development and treatment adherence provide impetus for involving minors to the greatest extent possible in health care decisions.

This webinar will review the legal, ethical, developmental, and clinical considerations for involving minors in decision-making. Developmental considerations draw upon the growing body of science in adolescent decision-making, risk-taking and brain development. Clinical considerations span situation, individual, and family factors, including cultural considerations. The scant research on cultural differences in decision-making for minors will be reviewed, and the pressing need for more research will be acknowledged. The presenter will pose (and invite) clinical case examples for interaction with participants to illustrate the utility of this original framework in everyday practice.

[Click here to receive the Zoom link for the webinar](#)

If you want to earn 1 CE credit for attending, this is a separate step: [Click here](#) to pay for CE credits (you **STILL** need to register separately with the first link to receive the Zoom link)

**Students or do not need CEs, FREE;**

**\$15, current Div 37 members;**

**\$35, non-Div 37 members.**

*\*\*CE payment is non-refundable.*

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## DBHDS



[Click Here](#) for the website.

[Click Here](#) for Provider Development.

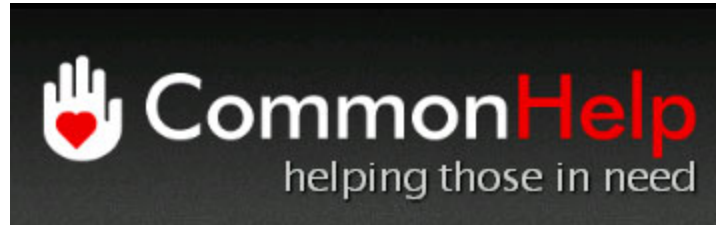
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## Resources

# 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](http://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 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.

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## **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](#)

**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)**

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