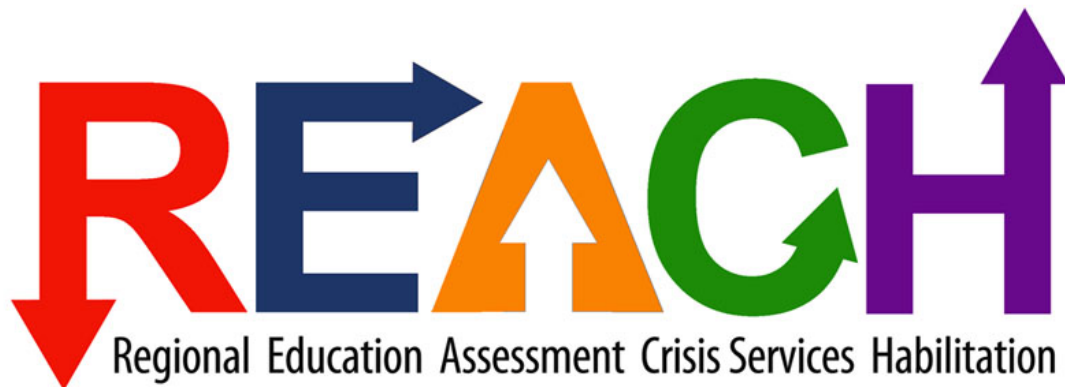


REACH Region III – The Newsletter
Vol.10, No.05, May 2024

[View this email in your browser](#)



REACH Region III - Monthly Report: April

[Click here](#) to view

Update

Clinical Corner



April Data

Adults

Referrals: 29
Active Clients: 70
Crisis Plan Hours: 211.1
Crisis Prevention hours: 288.2

Calls to Crisis Line

Information: 38
Crisis Prevention: 225

**Small steps
can lead to
big progress
in mental health.**



Crisis Face to Face
Response: 45 Face to
Face + 0 Telehealth
Total Calls: 308

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

Crisis Therapeutic Home

Emergency Bed Days:
122
Step-down Bed Days: 29
Prevention Bed Days: 0

Children

Referrals: 24
Active Clients: 65
Crisis Plan Hours: 71.8
Crisis Prevention Hours:
165.1

Calls to Crisis Line

Information: 22
Crisis Prevention: 6
Crisis Face to Face
Response: 23 Face to
Face + 0 Telehealth
Total Calls: 51

*Average Crisis/Face to
Face Response Time:*
64.1 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

Mental Health Awareness

May is Mental Health Awareness Month.

Be a part of the conversation about mental illness
and raise awareness.

[Click here](#) to learn more.



Practicing Inclusive Mental Healthcare of Individuals with Down Syndrome

The National Down Syndrome Society, Dr. Ruth Brown, and Morgan Stohlman share NDSS' newest resource.

Individuals with Down syndrome and their families can use the resource to advocate for and educate others about the importance of inclusive mental healthcare. Common mental health concerns experienced by youth and adults with Down syndrome and strategies for evaluation and treatment will be discussed. Individuals with Down syndrome, caregivers, and mental health professionals will all find value in this webinar.

Click here on the video above or [click here](#) access the free Webinar.

Apps



iBreathe

iBreathe is a simple yet powerful app to guide you through deep breathing exercises and breathwork.

Whether you are struggling with stress, anxiety, insomnia, or are trying to meditate and relax, iBreathe provides an easy-to-use beautifully designed user interface.

[Click here](#) to learn more.

Books & Podcasts



Uniquely Human: The Podcast

Episode 55

[Click here](#) for the guide.

Videos



Mental Health Minute

NIMH/YouTube.com

Got 60 seconds? Take a mental health minute to learn about depression. For more information on depression, please visit:

www.nimh.nih.gov/depression.

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

Health



DBHDS/Office of Integrated Health

Where Autism meets Mental Health: A Discussion with Sean Inderbitzen, Autistic Behavioral Health Therapist.

[Click here](#) to learn more or listen.

The May Newsletter includes:

- Mental Health and Behavior Science
- App of the Month - MindShift
- Mental Health and IDD
- Spring cleaning time
- Save the date: Wed. Oct 16th: The 5th Annual Statewide Nursing Conference

[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, 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



Barnes at Blue Mountain: Summer Camps

Barn Buddies Camp

This camp is All-Abilities and unmounted only.

Learn with our horses about grooming, horse behavior, and communicating with horses while enjoying outside activities and friendship.

Ages 6 & up.

\$45 per day.

When

July 1: 9am-12pm

July 15: 9am-12pm

July 16: 9am-12pm

July 31: 5pm - 8pm

[Click here](#) for more information

DBHDS



Virginia Department of
Behavioral Health &
Developmental Services

[Click Here](#) for the website.

[Click Here](#) for Provider Development.

Resources



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.

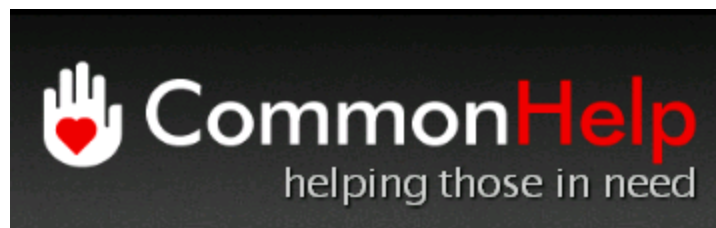
[Click here](#) for their website.



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.



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.



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



Commonwealth Autism

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

training opportunities to advance personnel development and knowledge regarding autism in Virginia. [Click here](#) for more information.

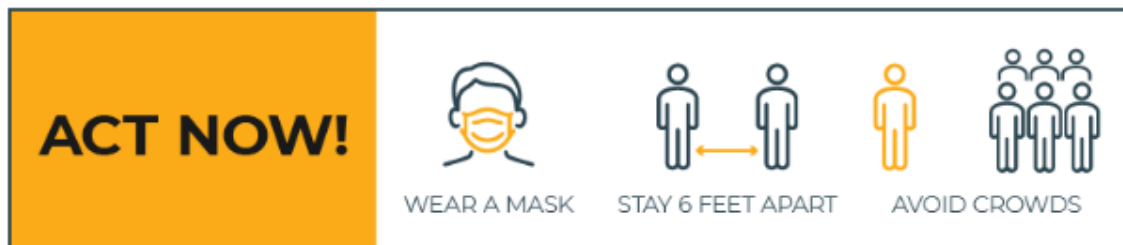


New River Valley Disability Resource Center
A Non-Profit Center for Independent Living; Serving the NRV

[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](#)

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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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