

## REACH Region III - Monthly Report: April

[Click here](#) to view

### Update



#### April Data

##### Adults

Referrals: 51  
Active Clients: 37  
Crisis Plan Hours: 197.5  
Crisis Prevention hours: 106.9

##### Calls to Crisis Line

Information: 64  
Crisis Prevention: 73  
Crisis Face to Face Response: 50  
Face + 3 Telehealth  
**Total Calls: 190**

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

##### Crisis Therapeutic Home

Emergency Bed Days: 146  
Step-down Bed Days: 24  
Prevention Bed Days: 0

##### Children

Referrals: 46  
Active Clients: 47  
Crisis Plan Hours: 152.9  
Crisis Prevention Hours: 83.7

##### Calls to Crisis Line

Information: 37  
Crisis Prevention: 5  
Crisis Face to Face Response: 35  
Face + 2 Telehealth  
**Total Calls: 79**

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

##### Our Referral Form

### Clinical Corner



Image by [ko.yamu.jayanath](#) from [Pixabay](#)

#### Offering Choices: Switch it up!

Have you ever tried to offer a choice of activities, snacks, or other options, only to find that the person was still upset after you gave them what they wanted? You offer the client a choice of an apple or a burger. The client chooses apple, you give them the apple, and then the apple gets thrown across the room, leaving you wondering, "what is happening right now!?"

Sometimes people will pick the first thing they hear or the last thing they hear, regardless of what they actually want because it's all that they can remember. The technical term is the serial position effect and we all experience it to some degree – go the store with a mental grocery list and you are likely to remember the first few things in the list (primacy effect) or the last few things on the list (recency effect), and you better hope you didn't want those things in the middle because they are most likely to be forgotten!

The same happens with the individuals we serve, but their memory spans are usually much shorter, so even when given a choice of 2 things (apple or burger), they might only recall the first thing (apple), when they really want the 2<sup>nd</sup> thing (burger) or vice versa. This also happens with visuals, it's called side bias. When you present options to someone visually, they may only pick things on the left or only pick things on the right regardless of what they actually want!

**One way to manage this is to switch up the order after you get an answer.**

"Do you want an apple or a burger?"

If they say apple, then ask, "do you want a burger

[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

## Apps



### Breathwrk: Breathing Exercises

Breathwrk makes it fun and easy to learn and master breathwork with guided breathing exercises.

Get a full sensory experience with customizable sounds, visuals, haptic vibrations, and breath coaches. Build your practice by setting reminders, and tracking streaks.

[Click here](#) to learn more.

## Videos



### Belly Breathing Exercise

Indiana University School of Medicine | [YouTube.com](https://www.youtube.com/watch?v=...)

By following the steps presented in the video, viewers will learn how to complete a belly breathing exercise that can be done anywhere at any time. Belly breathing is a great way to calm the body and mind.

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

## Books & Podcasts



### Meditation Minis Podcast

Chel Hamilton | [Podcasts.apple.com](https://podcasts.apple.com/...)

Meditation Minis are short, guided audio meditations for anxiety, stress, and confidence.

[Click here](#) to learn more.

## Health



### DBHDS/Office of Integrated Health

The May Newsletter Includes:

- Individuals with IDD and Falls
- ABA Snippets
- DBHDS Crisis Hot-Line Virginia 988

[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, Dunganon, 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, Boynton, 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

**School-Based Health Alliance: 2025 National School-Based Health Care Conference** - fee-based  
June 29-July 1  
Washington, DC

**EO Career Discovery Summer Camps registration open**

Our Career Discovery Camps offer kids ages 6 - 12 an exciting opportunity to explore the dynamic career fields of public service, STEM, healthcare, the arts, and agriculture! Through fun, hands-on activities in Career Commons, visits from local professionals, and numerous field trips, your child will learn valuable skills while exploring new potential interests!

**Camp Dates:** June 9-13

June 16-20

June 23-27

July 7-11

July 14-18

Each camp will run from 8:30am - 3pm.

[Register here.](#)

**Community in Schools Appalachian Highlands: Partnership Pavilion**

Wednesday, July 23

11am - 2pm

Bristol, VA

Recruiting organizations to participate.

**PEATC: Parent Institute and Parent as Collaborative Leaders 2025**

**Parent Institute:** July 14-15

**Parents as Collaborative Leaders (PACL):** July 21-23

Free, multi-day trainings for parents and guardians of children receiving special education services in Virginia

Accepted participants are provided a complimentary hotel room and meals.

These are adult-only trainings, and childcare is not provided.

**\*\*There are a limited number of spots available, so please apply early.\*\***

Glen Allen, Virginia 23060

## VIRTUAL EVENTS

**Mental Health America: Action through advocacy: How to make a difference by telling your story webinar**

Tuesday, May 13

2pm ET | 11am PT

[Register here.](#)

**Children's Hospital of Pennsylvania (CHOP): ECHO Autism While You Wait: Surviving the Summer**

Friday, May 16

1:30pm - 2:45pm ET

**Cornell University: Neurodiversity Dialogues - Neurodivergence & Politics - free**

Wednesday, May 21

3-4pm ET

**Autistic Self Advocacy Network (ASAN): What's Normal?: How Research is Supposed to Work**

Tuesday, May 27

4-5:30pm ET

This webinar will discuss what normal research looks like; what rights we have around our personal information and the dangers of bad research.

**College Autism Network (CAN): Autistic Students: College Readiness and Reasonable Expectations Parents Webinar Series**

June 12 - Housing: Options, Support, Roommates

June 19 - Mental Health: What Can a Student Expect? How Do We Prepare?

July 10 - Career Readiness: When to Start, How to Make the Most of Campus Support

August 7 - Transitional Programs: When is This the Best Option? How Do We Choose?

All sessions will take place at 7 pm ET

## 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.

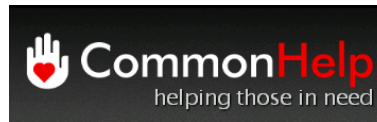
[Click here](#) for their website.



#### 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 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

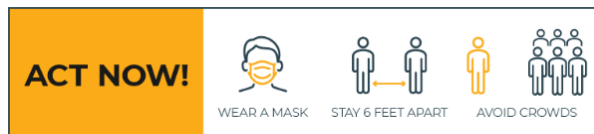
A non-profit Center for Independent Living serving the NRV

**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](mailto:info@swvaREACH.org)

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