

Update



January Data

Adults

Referrals: 33
Active Clients: 188
Crisis Plans: 6
Prevention hours: 531

Crisis Therapeutic Home

Emergency Bed Days: 40
Step-down Bed Days: 41
Prevention Bed Days: 87

Children

Referrals: 16
Active Clients: 59
Crisis Plans: 8
Prevention hours: 155

In the News



To download current
REACH Referral Form -
[Click here.](#)

Apps

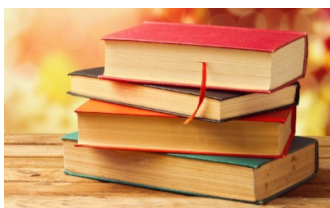


Toca Tea Party

This app is helpful for working on language skills, and sequencing.

[Click here](#) to learn more from iTunes.

Reading



Growing Up on the Spectrum: A Guide to Life, Love, and Learning for Teens and Young Adults with Autism and Asperger's

Lynn Kern Koegel and Claire LaZebnik

This comprehensive guide for teens with autism has a

Celebrating Black History Month Influential Social Workers

National Association of Social Workers

Dr. Dorothy Height

"We have to improve life, not just for those who have the most skills and those who know how to manipulate the system, but also for those who often have so much to give but never get the opportunity."

Dr. Dorothy Height was born in Richmond, Virginia in 1912, and was educated in the public schools of Rankin, Pennsylvania-small town outside of Pittsburgh.

Dr. Height won an oratorical scholarship, which along with a record of scholastic excellence, allowed her to enroll in New York University where she earned her bachelor and master's degree in four years. Dr. Height did further postgraduate work at Columbia University and the New York School of Social Work.

Ms. Height was among the coalition of African American leaders who pushed civil rights to the center of the American political stage after World War II, and she was a key figure in the struggles for school desegregation, voting rights, employment opportunities and public accommodations in the 1950's and 1960's. Dr. Height was often times known as the "Godmother of the Civil Rights Movement."

[Click here](#) to learn more about influential African American social workers.

section specific to relationships and sexuality that covers dating and sex for teens with autism.

[Click here](#) for more IDD Sexuality Resources.

Diversity & Inclusion



Choosing Words for Talking About Disability

American Psychological Association

In daily life, how should we talk about disability?

What words should we use to refer to people with disabilities?

Is saying "the disabled" or "disabled people" acceptable, for example?

Questions like these are important, particularly because disability represents a form of diversity, similar to one's gender, race, ethnicity, social class, religion and so on.

Knowing how to sensitively refer to members of diverse groups is also important.

[Click here](#) to begin by defining some terms.

Inclusion Starts With I



Click above to view a short video of Dr. Dorothy Height discussing the importance of Brown v. Board of Education.

Clinical Corner



Top 10 Reasons Why Age-Appropriate, Meaningful Sexuality Education is Important for Youth and Adults with Intellectual Disabilities.

10. People with intellectual disability need to have the same information that everyone else has.

9. People with an intellectual disability but without sexuality education, are at a disadvantage in the

This video from Accenture demonstrates that bias can appear in both expected and unexpected ways—and that each of us has the power to make a difference.

Click below to view video.



work-place, in school and in their community.

[Click here](#) to continue reading.

Toolkits

[Click here](#) for A Parents Guide on Puberty for Girls with Disabilities.

[Click here](#) for A Parents Guide on Puberty for Boys with Disabilities.

Test your knowledge on IDD and Sexual Health!

[Click here](#) to take a short quiz!

Medical News



Fatal Five Focus: **GERD**

What is GERD?

GERD is an acronym for gastroesophageal reflux disease. Gastroesophageal reflux, or GER, occurs when stomach contents flow back up in to the esophagus causing pain, commonly known as heartburn. Another name for GER is acid reflux. When this condition is long lasting, or chronic, it is referred to as GERD.

What are the signs and symptoms?

The most common symptom of GERD is persistent heartburn felt in the middle of the chest, behind the breastbone, and in the middle of the abdomen. Other symptoms include bad breath, nausea, difficulty swallowing (dysphagia), vomiting, erosion of teeth, and tasting food or stomach acid in the back of the mouth.

[Click here](#) to read more.

Opportunities and Events



Blue Ridge Independent Living Center

Independent Living Expo 2018

When: April 14th, from 9am - 3pm

Where: The Salem Civic Center

What: The Expo is a FREE day of seeing, touching, trying and learning about the different types of assistive technology (AT) and services that can be used to assist a person with a disability to be independent. All people use some sort of technology but for people with disabilities AT provides equal access and helps them to perform functions that can be difficult or impossible.

Types of AT include augmentative communication devices, Bluetooth, phone apps, screen readers, wearable AT, environmental and vehicle modifications, computer software, self-care items and more.

The Expo will bring information about services and devices together under one roof for people with disabilities, their families, caregivers, service providers and others to see, feel, try and learn how AT can support independent living.

Independent Living Expo 2018 is being organized by the Blue Ridge Independent Living Center. The Center is a private, nonprofit organization that assists individuals with disabilities to be independent.

For more information, email mdavis@brilc.org, call 540-342-1231 or visit www.brilc.org

Commonwealth Autism -17th Annual Autism Conference: Raising Expectations

When: March 7th and 8th

Where: The Westin, Richmond, VA.

[Click here](#) for more information or to register.

Bros United is BACK!

Event: Welcome Back!

When: February 24th, from 12-3pm.

Location: Blacksburg Rec Center

There will be arts and craft, fun activities, food/snacks, and best of all the big bros are back in town and would love to meet or continuing to get to know everyone!

[Click here](#) for the flyer and [Click here](#) for Bros United Facebook page!

VT Center for Autism Research and Autism Clinic Annual Conference

Please join us for the VT Center for Autism Research and Autism Clinic annual conference on March 23, 2018.

We have some exciting new features this year, including workshops on the IEP process, Medicaid Waivers, and Special Needs financial planning, in addition to information about our research and clinical services.

We are also featuring a special panel on autism in rural communities.

[Click here](#) to view the SAVE THE DATE flyer for more details.

NRVCS Autism Support Group

What: A monthly support group meeting for local families. Meetings are educational, parent-driven, and supportive. Individuals with Autism Spectrum Disorders (including those previously diagnosed with Asperger's Syndrome, Pervasive Developmental Disorder, Childhood Disintegrative Disorder, Rett's Disorder), and other developmental and/or intellectual disabilities are welcomed to join.

When: Monthly

Where: NRVCS, 700 University City Blvd, Blacksburg, VA 24060

Parents: Huckleberry Room*

Kids: New River Room A, B, and C

*Please sign in children before you head upstairs.

[Click here](#) to subscribe to mailing list, so that you can be made aware of meeting dates/times/staff and menu!

Parent Camp 2018: The Unconference to Build Family, School and Community Partnerships

When: Saturday, March 24th, 2018 at 10:00am-2:00pm

Where: Northside Middle School, 6810 Northside High School Road, Roanoke, VA 24019

What: ParentCamp is a time for parents, teachers, administrators, and community stakeholders to come together on an even playing field and hold face-to-face conversations about what is best for kids.

Price: **FREE!**

[Click here](#) for the flyer with information on how to register.



Do you have an event that you would like to see in the newsletter? [Click here](#) to submit it!

DBHDS



Virginia Department of
Behavioral Health &
Developmental Services

[Click Here](#) for the website.

[Click here](#) to review - **DBHDS Fiscal Year 2017 Annual Report**

[Click here](#) to review - **General Memo RE: HB 1775 ID to DD Change 2017**

Resources

Tax Benefit Checklist For Families Caring for Children with Special Needs 2017

[Click Here](#)



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.



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.



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 Blast Announcement with **Events, Research, and Monthly Group Meetings!**

[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.

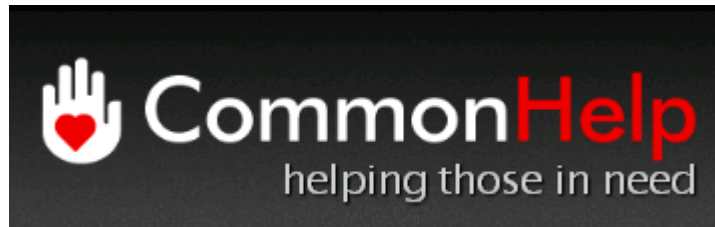


The Virginia Autism Council

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 State Resources compiled by Commonwealth Autism.



Virginia CommonHelp

Apply for help with food, child care, heating and cooling bills, health care and cash assistance. [Click here](#) for their website.

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[About REACH](#)

[Fact Sheet-Adult](#) [Fact Sheet-Children](#)

[Contact REACH Region III](#)

Our mailing address is:

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Crisis and Information Line - 1.855.887.8278

Local Calls - 540.267.3435

Fax - 540.267.3403

Email - info@swvaREACH.org

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