

REACH Region III - Monthly Report for June 2019

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Update

Clinical Corner



June Data

Adults

Referrals: 34
 Active Clients: 143
 Crisis Plan Hours: 193.95
 Prevention hours: 482.96

Calls to Crisis Line

Information: 10
 Prevention: 123
 Crisis/Face to Face
 Response: 35

*Average Crisis/Face to
 Face Response Time:*



How You Can Navigate Autism and Mental Health

Autism Speaks

Disorders such as anxiety and depression appear to be more common in those with developmental disabilities like autism than in the general population.

Diagnosing depression in those with autism

48.5

Crisis Therapeutic Home

Emergency Bed Days: 67
Step-down Bed Days: 57
Prevention Bed Days: 51

Children

Referrals: 14
Active Clients: 80
Crisis Plan Hours: 48
Prevention Hours: 153.08

Calls to Crisis Line

Information: 5
Prevention: 2
Crisis/Face to Face
Response: 6

Average Crisis/Face to Face Response Time:
87.8

We have a new referral form!

Please replace the old form with this new 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

Apps

represents its own unique challenges. Autism Speaks and the Autism Response Team are available to help families find resources and supports in local communities.

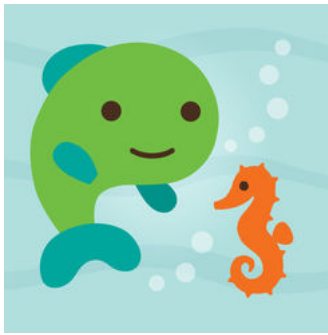
Navigating autism and mental health. Valerie, the Vice President of Services and Supports at Autism Speaks, talks about her journey navigating autism and mental health. [Click here](#) to read more.

Risk for suicide in teens with autism rising since 2012. Depression and anxiety are two of the most common mental health conditions that affect people with autism that can also increase risk for suicide. [Click here](#) to read more.

Bullying and mainstreaming in the schools. Benjamin Zablotsky, health statistician at the CDC, shares that research on bullying has focused almost exclusively on children in the general school population although children with disabilities are bullied at higher rates. [Click here](#) to read more.

Medical News





Sago Mini Ocean Swimmer

Sago Mini Ocean Swimmer can be used to develop the following skills: following directions, learning basic concepts, such as in, out, up and down, identifying emotions and using words or simple phrases to describe.

[Click here](#) to learn more.

Books & Podcasts



Autism and Bullying

Autism Speaks

Through research, we know that children with autism are more likely to be bullied than the general population.

In this podcast, we hear from author and self-advocate Jesse Saperstein and school psychologist Dr. Peter Faustino about ways to stop or decrease bullying for students, parents and teachers.

6 Tips for a Healthy Summer

cdc.gov

Follow these 6 tips to help prevent chronic disease and have a #HealthySummer.

1. Don't Use Tobacco.
2. Eat a Healthy Diet.
3. Move More, Sit Less.
4. Keep Cool in Extreme Heat.
5. Wear Sunscreen and Insect Repellent.
6. Rethink Your Drink.

[Click here](#) to read complete article.



Virginia Department of
Behavioral Health &
Developmental Services

Health Trends Newsletter

Office Integrated Health/DBHDS

Health and Safety Awareness - July 2019

Topics include: Opioid Use Disorder, Mental Health First Aid (MHFA) Training opportunities, and What Does a Wheelchair WC-19 "Transport Safe" Label Mean?

[Click here](#) to view.

Crafting and DIY

[Click here](#) to listen.

Diversity & Inclusion



3 Requirements for a Diverse and Inclusive Culture

by Ella Washington and Camille Patrick/GALLUP

STORY HIGHLIGHTS

*Diversity and inclusion require distinct acknowledgement and understanding.

*However, diversity and inclusion are interrelated.

*There are three key components to cultivating a diverse and inclusive workplace.

[Click here](#) to read.



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

Homemade Ice Pops

Tastemade/YouTube.com

Keep cool in the summer with these easy DIY Ice Pops!



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

CookABILITY: Accessible Recipes

Easy Mac and Cheese

Everyone can help cook a tasty meal!

INGREDIENTS

- 1/3 cup butter
- 1 cup cheddar cheese
- 1/3 cup parmesan cheese

News



- 2 cloves of garlic
- 6 medium tomatoes
- A small bunch of basil leaves
- 2 cups macaroni
- 2 heaped tablespoons of flour
- 1 3/4 pint of semi-skimmed milk

Tips for Flying

Marcus Autism Center

Airline flights can be disruptive and challenging for children with autism. These tips can help you prepare and make your family flight go smoothly.

[Click here](#) to continue reading.

[Click here](#) for printable ingredient list with pictures.

Opportunities and Events



2019 Camp and Activities Guide

[Click here](#) to view.

Free Summer Meals - No Kid Hungry

[Click here](#) to find a site near you!

Barnes & Noble will give kids free books as a reward for summer reading!

Are you ready to read all summer long? We are! And can't wait to bring you the best new releases, perfect beach and staycation books, and every title on your kids' summer reading school lists, too! From exciting thrillers to historical fiction, to YA favorites teens and adults love best, we've got your summer reading covered. So, sit back, relax and find every book you need, to read under the sun.

Children in grades 1-6 can get a free book when they read at least eight books during summer break. To participate, <https://www.barnesandnoble.com/h/summer-reading> and select the age range that your child fits into. After you've chosen an age range, you'll find a link to where you can download and print a reading journal, which are available in English and Spanish.

Fill out the student information on the bottom of the first page of the journal. A parent will have to sign this page in order for the child to get a free book.

In the reading log, your child will need to record the title and author, along with their favorite part of eight books to get their free book.

Bring the completed and signed reading journal into your local Barnes & Noble between August 1, and August 31. Present it to an employee and they will let your child choose a book from the free book list!



Summer Movie Express

Regal's Summer Movie Express is a summer movie series full of kid and family-friendly flicks that cost only \$1 per person to see at your local Regal, United Artists, and Edwards movie theaters.

The summer movie program at Regal theaters (as well as United Artists and Edwards Theaters) lets kids, and their parents see popular kids movies for cheap at 300+ of Regal's theaters around the country.

Regal's cheap summer movies have been a tradition for over 25 years, and they're still upholding it for thousands of families to enjoy each summer. A portion of the \$1 admission is donated to the Will Rogers Institute.

When You Can See Summer Movies at Regal

The cheap summer movies at Regal are playing June through August for 9 weeks. The starting date of the movies vary from theater to theater, so be sure to check with your local Regal theater for the dates of the movies.

The \$1 summer movies at Regal are shown at 10:00 a.m. every Tuesday and Wednesday, regardless of theater location.

Visit the Regal Summer Movie Express website to see which of the cheap summer movies are playing at your local Regal theater.

Limits to Be Aware Of:

The summer movies at Regal are limited to kids and their parents. Seating is available on a first come basis, so be sure to get there early to get the best seats.

<https://www.regmovies.com/static/en/us/promotions/summer-movie-express>



IDA Classic Golf Tournament

When: Monday, August 12th, 2019, 1pm - 6pm

Where: Blacksburg Country Club

What: 22nd IDA Golf Tournament! At the beautiful Blacksburg Country Club! Sponsor a team for your business or just get a group together for a day! Captain's choice. Lunch before the 1:00 tee off with a

shotgun start.

[Click here](#) to learn more about this event.

Like the IDA of the NRV on [Facebook](#) to stay in the know on upcoming events.





**Parent Led
Support
Group**

**AUTISM
SUPPORT
GROUP**

For Parents
& Youth!

Separate
group for
youth with
activities &
socialization

**1ST
THURSDAY
OF EVERY
MONTH
6-7:30 PM**

NRVCS RADFORD CENTER
Norwood Room
401 W. Main St.
Radford, VA 24141

**Food
Provided!**

FOR MORE INFORMATION, CONTACT ERICA WHITING AT [EWHITING@NRVCS.ORG](mailto:ewhiting@nrvcs.org)

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 Radford Center, 401 W. Main Street, Radford, VA 24141 ([Click here](#) for Map)

Parents: Wadsworth Room (#119)*

Kids: Norwood Room (#108)

***Please sign in youth in the Norwood Room!**

[Click here for a printable flyer!](#)

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



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

Employment Opportunities

Come check out our job openings for REACH Region III.

[Click here](#) for the flyer.

For more information on available positions and to apply [click here](#).

Do you have an open position you would like to see in our newsletter? [Click here](#) to submit it.

DBHDS



[Click Here](#) for the website.

REACH Information

Crisis Services

The DBHDS website has been updated with more in depth information on REACH, has updated contact info, and contains links to some of the forms that may be helpful for consumers to access.

[Click here](#) to view.

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

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.



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



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 most recent 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

disabilities and mental health needs. [Click here](#) for their website.

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 State Resources compiled by **Commonwealth Autism**.



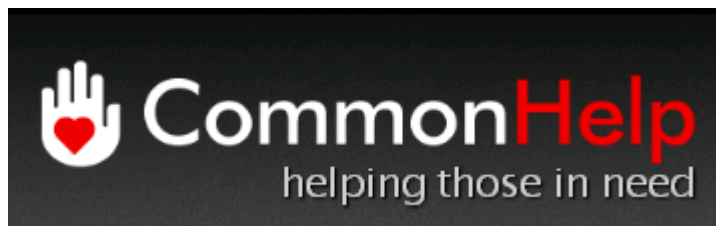
**New River Valley
Disability Resource Center**

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.



Virginia CommonHelp

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

[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

Local Calls - 540.267.3435

Fax - 540.267.3403

Email - info@swvaREACH.org

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