

REACH Region III - Monthly Report for January 2021

[Click here](#) to view



Black History Month

In celebration of Black History Month, the National Museum of African American History & Culture invite you to explore their virtual exhibitions, online collections, and digital resources. [Click here](#) to get started!

[Update](#)

[Clinical Corner](#)



January Data

Adults

Referrals: 36
 Active Clients: 152
 Crisis Plan Hours: 156.25
 Crisis Prevention hours:
 544.85

Calls to Crisis Line

Information: 48
 Crisis Prevention: 130
 Crisis Face to Face
 Response: 19 Face to
 Face + 16 Telehealth
Total Calls: 313

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

Crisis Therapeutic Home

Emergency Bed Days: 44
 Step-down Bed Days: 81
 Prevention Bed Days: 0

Children

Referrals: 30
 Active Clients: 101
 Crisis Plan Hours: 62.4
 Crisis Prevention Hours:
 288.6

Calls to Crisis Line

Information: 27
 Crisis Prevention: 9

Mental Health Treatment for Individuals with Intellectual & Developmental Disabilities:

An introductory continuing education series

When: Tuesdays at 12:00 pm – 1:00 pm Mountain

Presented by Drs Ty Aller and Shelly Upton

[Click here](#) for the flyer.

Webinar 1 February 23, 2021 – Insights in Working with Clients with IDD

In this webinar, participants will learn to:

Develop a fundamental understanding of
 intellectual and developmental disabilities and how
 they can coexist with mental health issues.

Increase their knowledge on therapeutic
 accessibility considerations for individuals with
 IDD.

Gain knowledge on how to utilize a strengths-
 based and culturally competent approach while
 working with individuals with IDD.

[Click here](#) to register for Webinar 1

Webinar 2 March 9, 2021 – Case Conceptualization for Clients with IDD: The utility of the Bio-Psycho-Social Model

Crisis Face to Face
Response: 11 Face to
Face + 5 Telehealth
Total Calls: 52

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

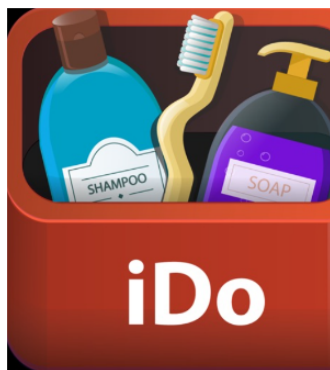
**We have a new
referral form!**

Please replace the old form
with this new form.
-updated 05.2020

[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



iDo Hygiene
*The Center for Educational
Technology*

iDo Hygiene is an innovative
and comprehensive
application for learning the
most common personal
hygiene daily activities (teeth

In this webinar, participants will learn to:

Identify and assess biological, psychological, and
social factors that influence mental health
outcomes for individuals with developmental
disabilities.

Use the Bio-Psycho-Social model to inform case
conceptualization and treatment planning for
individuals with developmental disabilities.

[Click here](#) to register for Webinar 2

Webinar 3 March 30, 2021 – Evidence-Based Interventions for Clients with IDD

In this webinar, participants will learn to:

Describe various evidence-based psychological
treatments for individuals with IDD.

Summarize the modifications to evidence-based
treatments that are supported by evidence for
individuals with IDD.

Employ these evidence-based interventions in a
therapeutic setting when working with clients with
IDD.

[Click here](#) to register for Webinar 3

[Click here](#) to learn more and to access
additional/previous webinars.

Videos

brushing, shampooing, hand washing, toilet training, taking a shower, public bathrooms, etc.

Learn daily life skills with video modeling and fun games.

[Click here](#) to learn more.

Books & Podcasts



MHDD Digital Storytelling Series
mhddcenter.org

Our digital storytelling series highlights the lived experience of individuals with mental health conditions and developmental disabilities.

This effort aims to raise awareness and educate the public on best practices when it comes to working with this population.

[Click here](#) to listen.

Diversity & Inclusion



Building Relationships with Brendan Oakes

UVA STAR/YouTube.com

UVA STAR met with Brendan Oakes to discuss how to improve and maintain relationships both in school and in the community as an adult. Brendan shares his own experiences as well as gives advice to his audience.

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

Medical News



People With Intellectual Disabilities Are Often Overlooked in Pandemic



What We Mean When We Talk About Inclusion
communityinclusion.org

Inclusion means that all people, regardless of their abilities, disabilities, or health care needs, have the right to:

Be respected and appreciated as valuable members of their communities

Participate in recreational activities in neighborhood settings

Work at jobs in the community that pay a competitive wage and have careers that use their capacities to the fullest

Attend general education classes with peers from preschool through college and continuing education

Inclusion applies to all parts of life

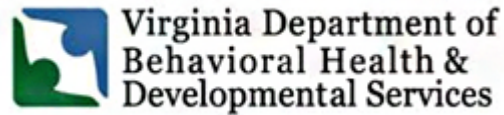
[Click here](#) to read.

Response

Katheryn Houghton/NPR - Health Shots

Peter Prater's family wasn't thinking about COVID-19 when the call came that he had been taken to the hospital with a fever.

[Click here](#) to continue reading.



DBHDS/Office of Integrated Health

The February 2021 - Health Trends Newsletter

The newsletter includes the following topics:

- Neuroleptic Malignant Syndrome (NMS)
- App of the Month - The 3D Brain
- COVID-19 Vaccine Information
- ABA Snippets
- OIH Training Sessions

[Click here](#) to view. [Click here](#) to view safety alerts and newsletter archive.

Opportunities and Events



AEP Connections: Online webinars & trainings

February 18 - Building Social Relationships through Evidence Based Social Skills Programming for Youth with Autism Spectrum Disorders

March 16-17 - Collaborative and Proactive Solutions (including Autism, ADHD, PDD-nos, Anxiety, Attentional Deficits, Behavioral Issues & More!)

[Click here](#) to learn more and to register.

VCU Autism Center for Excellence upcoming online events

VCU Autism Center for Excellence Online Professional Development Courses – starting Feb 8
The VCU-ACE team is ready to help you reach those professional development goals this year!

Register for an upcoming online course:

Evidence-based Practices to Teach Students with ASD - 5 Week Online Course for Virginia Educators
April 12 - May 17 (Registration opens in February)

ASD for Paraprofessionals - 4 Week Online Course for Para Educators

[March 1 - 31, 2021](#)

Positive Behavior Supports - 5 Week Online Course for Virginia Educators & Family Members

[March 15 - April 19, 2021](#)

VCU-ACE online courses are eligible for continuing education credits upon successful completion.

autismcenter@vcu.edu

Virtual Monthly Autistic Adult Support Group –

Begins Feb 2 (NEW!!!)

Are you an adult on the autism spectrum and live in Virginia?

Our free, monthly support group for autistic adults will be held virtually on Zoom on the first **Tuesday of the month from 6:30-7:30pm, starting February 2.**

This online support meeting will discuss what YOU want to talk about. Examples of past topics: setting personal goals, dealing with angry or sad emotions, identifying personal learning styles.

Meetings will be moderated by a VT clinical psychology graduate clinician; however, any discussion will be mainly facilitated by the autistic adults in the group.

To sign up for a meeting visit

<https://virginiatech-hipaa.zoom.us/join/zoom/register/tZAKfu2gqz0pE9RIOModcaxCwXQVqfV3KKXp>

Please sign up to join no later than 12pm the day of

Address questions to Megan at mfok@vt.edu

Do You Know Where to Go to Get a COVID-19 Test?

It's important to know where the COVID-19 testing sites are in case you or a loved one becomes symptomatic.

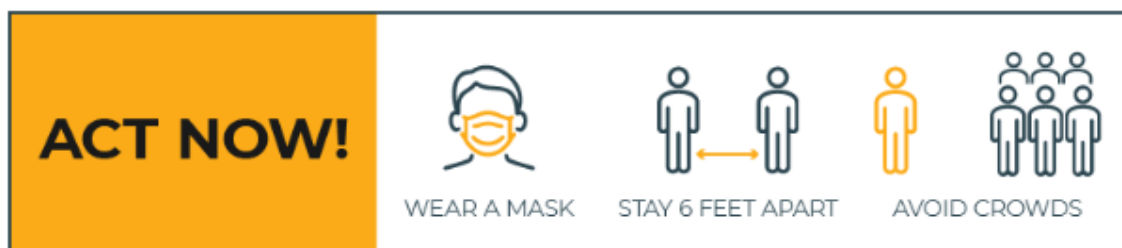
The Virginia Department of Health has provided resources around COVID-19 testing, including a map of COVID-19 testing sites throughout the state of Virginia. If you are symptomatic, you should consider contacting your healthcare provider to get a COVID-19 test. Symptoms of COVID-19 include:

Fever or chills
Cough
Shortness of breath
Loss of taste or smell

[Click here](#) to find your testing location.

Vaccine Information Center - Virginia Department of Health

[Click here](#) for information on VDH COVID-19 Vaccination Response.



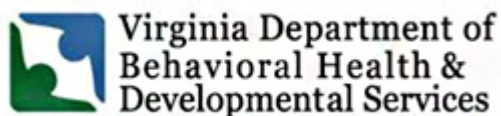
Employment Opportunities

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](#).

DBHDS



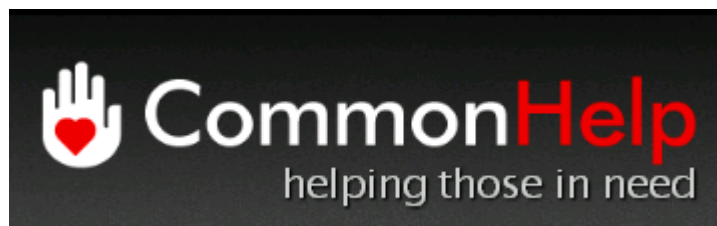
[Click Here](#) for the website.

[Click Here](#) for Provider Development.

New Fair Housing Protections in Virginia: Source of Funds Discrimination

[Click here](#) to learn more.

Resources



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.



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 Events and News!

[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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[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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