

REACH Region III - Monthly Report: May

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Update

Clinical Corner



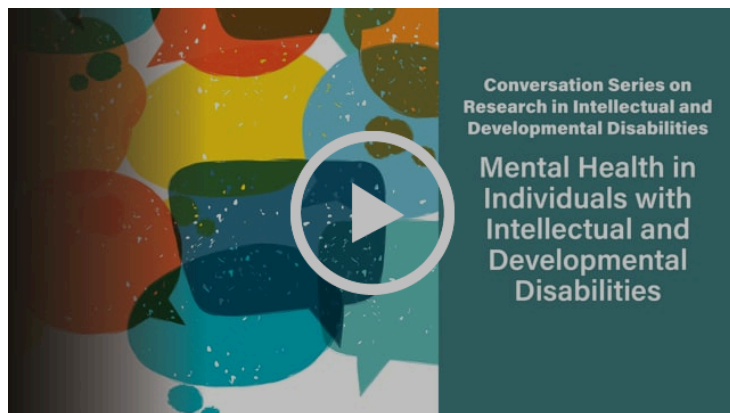
May Data

Adults

Referrals: 44
 Active Clients: 53
 Crisis Plan Hours: 234.6
 Crisis Prevention hours: 381.1

Calls to Crisis Line

Information: 50
 Crisis Prevention: 226



Mental Health in Individuals with Intellectual and Developmental Disabilities

vkc.vumc.org

This Vanderbilt Kennedy Center Conversation on Research in Intellectual & Developmental

Crisis Face to Face
Response: 56 Face to
Face + 1 Telehealth
Total Calls: 333

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

Crisis Therapeutic Home

Emergency Bed Days:
118
Step-down Bed Days: 14
Prevention Bed Days: 0

Children

Referrals: 33
Active Clients: 56
Crisis Plan Hours: 134.8
Crisis Prevention Hours:
166.4

Calls to Crisis Line

Information: 21
Crisis Prevention: 9
Crisis Face to Face
Response: 29 Face to
Face + 0 Telehealth
Total Calls: 59

*Average Crisis/Face to
Face Response Time:*
85.9 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

Disabilities was presented on March 30, 2023. This series is designed to share research in plain, accessible language with the community.

Adults with intellectual and developmental disabilities (IDD) report mental distress almost five times more often than adults without disabilities.

Despite the prevalence, little is known about the best approaches for supporting the needs of people with IDD and co-occurring mental health challenges. Individuals with IDD can experience a multitude of psychiatric disorders, however, unlike the general population, psychiatric symptoms in this population are often attributed to their disability rather than mental illness, in a phenomenon known as "diagnostic overshadowing."

Presenters:

- **Autumn Kujawa, Ph.D.**, studies the development of emotional processing and how atypical development of these processes contributes to the risk for mood disorders.
- **Verity Rodrigues, M.S., Ph.D.**, is an educational consultant for VKC TRIAD and is Tennessee Children's Mental Health Champion through the Centers for Disease Control and Prevention (CDC) and Association of University Centers on Disabilities (AUCD).
- **Jessica Schwartzman, Ph.D.**, studies individuals with dual diagnoses of mental health disorders and disabilities. Projects primarily investigate depression and suicide among individuals with autism and intellectual disabilities.
- **Jeff Neul, M.D., Ph.D.** (Moderator), Annette Schaffer Eskind Chair and Director, Vanderbilt Kennedy Center; Professor of Pediatrics, Division of Neurology, Pharmacology, and Special Education.

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

Apps



Medisafe

The Medisafe app can make medication management less challenging by sending personalized reminders and alerts for daily medication.

It tracks refills and expiration dates and sends notifications when prescriptions are running low.

[Click here](#) to learn more.

Videos



Guided Mindfulness Meditation

YouTube.com

5-minute guided meditation. Just breathe and be here in the present moment.

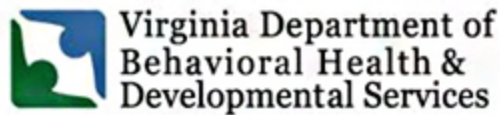
Click on the video above or [click here](#) to view.

Books & Podcasts



Dementia Untangled

This podcast explores unique topics related to dementia through conversations with physicians, experts, and



DBHDS/Office of Integrated Health

The June Newsletter includes:

- Summer Parks & Rec Activities
- June is Alzheimer's and Brain Awareness Month
- ABA Snippets
- Announcing a NEW COVLC Training

Health

community leaders.

[Click here](#) for the newsletters and safety alert archives.

[Click here](#) to learn more.

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



The Barns 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.

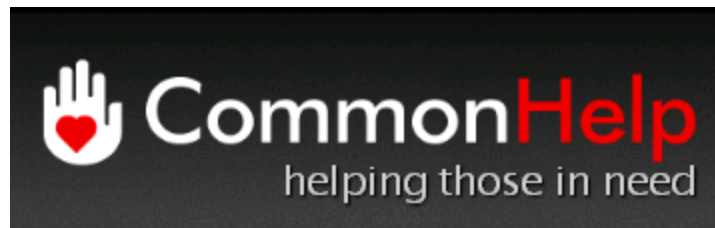
[Click here](#) for their website.



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 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.

ACT NOW!

WEAR A MASK STAY 6 FEET APART AVOID CROWDS

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[About REACH](#)

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

[Contact REACH Region III](#)

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Business - 540.267.3435

Fax - 540.267.3403

Email - info@swvaREACH.org

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