



WA State Parent to Parent (P2P) Newsletter: November 2019

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Happy November!

Theresa and I were so proud to represent Washington State P2P at the National Parent to Parent Leadership Institute in Albuquerque New Mexico last week! We met coordinators from around the country and felt honored (and THANKFUL!) to be part of such an amazing network. P2PUSA has two new Co-Directors - Marsha Quinn and Lily Brown - who are leading national efforts. Check out P2PUSA at: <http://www.p2pusa.org/>

We have several counties that are in the process of hiring new coordinators (Chelan/Douglas, Clallam, and Lewis & Clark). We look forward to welcoming them to our network soon!!

Wishing you all a wonderful Thanksgiving holiday.... And thankful for your support of children and families in Washington state!

Tracie, Theresa and Jackie

Calendar of EVENTS

2019

November

11/6: The Lewis County Autism Coalition will host it's 9th annual Southwest Washington Autism Conference on November 6, 2019 - at Centralia College in Centralia, WA - and

November 6, 2019 at Centralia College in Centralia, WA. and invites you to share your experience and knowledge as a presenter.

Workshops will be aligned with our 2019 conference theme Inclusion: School - Work - Community and advancement of individuals with disabilities, families, and professionals. To participate, please complete the Call for Presenters form and send to conference@lcautism.org by April 15, 2019. Early submission is encouraged.

[Download the Save The Date Flyer](#)

December

12/5-12/7: The 2019 TASH conference is December in Phoenix, AZ, <https://2019tashconference.sched.com/info>

2020

May

5/6-8: Please make plans to attend the 2020 Infant and Early Childhood Conference (IECC).

May 6, 7, and 8, 2020 at the Tacoma Convention Center

*IECC plans to offer STARS Credit and Clock Hours for this event.

For general conference information please visit www.ieccwa.org

2020 Advocacy Day Schedule (Advocacy brochure)

1/22	I/DD Briefing - Statewide Legislative Reception
1/29	Community Residential
2/5	Caseload Forecast DD Services
2/12	Families in Crisis
2/19	Workforce Shortage
2/26	Budget Overview
3/4	Self-Advocates/ Employment (Rally)

Waiting for DDA services? Committee wants your story...

[Senator Emily Randall](#), the new co-chair of the Joint Legislative Executive Committee (JLEC) on Planning for Aging and Disability Issues, would like to hear from you!

For the second JLEC meeting of the year on Monday, November 18, from 1 - 4 pm, the committee will discuss 13,000-plus DDA clients receiving no paid services.

Senator Randall is inviting people to share their story during the public comment period. Please RSVP to her legislative assistant, Sarah Myers, at sarah.myers@leg.wa.gov, and Sarah will be able to assist if you need a call option or any accommodations. The committee will also accept written comments, which Sarah can help you submit.

[You can find information about the committee here](#)

RESOURCES

1. New! [The Autism Speaks Transition Tool Kit](#) will help guide you on the journey from adolescence to

adulthood. This kit will provide suggestions and options for you to consider as you set out to find your or your child's own unique path to adulthood. Deep dive into topics like advocacy, employment, developing independent living skills and many more.

2. New! [Washington's Mental Health Referral Service for Children and Teens](#) connects patients and families with evidence-supported, outpatient, mental health services in their community. This free, telephone-based referral service is funded by HCA and operated by Seattle Children's. The Mental Health Referral Service will provide services through mental health referrals for Washington state children and teens, ages 17 and younger.

3. New! Association of Maternal and Child Health Programs Announces a [Focus on Children with Special Health Needs](#). Noting that 84% of children with special health care needs do not receive care in a well-functioning system, the Association of Maternal and Child Health Programs (AMCHP) has announced that optimizing health for children and youth with special health care needs is a top priority for 2019-21. In A Bridge for Action, its newly released strategic plan, AMCHP outlines strategies to strengthen the infrastructure of the maternal and child health field to improve health support for women, children, youth, and families in several critical areas.

4. New! [Positive Childhood Experiences \(PCEs\)](#). We've learned how ACEs change the brain in ways that make learning more challenging, and impact developing stress response systems in the body; producing long term negative impacts on mental and physical health. Now, there are emerging studies that show PCEs can act as a buffer against the negative effects of ACEs. See the recent study published in JAMA Pediatrics as it also plays a role in creating PCEs. With intentional, small shifts in thinking and practice, classrooms can be places to build positive, affirming experiences for students. [Our blog has suggestions for how school staff can create PCEs that help students become sensitive, strong and capable adults.](#)

5. If you used the TCPI Healthcare Communities website as a resource, it will no longer be available after Dec 31, 2019. We have pulled some great information from that website and with help from our partners and the practice facilitators you authored some relevant material and created a resource guide that may be of help.

practice facilitators, we gathered some relevant material and created a resource guide that may be of help to you. We have also included regional, statewide, and national resources as you move forward in your efforts. We recognize that is not a complete list of resources.

[Click here for the P-TCPi Road to Transformation Resource Guide!](#)

Should you have any questions before November 30, 2019 please reach out to Karen Pastori at Karen.Pastori@doh.wa.gov. If you have questions after November 30, 2019 please contact Anne Farrell-Sheffer at anne.farrellsheffer@doh.wa.gov.

6. **Family Survey**...Based on a gap analysis Washington Hands & Voices did in 2017, we discovered stakeholders had unclear definitions of the roles of Deaf Mentor and Deaf/Hard of Hearing Guides. This survey is to provide a clear definition of these two roles in an effort to gauge families' needs and readiness for these services. Your input is needed as we prepare to expand family centered programs in our state. Please take a few minutes to complete this survey about your children who are Deaf/Hard of Hearing (D/HH), your family, and your readiness to participate in programs that support families. This survey is anonymous and will only take a few minutes of your time.

If you have any questions regarding the survey or Deaf Mentor and D/HH Guide Programs, please contact WA Hands & Voices Chapter President, Christine Griffin at christine.griffin@wahandsandvoices.org

Please complete this survey by November 8, 2019.

We appreciate your time and input

Thank you.

Christine Griffin

[Take the survey here](#)

New WACs on Residency Requirements:

WAC 388-823-0050

Do I have to be considered a Washington state resident to be eligible for DDA?

- (1) You must be considered a Washington state resident to be eligible for DDA. If DDA does not consider you a Washington state resident, you are not eligible for DDA and DDA will deny or terminate your eligibility.
- (2) You are considered a Washington state resident if you:
 - (a) Meet residency requirements under WAC 182-503-0520 or 182-503-0525; or
 - (b) Are a dependent of a military service member and legal resident under RCW 74.04.815.
- (3) If DDA learns that you are not a Washington state resident, DDA must terminate your eligibility.
- (4) You must inform your DDA case resource manager when your address changes.
- (5) If DDA receives returned mail from you with no forwarding address, DDA will try to verify you are a Washington state resident by trying to contact you or anyone identified by you to receive notices.
- (6) If DDA cannot contact you or verify you are a Washington state resident, DDA must terminate your eligibility.
- (7) If your eligibility was terminated because DDA could not contact you, DDA will restore your eligibility if you:
 - (a) Verify your continuous Washington state residency;
 - (b) Request your eligibility be restored; and
 - (c) Were determined eligible on or after June 1, 2005.

WAC 182-503-0520

Washington apple health-Residency requirements-Persons who are not residing in an institution.

- (1) A resident is a person (including an emancipated person under age eighteen and a married person under age eighteen who is capable of indicating intent) who currently lives in Washington and:
 - (a) Intends to reside here, including persons without a fixed address; or
 - (b) Entered the state looking for a job; or
 - (c) Entered the state with a job commitment.
 - (2) A person does not need to live in the state for a specific period of time prior to meeting the requirements of subsection (1) of this section before being considered a resident.
 - (3) A child under age eighteen who is not covered by subsection (1) of this section, is a resident if:
 - (a) The child lives in the state, with or without a fixed address, including with a custodial parent or caretaker;
 - (b) The child's parent or caretaker is a resident as defined in subsection (1) of this section.
 - (4) A resident applying for or receiving health care coverage can temporarily be out of the state for more than one month without their health care coverage being denied or terminated, if the person:
 - (a) Intends to return to the state once the purpose of his or her absence has been accomplished and provides adequate information of this intent after a request by the agency or its designee; and
 - (b) Has not been determined eligible for medicaid or state-funded health care coverage in another state (other than coverage in another state for incidental or emergency health care).
 - (5) A person who enters Washington state only for health care is not a resident and is not eligible for any medicaid program. The only exception is for a person who moves from another state directly into an institution in Washington state. Residency rules for institutionalized persons are described in WAC 182-503-0525.
 - (6) A person of any age who receives a state supplemental payment (SSP) is considered a resident of the state that is making the payment.
 - (7) A person who receives federal payments for foster or adoption assistance is considered a resident of the state where the person physically resides even if:
 - (a) The person does not live in the state that is making the foster or adoption assistance payment; or
 - (b) The person does not live in the state where the adoption agreement was entered.
 - (8) In a dispute between states, the state of residence is the state in which the person is physically located.
- [Statutory Authority: RCW 41.05.021, 41.05.160, Public Law 111-148, 42 C.F.R. § 431, 435, and 457, and 45 C.F.R. § 155. WSR 14-16-052, § 182-503-0520, filed 7/29/14, effective 8/29/14. Statutory Authority: RCW 41.05.021, 74.09.035, and 2011 1st sp.s. c 36. WSR 12-19-051, § 182-503-0520, filed 9/13/12, effective 10/14/12.]

Rise and Shine

Say goodnight to sleepless evenings so



you can wake up feeling well-rested and ready to take on the day.

- [Bathing Before Bed Could Be the Key to Great Sleep](#)
- [Is Your Wake-Up Time Affecting Your Salary?](#)
- [5 Signs You're More Exhausted Than You Realize](#)
- [6 Stretches You Should Do Every Night Before Bed](#)

Links for Archived Newsletters

(Click to read [archived past editions](#) through August 2016 of the P2P Newsletter!)

[Past Newsletters Parent to Parent \(bottom of the page\)](#)

WA State Parent to Parent (P2P) | The Arc of Washington State | 1.888.754.8798 x-2
parent2parentwa@gmail.com | info@arcwa.org

Website: http://arcwa.org/index.php/getsupport/parent_to_parent_p2p_programs

For a current listing of Washington State Parent to Parent programs, please contact:
The Arc of Washington State at info@arcwa.org or call the above phone #.

Friend us on Facebook:

<https://www.facebook.com/groups/155502866875/>



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