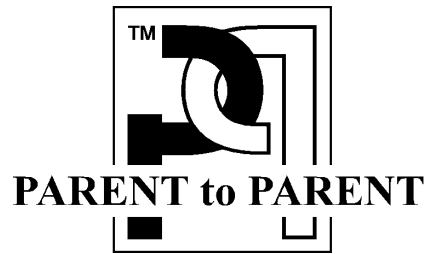


Check out our latest newsletter!



WA State Parent to Parent (P2P) Newsletter: September 2018

[P2P Programs by County](#)



Parent to Parent Programs help families with these 5 Protective Factors:

Parental Resilience

No one can eliminate stress from parenting, but a parent's capacity for resilience can affect how a parent deals with stress. Resilience is the ability to manage and bounce back from all types of challenges that emerge in every family's life.

Social Connections

Friends, family members, neighbors and community members provide emotional support, help solve problems, offer parenting advice and give concrete assistance to parents.

Concrete Support in Times of Need

Meeting basic economic needs like food, shelter, clothing and health care is essential for families to thrive. Likewise, when families encounter a crisis such as domestic violence, mental illness or substance abuse, adequate services and supports need to be in place to provide stability, treatment and help for family members to get through the crisis.

Child Development

Accurate information about child development and appropriate expectations for children's behavior at every age help parents see their children and youth in a positive light and promote their healthy development. Information can come from many sources, including family members as well as parent education classes and the internet. Studies show information is most effective when it comes at the precise time parents need it to understand their own child.

Social and Emotional Competence of Children

A child or youth's ability to interact positively with others, self-regulate their behavior and effectively communicate their feelings has a positive impact on their relationships with their family, other adults, and peers. Challenging behaviors or delayed development create extra stress for families, so early identification and assistance for both parents and children can head off negative results and keep development on track.

Calendar of EVENTS

September

9/29: [2018 Diversity, Inclusion and Belonging Conference](#). In Bellevue, 9-4

October

10/1-10/3: [35th Annual Pacific NW Institute on Special Education and the Law](#) will be held in Portland, Oregon at the Oregon Convention Center. Our headquarter hotel will be the [Hilton Portland Downtown](#).

10/5-10/7: [Dad's Training Weekend](#)

10/26: [8th annual Southwest Washington Autism Conference in Centralia \(9-3\)](#)

It's time to register for the 8th annual Southwest Washington Autism Conference: Friday, Oct 26, 9 am to 3 pm at Centralia College in Centralia, WA.

RESOURCES

1. How do you help a Grieving Friend? ["Refuge in Grief" video](#)
2. [Protecting Immigrant Families-Advancing Our Future](#)

3. Link to the July AS3D PAC web meeting "[Working with Culturally and Linguistically Diverse Families](#)"

Click on the links below for additional resources for working with culturally diverse families:

- [Considering Culture in Autism Screening Products](#)
- [Engaging Culturally Diverse Families for Student Success](#)
- [Translated Publications offered by PACER](#) (Hmong, Somali, Spanish)
- [National Researched-based Practice Guides & Tools - Working with Culturally Diverse Families - PACER Center](#)
- [Cultural Values of Latino Patients and Families | Dimensions of Culture](#)

4. [Advocates' Guide To Ensuring Accessibility for People with Disabilities in Grievances & Appeals](#)

Among the most important Medicaid guarantees are the right to notice and an opportunity for a hearing or to file a grievance when the system does not work as it should. Unfortunately, beneficiaries with disabilities face barriers to accessing grievance and hearing systems, including those enrolled in Medicaid managed care plans. Because of recently issued regulations on Medicaid managed care, health care advocates have the opportunity to push for needed improvements to ensure that people with disabilities can access appeals and fair hearing processes in Medicaid managed care.

[Disability Rights Education and Defense Fund](#), [National Health Law Program](#), and [Justice in Aging](#) have issued the "[Advocates' Guide to Accessibility in Medicaid Managed Care Grievances and Appeals](#)," which provides approaches to push for progressive change.

The advocates' guide also outlines steps to take for implementing the HHS regulations in a way to "ensure that people with disabilities have equal access to the grievance and appeal and State fair hearing systems" Moreover, it "provides advocates with an outline of potentially problematic areas in the appeals process and provides suggested language for the content of State implementing regulations - to be used during commenting periods."

5. ABLE is here! Sign up for a Washington State [ABLE account online](#) or by filling out an [Enrollment Form](#).

If you have questions about the Washington State ABLE Savings Plan, call 1-844-600-2253 9am-5pm PT or 1-844-888-2253 (TTY), 6am-5pm PT, Monday-Friday.

Want to know more about ABLE? ABLE allows individuals with disabilities to save money for qualified disability expenses without losing their federal benefits. From the [ABLE National Resource Center](#), [10 Things You Should Know About ABLE Accounts](#).

6. New and Updated resources from [Seattle Children's Center for Children with Special Needs](#)

[Organize Your Child's Health Information](#)

- Our NEW Organize Your Child's Health Information page details the Why, When, What and Where of organizing children's health information
- Parents of children with special health care needs share their tips, tools and experiences in eight videos
- Links to other resources like Care Notebook forms and organization apps

[Updated Care Plan Forms](#)

- Using parent input, we updated our Care Plan forms; What's the Plan, Getting to Know Me and In Case of Emergency
- These forms can help you plan for doctor appointments, introduce your child to new people and share vital information about your child during emergencies

Reminders:

[Inclusive Playground Directory](#)

- Our Inclusive Playground Directory lists ten ADA accessible inclusive playgrounds in Washington State
- View photos, accessible features, location and more
- Accessible features may include adapted play equipment, increased access, quiet areas and special programs for children with special needs
- Search the map for the playground nearest you

[Recreation and Sports](#)

- Our Recreation and Sports page features information on adaptive sport organizations, adaptive outdoor recreation and accessible camping and state parks
 - Use the links to find a program near you
 - Find information on free and discounted passes for Washington State and National parks
-

THE STARFISH STORY

One day a man was walking along the beach when he noticed a boy picking up and gently throwing things into the ocean.

Approaching the boy he asked: "Young man, what are you doing?"

The boy replied, "Throwing starfish back into the ocean. The surf is up and the tide is going out. If I don't throw them back, they'll die."

The man laughed to himself and said, "Do you realize there are miles of miles of beach and hundreds of starfish?" "You can't make any difference."

After listening politely, the boy bent down, picked up another starfish and threw it into the surf, then smiling at the man, he said;
"I made a difference to that one."

— Loren Eiseley



lessonslearnedinlife.com



Links for Archived Newsletters

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

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parent2parentwa@gmail.com | info@arcwa.org
Website: http://arcwa.org/index.php/getsupport/parent_to_parent_p2p_programs

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