



## WA State Parent to Parent (P2P) Newsletter: September 2019

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Washington State P2P has a new leadership structure!

Tracie Hoppis is the Washington State Parent to Parent Coordinator, taking over for Susan Atkins who retired on July 1. Tracie provides overall support, guidance and leadership to the network and represents Washington State at the national level. Tracie is in Yakima where she continues to supervise the Parent to Parent program there.

Theresa Van Pelt provides support to west side counties- including technical assistance, program guidance and coordinator support. Theresa is in Clark County where she continues to coordinate the Parent to Parent program there.

Jackie Thomason is our support staff (Administrative Assistant) and she is located at the Arc of Washington State in Olympia.

We're looking so forward to seeing P2P Coordinators at our annual training in Yakima, September 19-20.

Special thanks to our sponsors: The Arc of Washington, Washington State Department of Health's CSHCN Program, Washington State Developmental Disabilities Council and Children's Village- Yakima.

Also, thank you to Washington State Developmental Disabilities Administration for their on-going support and commitment to Parent to Parent as we serve children with disabilities and their families in Washington State.

Welcome Christie Chiles (Grays Harbor / Pacific Counties).

~~Tracie, Theresa and Jackie  
State Parent to Parent

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Calendar of EVENTS

2019

## September

9/21: [Seattle Children's Hospital FREE bike helmet fitting and give away](#), September 21st, 2019.

9/24-9/25: [The 6th Annual PNWEF regional conference](#) focusing entirely on employment for people with disabilities. The conference will be held in Bremerton, WA at the Kitsap Conference Center on Sept. 24th and 25th, 2019.

9/26: Statewide Respite Coalition Meeting - Thursday, September 26th from 10:00 am to 12:00 pm [Register Meeting](#)

Contact Linda Porter with any questions. [lporter@wapave.org](mailto:lporter@wapave.org)

## October

10/15: SW Washington area families can start preparing for High School and Beyond with the [WISE training series](#) starting October 15th, 2019. This training series is for families and educators who live in Clark County. Each free two hour session will provide important information to help prepare students with disabilities for transition from school to adult life.

10/24: [Child Development and Parenting: Autism 101](#) - This lecture is intended for parents and families of children recently diagnosed with an autism spectrum disorder (ASD). There is no need to register in advance to attend. Oct. 24, 2019 7 to 8:30 p.m.

## November

11/6: The Lewis County Autism Coalition will host its 9th annual Southwest Washington Autism Conference on 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 advancing the success of individuals with disabilities, families, and professionals. To participate, please complete the Call for Presenters form and send to [conference@lcautism.org](mailto: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>

## RESOURCES

1. Nikki Dyer, new DOH Family Engagement Coordinator, would love to hear about WA P2P Network activities. Please add her to your newsletter mailing list:

Nikki Dyer  
Family Engagement Coordinator  
Prevention and Community Health  
Washington State Department of Health

[nikki.dyer@doh.wa.gov](mailto:nikki.dyer@doh.wa.gov)  
(360) 236-3536 | [www.doh.wa.gov](http://www.doh.wa.gov)

\*\* Also, if you haven't already, please add me and [Theresa Van Pelt](#) to your newsletter mailing lists. Thank you!! ~~[Tracie Hoppis](#)

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2. DDA Adds New Overnight Planned Respite Locations

Did you know that DDA has added two more locations for overnight planned respite for adults? Or, that it also offers enhanced respite for children ages 8-18 who need extra support and stabilization? [Learn about these and other respite services at Informing Families](#) .

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3. [Your Child's IEP and You](#) (English and Spanish) As a member of the IEP team, you are your child's best advocate, making sure that the proper supports are in place to work toward learning goals that are meaningful and educationally appropriate.

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4. [High School Transition Toolkit](#) (English and Spanish) A four-page toolkit available in print or download includes:

- A Star Form to help identify supports to reach a student's transition goals.

- Tips for transition planning and goal setting.
- Transition timeline of things to do from age 14-21.
- Transition checklist of skills, activities, and services when creating your child's high school transition plan for his/her IEP.
- Ways to gain job skills during high school.
- Resources for post-secondary education.

5. [Statewide Respite Coalition Meeting](#) - Thursday, September 26th from 10:00 am to 12:00 pm. This is an opportunity to hear from all of us who want to make sure respite is an important part of families in caregiver roles.

We are gathering agenda items for the meeting. Do any of these ideas interest you?

- Innovative respite solutions within communities;
- How it is going with our new and improved respite voucher program that has great online capabilities;
- How our voucher priorities are established, including reports out by key partners involved with PAVE's Lifespan Respite program;
- How as a group we can work toward sustainability since the current grant expires in a year.

Do you have any ideas? What questions do you have? Please let us know by August 31, 2019. [You can contact Linda Porter.](#)

6. [How to Get Your Child to Talk About School](#) By Andrew M.I. Lee, JD

7. [Parent to Parent Support in Early Intervention](#) Study ([link](#)) P2P USA

8. [Families with Disability Concerns Take Extra Care when Planning for Emergencies](#)  
All families prepare for emergencies, but extra planning is critical when a loved one has a disability.

9. Nominations can be completed online through [Survey Monkey](#).  
To access the nomination packet, click this link [2019 Governor's Employer Awards Nomination Packet](#).

10. [ACES Primer](#). This is a good 4 minute video to use in a presentation.

11. [Health Equity for CYSHCN: What Does it Mean for Title V?](#)

12. ["Planning Trips for Children with Autism"](#) published by Simmons University. The resource details important considerations of a new environment for those with ASD needs and provides helpful strategies when planning trips for children with autism. Some notable tips include packing helpful supplies to comfort an unfamiliar experience for sensory relief such as portable fans, hand sanitizer, and moisture-wicking towels.

Also included is a trip-planning PDF to help organize for short trips or long stays for children with autism spectrum disorder. I believe this would be a valuable resource for your community to refer to as it helps all caregivers adapt and prepare for unexpected encounters in new places when they are unable to change the place itself.

## Job Opportunities:

Application Process Extended to September 23, 2019 - Washington Hands & Voices is growing and therefore has the following positions available:

- [Parent Guide \(Level 1\)](#) for diverse parents/caregivers living in Eastern, Central and Western Washington
- [Regional Parent Guide \(Level 3\)](#) for diverse parents/caregivers in Eastern and Central Washington
- [Chapter Administrative Assistant](#) (can reside anywhere in Washington)

By becoming a member of Washington Hands & Voices you will have the opportunity to learn up to date resource information while increasing your skills and confidence as a leader.

The Chapter Administrative Assistant works directly with our executive board leaders to increase our chapter capacity to extend our reach to more families.

Parent Guides are trained parents of children who are deaf, deafblind and hard of hearing that connect with new parents requesting support and help with navigation. We reach out and support a diverse population of families and who use all, one, or a combination of communication modalities.

If you feel you have the desire to support other families as a Parent Guide, or our Washington Hands & Voices organization as a Chapter Administrative Assistant, please click on this link to learn more.

Application information is on our website. However if you have questions, please feel free to reach out to [Christine Griffin](#), coordinator of the Guide By Your Side program.

Click on these links to learn more about [Washington Hands & Voices](#) and [Guide By Your Side](#).



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## 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](mailto:parent2parentwa@gmail.com) | [info@arcwa.org](mailto:info@arcwa.org)

Website: [http://arcwa.org/index.php/getsupport/parent\\_to\\_parent\\_p2p\\_programs](http://arcwa.org/index.php/getsupport/parent_to_parent_p2p_programs)

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