WA State Parent to Parent (P2P)
Newsletter: June 2020

P2P Programs by County

Join us on Facebook today
Parent to Parent has a rich history in Washington State! Serving families raising children with special needs since 1980... That's 40 years of support and connection! The first program was established in King County, and now in 2020 we have programs serving every area of the State. Parent to Parent has been a 'life-line' to thousands of Washington families over the years, and now, amidst a pandemic, Parent to Parent is even more vital - promoting concepts within the Strengthening Families and Protective Factors framework, including these three that are especially relevant in our work:

- Social connections (virtually!)
- Parental resiliency
- Concrete support in times of need

As we move forward in uncertain times with budget impacts at local, state and national levels, please share the stories of families impacted because of YOUR work and programming - they are the stories about changed lives in families and communities - and they matter a great deal!

For more information about the Strengthen Families and Protective Factors framework, visit:

- [https://www.dcyf.wa.gov/services/child-development-supports/sfwa](https://www.dcyf.wa.gov/services/child-development-supports/sfwa)

Thank you for ALL you do!

Tracie, Jackie, Theresa and Patty


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**RESOURCES**
1. **League of Education Voters** Educational Webinars **LEVinar presentations**. To view information about current or upcoming LEVinars, please visit our [Lunchtime LEVinars web page](#). Examples of the presentations:

- Student Mental Health Supports and Social-Emotional Learning during COVID-19
- Supporting Early Childhood Education in Washington state during COVID-19

2. **Designing OEO's Next Strategic Plan with You**

The Governor's Office of the Education Ombuds (OEO) will meet virtually this summer to review ideas and create our 3-year strategic plan, to be released by September 1, 2020. We appreciate your input on this process!

Our mission:

- We work with families, communities, and schools to navigate educational challenges and increase collaborative problem-solving so that every student can fully participate in and benefit from public K-12 education in Washington.
- We work statewide in our three roles (casework, training, and policy) to support students, families, and schools.
- We are: independent, informal, and impartial. We use collaborative problem-solving to resolve issues. Our work is free and confidential.
- We are not able to: investigate, enforce, provide legal advice, or promise certain outcomes.

Please give us your one big idea: **HOW CAN OEO BEST USE ITS RESOURCES TO SUPPORT RACIAL EQUITY, INCLUSION, AND POSITIVE OUTCOMES FOR K-12 STUDENTS?**

Submit your answer using one of the following online surveys:

- **English:** [https://www.surveymonkey.com/r/OEOStrategicPlanning2020Eng](https://www.surveymonkey.com/r/OEOStrategicPlanning2020Eng)
- **Arabic:** [https://www.surveymonkey.com/r/ArabicOEOStrategicPlanSurvey](https://www.surveymonkey.com/r/ArabicOEOStrategicPlanSurvey)
- **Chinese Traditional:** [https://www.surveymonkey.com/r/ChineseTraditionalOEOStrategicPlanningSurvey2020](https://www.surveymonkey.com/r/ChineseTraditionalOEOStrategicPlanningSurvey2020)
- **Korean:** [https://www.surveymonkey.com/r/KoreanOEOStrategicPlanningSurvey2020](https://www.surveymonkey.com/r/KoreanOEOStrategicPlanningSurvey2020)
- **Somali:** [https://www.surveymonkey.com/r/SomaliOEOStrategicPlanningSurvey2020](https://www.surveymonkey.com/r/SomaliOEOStrategicPlanningSurvey2020)
- **Spanish:** [https://www.surveymonkey.com/r/SPA_OEOStrategicPlanSurvey2020](https://www.surveymonkey.com/r/SPA_OEOStrategicPlanSurvey2020)
- **Tagalog:** [https://www.surveymonkey.com/r/TagalogOEOStrategicPlanningSurvey2020](https://www.surveymonkey.com/r/TagalogOEOStrategicPlanningSurvey2020)
- **Vietnamese:** [https://www.surveymonkey.com/r/VietnameseOEOStrategicPlanningInputSurvey2020](https://www.surveymonkey.com/r/VietnameseOEOStrategicPlanningInputSurvey2020)

3. **CDC Researchers: Over 5 Million Adults Have Autism**

For the first time ever, researchers at the Centers for Disease Control and Prevention are estimating the number of American adults who have autism.

More than 5.4 million people in the U.S. - or 1 in 45 - over age 18 are on the spectrum, according to findings published online this week in the Journal of Autism and Developmental Disorders. **(See Rest of the Article)**

4. **This is the most recent update to the plans for the 2020 Youth Leadership Forum (YLF) of the Governor's Committee on Disability Issues and Employment (GCDE). The YLF subcommittee is as committed as ever to continuing to offer the Youth Leadership Forum during Summer 2020.**

**Tentative Calendar-pdf**

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**SPANISH RESOURCES - EN ESPAÑOL**
1. Para entender cómo podemos ayudar a nuestros hijos con el Plan de Educación Individualizado (IEP), el programa de Padre a Padre les comparte un documento en español que el OSPI ha preparado para que los padres puedan trabajar en equipo con la escuela y asegurarse que siga su curso en tiempos del corona virus.

Son tantas preguntas las que están en el aire, pero la preocupación más grande es saber si todos los padres saben cuáles son sus derechos y la de sus hijos en tiempos de del corona virus. Queremos creer que así es, pero mientras tanto, queremos asegurarnos que las familias sepan que no están solas. El programa de Padre a Padre está trabajando para apoyar a las familias a asimilar la información que cambia día con día.

(Plan de Aprendizaje)

2. ¿Cómo mantenernos en contacto con los proveedores de recursos y hasta con las escuelas en tiempos de corona virus?

Zoom es una plataforma que definitivamente ha sobresalido de las diferentes opciones o formatos para conectarse. Lo más importante es ver que la comunidad Latina le ha dado la bienvenida y se está adaptando a esta nueva forma de estar en contacto, siendo más participes en diferentes actividades e incluso en reuniones de uno a uno. A continuación les compartimos una guía visual que les ha servido a muchas familias a sentirse confiados en acceder a esta plataforma y disfrutar con otros de las diferentes actividades comunitarias y grupos de apoyo.

(Zoom Visual Guidance Spanish)

A continuación, queremos invitar a todas las familias que tengan hijos o seres queridos con habilidades Diferentes o Discapacidades del Desarrollo para que se una a nuestras Reuniones formales e informales que, the Arc of King County ofrece por medio de la plataforma de ZOOM en tiempos de corona virus semanalmente y a nivel estatal. Visiten el calendario comunitario en español para más detalles e información de estas actividades.

COVID-19 RESOURCES

New! Families Learning from Families June Virtual Roundtable Series
A discussion and learning forum for families learning with and from each other to support their children and loved ones during the COVID-19 pandemic. This is a parent/caregiver ONLY event. This experience is designed to be responsive to the interest and needs unique to historically underserved families.

SCHEDULE OF EVENTS
June 6, 2020 - 12 noon - 1:00 PM EST [11 AM CT; 10 AM MT]
Balancing Caregiver & "Teacher" Roles at Home
June 13, 2020 - 12 noon - 1:00 PM EST [11 AM CT; 10 AM MT]
Supporting Emotional Wellness: Coping with Anxiety and Fear During the COVID-19 Pandemic
June 27, 2020 - 12 noon - 1:00 PM EST [11 AM CT; 10 AM MT]
5 Essential e-Tools & Family Activities for Summer Enrichment

New! Patient- and Family-Centered Care and Pediatric Partnerships during COVID-19
The series of free webinars and online conversations will occur monthly from May through October 2020. The next two events are scheduled for June 25, and July 28 at noon EDT.

For more information about future events, contact Deborah Dokken: ddokken@ipfcc.org

New! A Parent's Guide:
- Helping Your Child Feel Good About Wearing and Seeing Others Wear Face Masks
- Helping Your Child Wear a Face Mask
- I Can Stay Healthy By Wearing a Face Mask
These materials were created to increase the safety of the healthcare work environment through the use of Personal Protective Equipment (PPE) educational materials to be used as an aide when training healthcare personnel on selecting and correctly using; donning (putting on), doffing (taking off), and disposing of PPE to protect themselves from exposure to COVID-19 in the healthcare settings.

COVID-19 Educational Materials Include:

- How to Safely Put On PPE Video
- How To Safely Take Off PPE Video
- How to Put On and Take Off PPE Fact Sheet
- How to Put On and Take Off PPE Poster
- PPE Illustrations

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improved use of PPE by healthcare personnel. Additional Infection Control recommendations for Healthcare Personnel can be found on CDC's Infection Control Guidance website.

...How Parents can prepare for Corona virus-school closures and getting anything done

Spanish-How Parents can prepare for Corona virus-school closures and getting anything done:

Special Education Guidance from Washington State- OSPI

Food services during school closures:

Talking with your child about Corona virus:

- Talking With Children: Tips for Caregivers, Parents, and Teachers During Infectious Disease Outbreaks
- How to Talk to Your Kids About Corona virus
- Talking to Kids About the Corona virus

Washington State Department of Health

Centers for Disease Control and Prevention

Centers for Disease Control and Prevention - Get Your Home Ready

How to talk about COVID-19 with people who have autism

What's Open and What's Closed Under the Governor's Shelter at Home Order:

Plain Talk Guide for talking about COVID-19

The Washington Department of Health has released a series of eight ASL/captioned educational videos about the COVID-19 pandemic and includes information on how to protect yourself and prevent the spread of the virus. Here are the YouTube listings available now. Watch for this on Facebook and other social media.

Playlist:

- Introduction:
- What is COVID-19?:
- How Does COVID-19 Spread?:
- COVID-19 Symptoms:
- What to Do If You Are Sick:
- Prevention & Treatment of COVID-19:
- Stigma & COVID-19:
- What Can You Do About COVID-19?:
- What is Social Distancing?:

Resource page on COVID-19 for people with I/DD, their families and service providers in Washington

COVID 19 Resource Information

Plain Language Information on Corona Virus Accessible flyer

Plain Language Information on Corona Virus Accessible flyer - Spanish

COVID-19 Educational Materials - 26+ Languages
Stay up-to-date on the current COVID-19 situation in Washington, Governor Inslee’s proclamations, symptoms, how it spreads, and how and when people should get tested.
For more information, visit our Frequently Asked Questions page.
Multiple Languages Fact Sheet

Mental/Behavioral Health Needs
If you or your family is experiencing distress and need support call:

- National Parent Helpline 1-855-4 A PARENT or 1-855-427-2736
- Info Children /Parent Helpline 1-778-782-3548
- National Suicide Prevention 1-800-273-8255

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)
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