

Check out our latest newsletter!



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

[P2P Programs by County](#)

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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://cssp.org/wp-content/uploads/2018/11/About-Strengthening-Families.pdf>

Thank you for ALL you do!

Tracie, Jackie, Theresa and Patty

Washington State Parent to Parent is thankful to the following state agencies for continued funding support: [The Arc of Washington](#), [Washington State Developmental Disabilities Administration](#), [Washington State Department of Health](#), [Washington State Developmental Disabilities Council](#).

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

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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>

Arabic:

<https://www.surveymonkey.com/r/ArabicOEOStrategicPlanSurvey>

Chinese Simplified:

<https://www.surveymonkey.com/r/ChineseSimplifiedOEOStrategicPlanningInputSurvey2020>

Chinese Traditional:

<https://www.surveymonkey.com/r/ChineseTraditionalOEOStrategicPlanningSurvey2020>

Korean:

<https://www.surveymonkey.com/r/KoreanOEOStrategicPlanningSurvey2020>

Russian:

<https://www.surveymonkey.com/r/RussianOEOStrategicPlanningSurvey2020>

Somali:

<https://www.surveymonkey.com/r/SomaliOEOStrategicPlanningSurvey2020>

Spanish:

https://www.surveymonkey.com/r/SPA_OEOStrategicPlanSurvey2020

Tagalog:

<https://www.surveymonkey.com/r/TagalogOEOStrategicPlanningSurvey2020>

Vietnamese:

<https://www.surveymonkey.com/r/VietnameseOEOStrategicPlanningInputSurvey2020>

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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.... [\(See Rest of the Article\)](#)

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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 ESPANOL

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 mas grande es saber si todos los padres saben cuáles son sus derechos y la de sus hijos en tiempos de del corna 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 esta trabajando para apoyar a las familias a asimilar la información que cambia día con día.

[\(Plan de Aprendizaje\)](#)

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2. ¿Como 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 mas importante es ver que la comunidad Latina le ha dado la bienvenida y se esta 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.

[\(Zoom Visual Guidance Spanish\)](#)

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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 fórmale e informales que, the Arc of King County ofrece por medio de la plataforma de ZOOM en tiempos de corana virus semanalmente y a nivel estatal. [Visiten el calendario comunitario en espanol para mas detalles e informacion de estas actividad.](#)

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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](#)

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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

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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](#)

New! [Pandemic Making Child Care Tough To Find For Those With Special Needs](#)

by Bianca Padró Ocasio, Miami Herald/TNS | May 19, 2020

With most daycare centers closed, child care options are especially limited for kids with disabilities and the impact is likely to be long-lasting. (Click on article for the rest of the story.)

New! [House OKs COVID-19 Relief Plan With More Payments For People With Disabilities](#)

A fresh round of stimulus checks for people with disabilities and billions for home- and community-based services are part of a \$3 trillion relief bill that faces an uncertain future. (Click on the article for the rest of the story.)

New! [COVID-19 Frequently Asked Questions Regarding CYSHCN](#)

New! [How to help your child build resilience against Coronavirus anxiety](#)

New! COVID-19 Resource Guide for Parents and Caregivers. The Washington State Department of Children, Youth, and Families (DCYF) recently created a [resource guide to help parents and caregivers navigate the COVID-19 pandemic](#). DCYF recognizes the challenges parents and caregivers are experiencing during this unprecedented time. Many parents and caregivers have the responsibility of balancing their work schedules in the face of school closures and limited child care availability, or job loss.

New! [How chronic stress changes the brain, and what you can do to reverse the damage](#)

New! The Centers for Disease Control and Prevention has a series of videos about COVID-19 in American Sign Language at: [Sharing CDC's ASL resource](#)

New! [Dental Health with COVID-19 Recommendations](#)

New! [Free quarantine resources](#) for students, kids, and people seeking new knowledge.

Revised DOH website regarding [COVID-19](#) with multilingual resources.

Need a phone number to call with questions about the virus?

DOH operates a hotline, with multiple language assistance, from 6 a.m. to 10 p.m. daily at 1-800-525-0127. The call center cannot access COVID-19 testing results. You can also text the word "Coronavirus" to 211-211 to receive information and updates on your phone.

People With Disabilities, Families, and Direct Support Professionals: [#WeAreEssential](#)

We are fighting every day to make sure the critical needs of people with disabilities, their families, and the direct support professional (DSP) workforce are included in the next coronavirus relief bill. And we need your help!

From home and community based services to minimize the risk of people with disabilities being forced into institutions, paid leave for all caregivers, personal protective equipment for the vital DSP workforce, and stimulus payments for all - our essential needs must be included.

What matters most to you and why? [Share YOUR story](#) with The Arc and send a personalized message to your Members of Congress by answering 3 short questions!

Then, help spread the word to three friends and ask them to share their story too.

For the latest information about the disability community and the coronavirus pandemic, visit visit [thearc.org/covid](#). Thank you for your advocacy!

CDC's Personal Protective Equipment (PPE) Educational Materials

CDC has developed new [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](#)

These materials were created to increase the safety of the healthcare work environment through

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

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[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](#)

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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 \(bottom of the page\)](#)

WA State Parent to Parent (P2P) | The Arc of Washington State | 1.888.754.8798 x-2
parent2parentwa@arcwa.org | info@arcwa.org
Website: <https://arcwa.org/parent-to-parent/>

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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