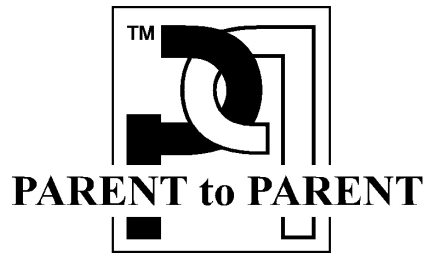


Check out our latest newsletter!



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

[P2P Programs by County](#)

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Welcome May! One of my favorite months of the year. It's beautiful outside with trees and flowers blooming, and a nice distraction from the challenges associated with pandemic life. As I reflect back over the last couple of months, I'm so proud of the Parent to Parent network and the thoughtful, creative, bold work we are doing to support families raising

virtually. We have come a long ways in a short amount of time and now Parent to Parent programs across the State are offering a range of virtual support opportunities - Coffee Chats, support groups, trainings, sibling groups, social/recreational groups, mindfulness groups and more. This support is critically important - giving parents and families the encouragement to carry on, ideas to care for themselves and their families, and a (virtual) place to go to be reminded they are not alone.

And, of course, this support comes from all of you...Parent to Parent Coordinators who are also navigating pandemic life while raising children and youth with special needs. We want to welcome Snohomish County's two new coordinators, Moranne Aaron-Berel (Coordinator) and Rosmeyri Romero Gaudalupe (Hispanic Outreach Coordinator Assistant).

We are saying goodbye to Jennell Calkins (Skamania and East Klickitat Counties). Take care everyone,

Tracie, Theresa, Patricia and Jackie

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. Useful grief and loss resources as well as some tips for talking with kids about grief/loss/change. ([English](#) and [Spanish](#))

Cynthia Trapanese was a pediatric oncology/hospice/bereavement chaplain for 17 years before returning to school to become a credentialed elementary school classroom teacher. Cynthia created this document to support staff and families at New School of San Francisco, where she is a Lead Teacher in First Grade. She created this resource as a way to support children and families in this time

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2. The [FREE Youth Transition Summer Workshop](#) is for youth with all disabilities who are planning to live independently someday and have career or educational goals. Youth who have or had a 504 plan or IEP are encouraged to apply. The ages we work with are 16-24 years old.

[Application](#) can be found or an alternate version can be requested. Once we receive the completed application they will be contacted for an interview. This year, the workshop will be held through Zoom for social distancing purposes. The workshop focuses on preparing for college and employment, and developing independent living skills including self-advocacy, financial management, etc. This is a great opportunity for youth to get connected with community resources and meet other youth with disabilities who plan to live independently. Youth that complete the workshop will receive an award and an invitation to a special outing at a later time.

For more information, please contact our Youth Transition Coordinator, Margaret Tangedahl by email at margarett@cfnorth.org or by phone at 360-393-3890 ext. 202.

The deadline to apply is June 23, 2020!

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3. Vans Introducing '[Sensory Inclusive](#)' Shoes For Individuals With ASD

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4. [Dogs for Better Lives' Autism Assistance Dogs](#) are professionally trained to act as an anchor to reduce or slow a child's ability to bolt, apply deep pressure, and to provide companionship dedicated solely to the child. Combined with their professional training, an Autism Assistance Dog's calm and caring behavior have shown to decrease anxiety, increase calmness, reduce meltdowns, and foster more manageable bedtime routines. Dogs for Better Lives is currently placing Autism Assistance Dogs in California, Oregon, and Washington.

Applications are accepted for children ages 4-11 with an ASD diagnosis.

Thanks to the generosity of donors, Dogs for Better Lives' Assistance Dogs come at no cost to the recipient or family. A trainer travels to the client's home and spends 5 days teaching the family how to utilize the dog, keep up the training, and promote the bond between dog and child.

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5. [Tech Safety Guide for Parents of Children With ASD](#) - April 3, 2020

According to the Centers for Disease Control and Prevention (CDC), roughly one in 59

children in the United States have identified as having Autism Spectrum Disorder (ASD). Caregivers of these unique children face a host of challenges, and tech safety is one of those challenges. Technology can be helpful for children with autism, but it can also be harmful.

6. April is Child Abuse Prevention Month

COVID-19 has created a huge amount of stress for our communities and families. We are worried about our health and the health of our loved ones. Unemployment and financial difficulties add to this stress. In times of great stress, violence in the home can increase. This Child Abuse Prevention Month, let's remember that the best way to protect children from violence and neglect in the home is to take care of parents and families. This can look like a friend or community member connecting with a family through a virtual visit or phone call, or a neighbor dropping off a meal on the porch to a family so the family can reduce stress and enjoy each other.

[Here are some ways that parents can take care of themselves and protect their families](#) : (click on link for the rest of the article).

7. The Washington State Developmental Disabilities Council is excited to announce the launch of our [Facebook page](#). We will use the page to share updates, resources, articles of interest, events, and advocacy opportunities. If you feel so inclined, we encourage you to "like" the page and share it with your friends and networks.

Jeremy Norden-Paul / Executive Director
Washington State Developmental Disabilities Council
Email: jeremy.norden-paul@ddc.wa.gov

8. [We need your help!](#) The Washington State Developmental Disabilities Council is gathering input from people across the state about what our priorities should be over the next 5 years. You can help us by taking this survey. Thank you!

<https://www.surveymonkey.com/r/QQB7VJL>

9. The WA Interagency Fatherhood Council is conducting a survey to identify how programs and services connect with fathers. As a member of the Council I'd appreciate you filling out, if appropriate, the survey found in the link below and/or forwarding it on to other organizations you know of that serve fathers. Getting this baseline data will help tremendously as we work to make sure a broad range of services are available to fathers in all parts of the state.

More information and a [link to the survey](#) can be found here. Thank you.

10. OSPI - [Continuous Learning Guide English](#)

Novel Coronavirus (COVID-19) Guidance & Resources - [English](#) & and in [Spanish](#) (at the bottom of the page in the yellow area you may select the language you need-multiple languages are available including Spanish)

[Ejemplo de Plan de Apoyo Para Familias](#)

In response to school closures due to COVID-19, OSPI content experts have curated a selection of links to external organizations providing high-quality online educational materials - courses, lessons, videos, physical and outdoor activity suggestions, etc. Please note that in many cases, these resources are free to use online but are not openly licensed for wide scale reuse and adaptation.

These resources were carefully chosen for their alignment to Washington State Learning Standards (or a recognized equivalent) and/or direct experience with effective implementation with students. Particular attention has been given to identifying best practices and guidance in supporting ALL students and providing suggestions for educator professional learning during this challenging time.

[Resources for Continuous Learning During School Closures](#) - (multiple languages available at the bottom of the page-English, Arabic, Chinese, Khmer, Korean, Punjabi, Russian, Somali, Spanish, Vietnamese)

OSPI just issued a guidance document on supporting Migrant students and another on supporting English Learners during continuous learning.

In the guidance for supporting Migrant students, it includes a suggestion to encourage families to reach out to the Migrant Student Data Recruitment and Support office if they are moving, so they can continue to access supports even if they move. There's a toll free number: 800-274-6084.

A list of resources compiled by the [NW ESD 189 Migrant team](#).

SPANISH RESOURCES - EN ESPAÑOL

A short [Youtube video in Spanish](#) done by a Physician's Assistant with suggestions on managing anxiety and fear during this pandemic.

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COVID-19 RESOURCES

Newly 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.

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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 thearc.org/covid. Thank you for your advocacy!

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The Internal Revenue Service (IRS) issued [updated guidance](#) for Supplemental Security Income (SSI) recipients with qualifying dependents eligible for COVID-19 Economic Impact Payments.

SSI recipients who did not file a tax return in 2018 or 2019 and who have qualifying dependents must submit additional information using the [IRS's Non-Filer tool](#) by **Tuesday, May 5, 2020** to receive the full amount of their Economic Impact Payments as soon as possible.

Eligible SSI recipients will start receiving their automatic payments directly from the Treasury Department in early May.

Please note that Direct Express account holders may use the IRS's Non-Filer tool, but they cannot receive their and their children's payment on their Direct Express card. They may only enter non-Direct Express bank account information for direct deposit, or leave bank information empty to receive a paper check by mail.

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CDC's **New** 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.

New 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](#)

[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](#).

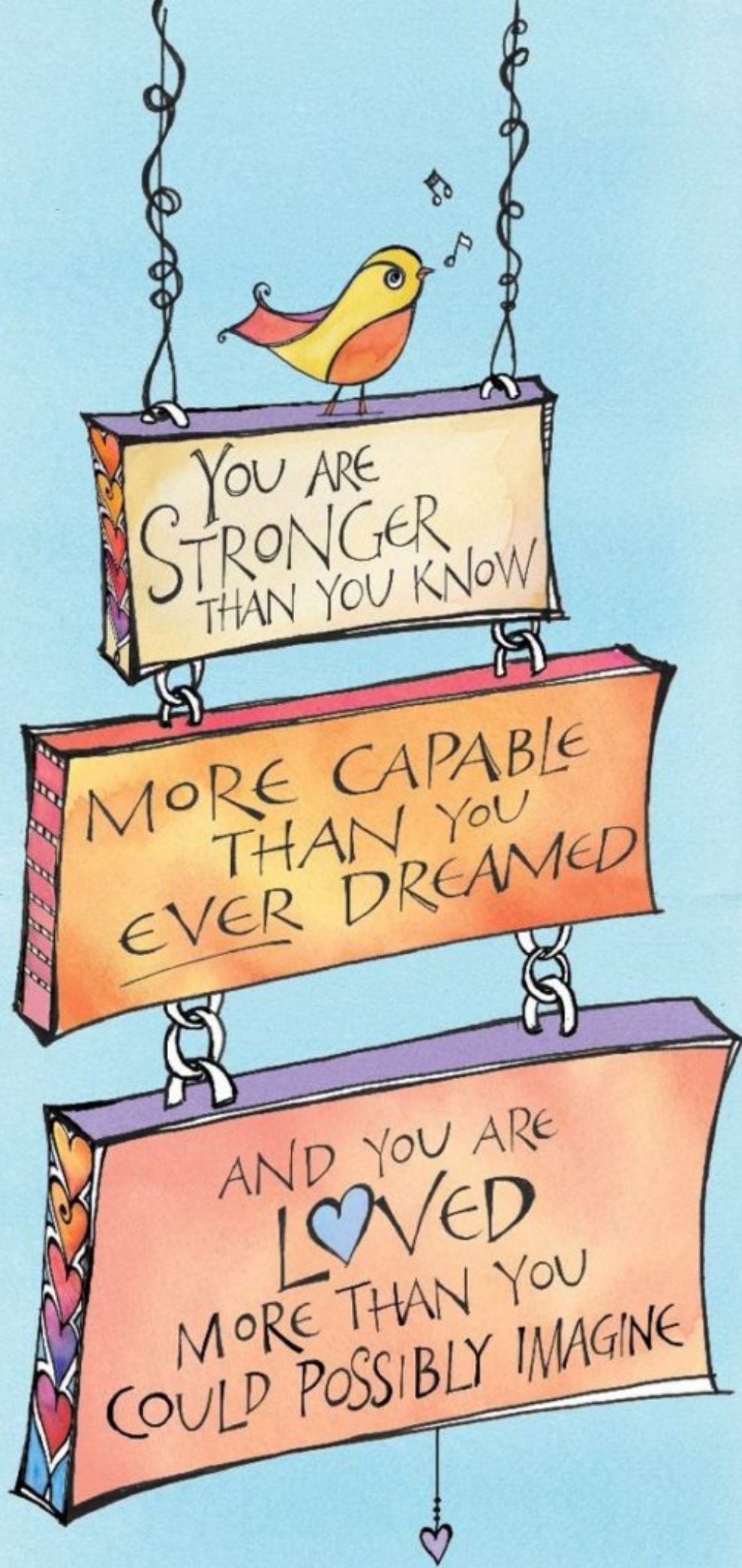
For more information, visit our [Frequently Asked Questions](#) page.

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
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YOU ARE
STRONGER
THAN YOU KNOW

MORE CAPABLE
THAN YOU
EVER DREAMED

AND YOU ARE
LOVED
MORE THAN YOU
COULD POSSIBLY IMAGINE

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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