Welcome April!

Welcome Spring! Throughout this Pandemic, I’ve been especially grateful for time I can spend in my yard and garden. Nature, of course, carries on with budding blooms and growing grass... reminding me that there’s always growth and new life after the winter. With COVID-19 rates going down and vaccinations going up, I’m hopeful and look forward to a day when Parent to Parent can once again offer in-person supports for the families we serve. There’s nothing like being able to give a hug to a new member of a parent group who’s just learning about her child’s diagnosis. But, until then, it will be virtual hugs, support and information for the
We’re excited to welcome the following new coordinators to our team: Felisa Garcia Castellanos, Hispanic Outreach Snohomish P2P; Hannah Tello, Stevens/Pend Oreille P2P and Angelica (Angie) Godinez, Helping Parent Support in Mason County with South Sound P2P.

And, sad to say goodbye to others: Anjelica Delgado, Multicultural Outreach with Grant/Adams.

Remember to check out our Parent to Parent page on The Arc of Washington’s website (P2P Map & Coordinator info here). Here is where you can find up-to-date information about Coordinators and programs serving every County in Washington State!

Happy April!

Take care---Tracie, Theresa, Patricia and Jackie

Click on Picture Below to take you to The Parent to Parent Family Stories page then scroll down to the first picture for the video of Danielle Woodcock’s Parent to Parent Story.

ADVOCACY DAYS

Advocacy Days are still going strong in Olympia through the Arc of Washington’s zoom platform. Here is a list of the remaining days of session:

March 31st — April is Autism Awareness, Acceptance & Appreciation Month

On December 18, 2007, the United Nations declared April 2nd to be World Autism Awareness Day, to be observed every year. In 1970, the Autism Society began spreading awareness about autism in the month of April and it is now recognized nationally. It is not enough to be aware of what autism is. We need to be accepting of the many gift autistic people have to share and appreciate the diversity they bring.

Get the virtual background by Ivanova Smith here. Click for Autism Awareness, Acceptance & Appreciation Month Proclamation from Governor Inslee.

NEW! This event will have live closed captioning!
NEW! Spanish interpretation will be provided live!

Zoom link to register:
https://us02web.zoom.us/meeting/register/tZYucumtpj8rHdDoWa2LFxQZb3adW83bek0P

• April 7th—Equity & Diversity - Click here to register for this event!
CONFERENCES / SEMINARS

COVID VACCINES: Q & A on Facts and Myths
Wednesday, April 6th @ 6:00 pm

Are you developmentally disabled and have questions about the vaccine?
Do you care for someone with a developmental disability and wonder about vaccination for yourself and the person you care for?
Please join us to get your latest questions about COVID-19 and vaccinations answered! As a care provider or parent, what do you worry about most related to COVID-19 and how to protect yourself and the person you care for?
We have 3 spectacular physicians volunteering their time to answer your deepest thoughts and concerns. Flyer below.
Flyers in: English Spanish Vietnamese

Date: April 7th, 2021 @ 6:00 pm - Click link below to register for the event:
https://us02web.zoom.us/.../reg.../WN_oOB2PxViT_iy2UH0jbL5ww

SPREADING HOPE SUMMIT (Virtual)
April 9th 2021
8 am - 3 pm

The first annual HOPE Summit (Virtual), April 9, 8 a.m.-3 p.m. Learn about Seizing the Moment - the First Annual HOPE Summit. This virtual summit seeks to inspire a group of leaders who will, together, champion a HOPE-informed movement.
HOPE (Healthy Outcomes from Positive Experiences), grounded in science that demonstrates the formative role of positive experiences in human development, seeks to inspire a HOPE-informed movement that fundamentally transforms how we advance health and well-being for our children, families, and communities. https://hopesummit2021.vfairs.com/

2021 Virtual Information and Resource Conference
Saturday April 10th
Support for Families of Children with Disabilities

This is a conference put on by Support for Families of Children with Disabilities based in San Francisco but since it's virtual, they welcome everyone. The Conference is free and registration is open. All workshops are presented in English with simultaneous interpretation in Spanish and Cantonese.
Conference website for information on workshops and the keynote speaker: https://www.sfcd-irc2021.org/
Register to attend at: https://www.tfaforms.com/4890618
See the flyer.

Autism 200 - Supporting the Autism Community in Central and Eastern Washington
April 15, 2021 7-8:30 pm

Welcome to the 1st ever Autism 200 class for individuals and families living in central and eastern Washington; presented BY Central/Eastern Washington providers, professionals, parents and advocates.
This virtual panel presentation will provide information about the unique issues and support available for the autism community in central and eastern Washington. Topics that will be
discussed include getting an evaluation and diagnosis, supports for families following a diagnosis, advocacy and communication with the public schools, available therapies including Applied Behavioral Analysis (ABA), autistic advocate and parent perspectives, and information related to resources.

Date: April 15, 2021
Time: 7-8:30 pm PT
Registration is not required

Watch live on Seattle Children’s Facebook page
Following the presentation, it can be viewed on Seattle Children’s Facebook and will be added to Seattle Children’s Autism 200 YouTube channel within two weeks of the lecture date.

Moderator: Tracie Hoppis, Children’s Village, Yakima- State Coordinator for Parent to Parent Program and lead for Yakima County Children with Special Health Care Needs Program

Speakers and Topics:

· Jill Bross, MD, FAAP Parkview Medical Group, Grant County - Getting an Evaluation and Diagnosis - what do you need to know
· Melissa Brooks, RN, Parent to Parent Coordinator, the Arc of Tri-Cities - Parent and Family Perspective
· Tracie Hoppis, Washington State Parent to Parent Network Coordinator, Supervisor for Yakima County Children with Special Health Care Needs Program and Yakima County Parent to Parent, Parent- Children’s Village, Yakima - Where/how to get family support following the diagnosis
· Maria Pulido, Community Health Worker, Parent to Parent and Children with Special Health Care Needs Program- Children’s Village, Yakima - Barriers/considerations for Hispanic families and tips for getting what you need
· Lori Garcia, MSW, Family Resources Coordinator and Children and Youth with Special Health Care Needs (CYSHCN) Program Coordinator, Children’s Village, Yakima - Supports available from Early Supports for Infant and Toddlers (ESIT) Program and CYSHCN public health programs
· Sharon Loudon, Autism Consultant, Educational Service District (ESD) 105, Yakima - How schools can help- ESD 105 model and general services/supports you can ask for in any district
· Dana Stevens, ABD, BCBA, LBA, Director, Training and Education and Chief Clinical Advisor Northwest Autism Center, Spokane - What’s ABA therapy, what to do while waiting for it
· John Lemus, UW LEND Program, Vice President - Spokane Chapter of People First of WA An Autistic perspective- what’s important for parents and providers to understand about the lived autistic experience and how to support autistic individuals.

RESOURCES

1.) Now more than ever, individuals with Intellectual and Developmental Disabilities are experiencing social and physical isolation. You can help support ending this isolation by getting involved with Best Buddies in Washington.

Follow this link for more information: https://www.bestbuddies.org/washington/volunteer/
2.) Autism Awareness, Acceptance & Appreciation Month Proclamation from Governor Inslee.

3.) Intellectual Disability Among Greatest COVID-19 Risk Factors, Study Finds
New research suggests that people with intellectual disability are about six times more likely to die if they contract COVID-19, a higher risk than almost anyone else.

4.) Let Washington Connection help you and your family find the benefits and services you need. Begin by learning about the additional benefits and programs you can see if you might qualify for, or review a description of programs you can apply for on Washington Connection. You can also browse for resources, programs and services provided by many of our partner agencies below.

5.) A documentary about the emergence of the disability rights movement produced by former President Barack Obama and first lady Michelle Obama is up for an Academy Award. “Crip Camp: A Disability Revolution” was nominated Monday for best documentary feature.

6.) The American Dental Association (ADA) recommends that children and adults should visit a dentist for regular exams and teeth cleanings at least twice a year, usually between 6 and 12 months. Lack of this essential dental care can have lasting effects on children into adulthood. New Mouth was created to keep the public educated about current dental care practices, oral health basics, and how to find the best treatment possible.

7.) Understanding Behavioral Health Services Only enrollment
What is Behavioral Health Services Only (BHSO) coverage? Behavioral Health Services Only (BHSO) enrollment is for Apple Health clients who are not eligible for medical managed care plans (such as those with Medicare as primary insurance). BHSO enrollment ensures everyone who is eligible has access to behavioral health benefits. Through BHSO, clients get coverage for their specialty behavioral health care (mental health and substance use disorder treatment). Click on link for the rest of the article.

SPANISH RESOURCES

1.) ¿Qué es el consentimiento?
El consentimiento es dar permiso de algo o a alguien para algo, pero que tanto relacionamos el consentimiento con el darle el permiso a otros para que nos toquen. Como adultos, quizás no sea tan difícil manejar la situación, incluso los adolescentes pueden saber los límites del contacto o saber del tema y aun así, no sé si esto sea una garantía.
Hablemos del “consentimiento” con relación a nuestros niños, o mejor aún con nuestros seres queridos con discapacidades del desarrollo intelectual o habilidades diferentes.
Para la comunidad que su primer idioma es español o de origen Latinoamericano, es muy común pensar que nuestros seres queridos, por el simple hecho de que tienen una condición o un diagnóstico, vivirán con los padres “para siempre”. Quizás así sea, pero la verdad es que, las personas no esta con juntos las 24 horas los 7 días de la semana. Es ahí en donde comienza el dilema, porque aun cuando estén juntos siempre, nos olvidamos de aquellas personas que tienen muy pocas o nada de buenas intenciones para con nuestros seres queridos con discapacidad o peor aún con nuestros hijos.
Muchas familias, han expresado que es su peor temor al perder de vista a sus seres queridos o sus hijos pequeños. Lo peor del caso, es que el sistema no está preparado para hablar del tema. Existen programas para hablar del consentimiento o de relaciones saludables, pero esto son para aquellos que están en la preparatoria (highschool).
¿Pero qué hay de la prevención? Cuando hablamos del tema con los profesionales tales como: doctores, terapeutas y personal de la escuela, la información o recursos no son proveídos. Esto es porque, para comenzar, no tienen un currículo y después existen tantas leyes que, para evitar
conflictos de interés, estos profesionales solo se limitan a compartir con los padres unas cuantas palabras como ideas. Mientras que el sistema no esté preparado, es responsabilidad de los padres buscar información que se adapte a ellos para entablar esta conversación con sus seres queridos. Para muchos padres, no es una tarea fácil, ya que culturalmente hablar del tema es un tabú. Pero, aun así, están haciendo un esfuerzo, ya que existe el miedo de que un día en la escuela o en actividades sociales, sus seres queridos sean atacados por predadores. Esperando que el sistema despierta y toma en alta consideración la verdadera inclusión en el tema del consentimiento o relaciones saludables, las familias seguirán usando material que es para adultos jóvenes con sus seres queridos pequeños.

2.) ¡Hablemos de transición!
La transición puede ser la evolución o transformación de algo. El ser humano, vive en una constante transición desde que nacen, en diferentes etapas de sus vidas e incluso áreas. Para las personas con discapacidades del desarrollo o habilidades diferentes y sus familias, las transiciones son cruciales en su desarrollo, específicamente aquellas que están dentro del sistema escolar.
Todos los padres sueñan con verse a sus hijos graduados y realizados como profesionales, pero esto echo, puede verse truncado cuando nuestros hijos no tienen las habilidades de que tienen los estudiantes típicos. Hay leyes que protegen a los estudiantes que están en el sistema escolar como Ley para la Educación de Individuos con Discapacidades por sus siglas en ingles IDEA o Educación Pública Gratuita y Apropiada por sus siglas en ingles FAPE. Estas leyes deben ser implementadas mientras que los estudiantes se encuentran en el sistema escolar para que los lleve a lograr el éxito.
Es de suma importancia que los padres se involucren en la educación de sus seres querido, ya que los servicios no siempre son implementados en su totalidad. Esta es una realidad con la que vivimos muchos padres. Por eso razón, invitamos a los padres a crear conciencia y crear una buena relación con los maestros y personal de la escuela de sus seres queridos, crear una lista de preguntas que los pueda dar la información adecuada a la edad del estudiante, pero, además, siempre dar un paso adelante.
Existen programas de transición, pero muchos de ellos son implementados cuando los estudiantes ya está a punto de salir del sistema escolar. En el peor de los casos, muchos padres ignoran la existencia de estos o peor aún, los maestros no informan a los padres específicamente cuando estos padres no están involucrados. Hemos visto que, la mayoría de los estudiantes que han logrado el éxito deseado al graduarse, son aquellos que sus padres está más involucrados en la educación de sus seres queridos. Muchos profesionales ignoran que, esto se debe a que es una cuestión cultural, de idioma y comunicación. Ya que las familias cuyo primer idioma es el español, desconocen que existen estos servicios, recursos y oportunidades. Esto se debe a que, en Latinoamérica carece de estos programas o no existen. Así que, hay que reconocer que esto es un trabajo de equipo: estudiante, padres maestros y otros profesionales. El éxito no es solo del estudiante, el éxito debe ser un esfuerzo comunitario.
Lo más recomendado para un estudiante es que todo el equipo comienza el tema y trabajo de transición desde que el estudiante está en el grado 7. A este tiempo, podemos identificar los recursos y servicios para el estudiante, quienes son los profesionales que proveerán estos servicios o cómo nos conectamos con los recursos existentes. Y los más importante, hablaremos de las preferencias o que desea el estudiante para su futuro al graduarse del sistema escolar K-12.
NEW!
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Do you care for someone with a developmental disability and wonder about vaccination for yourself and the person you care for?

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We have 3 spectacular physicians volunteering their time to answer your deepest thoughts and concerns.

Flyers in: **English Spanish Vietnamese**

**Date:** April 7th, 2021 @ 6:00 pm - Click link below to register for the event:

[https://us02web.zoom.us/.../reg.../WN_oO2PxiTvT_7ly2Uhojbl5ww](https://us02web.zoom.us/.../reg.../WN_oO2PxiTvT_7ly2Uhojbl5ww)

**NEW! Intellectual Disability Among Greatest COVID-19 Risk Factors, Study Finds**

New research suggests that people with intellectual disability are about six times more likely to die if they contract COVID-19, a higher risk than almost anyone else.

**Updated caregiver definition - eligible caregivers eligible now in 1a**

The Department of Health has clarified the definition for caregivers eligible for vaccine to ensure more consistent and equitable access. Caregivers who meet this definition are eligible for vaccine in 1a as workers in health care settings. Specifically:

- Eligible caregivers (licensed, unlicensed, paid, unpaid, formal, or informal) who support the daily, functional and health needs of another individual who is at high risk for COVID-19 illness due to advanced age, long-term physical condition, co-morbidities, or developmental or intellectual disability. For the caregiver to be eligible, the care recipient:
  - Must be someone who needs caregiving support for their daily, functioning, and health needs.
  - Can be an adult or minor child. For dependent minor children, the caregiver is eligible if that child has an underlying health condition or disability that puts them at high risk for severe COVID-19 illness. For example: a caregiver of a minor child...
Prioritization of people with disabilities - eligible in Phase 1b, Tier 2 starting on March 22

The Department of Health has included individuals with certain disabilities that put people at high risk for severe COVID-19 illness in the next tier of eligibility. **People who meet this definition will be eligible for vaccine starting March 22.**

- Individuals with Down syndrome, a developmental disability, or an intellectual disability, or who are deaf/hard of hearing, blind/low-vision, or deafblind; AND that disability or an underlying medical condition increases their risk for severe outcomes per the CDC’s list of the conditions that put people at increased risk of severe illness.

If you have any questions:
- General COVID vaccine questions: covid.vaccine@doh.wa.gov
- Formal feedback on the vaccine prioritization and allocation: vaccine.engagement@doh.wa.gov
- Questions about the Collaborative: vax.collaborative@doh.wa.gov

Vaccine Information - Although children in general are at less risk from COVID-19, Children and Youth with Special Health Care Needs (CYSHCN) may be at increased risk for severe illness with COVID-19. **Linked is information** on options for accessing vaccinations in Washington State for CYSHCN, their families, and providers.

(Spanish)

Sobre la vacuna contra la COVID-19/Vaccine Information for Families with Children

Aunque los niños en general están en menos riesgo por la COVID-19, los Niños y Jóvenes con Necesidades Médicas Especiales (CYSHCN, por sus siglas en inglés) pueden estar en mayor riesgo de sufrir un caso grave de COVID-19.

*A continuación se presenta* información sobre las opciones para obtener acceso a vacunas en el estado de Washington para los CYSHCN, sus familias y sus proveedores.

**COVID-19 Vaccine Information:** From Children and Youth with Special Health Care Needs Program at the WA State Department of Health and Getting Vaccinated - **Spanish**

**Taking Care of Your Mental Health During COVID-19.** COVID-19 has many of us feeling isolated, but you can always take care of your mental health with self-care. Having a solid self-care routine can alleviate feelings of stress and bring you to a more positive place when things feel overwhelming. Our new blog post provides tips from the Mental Health First Aid curriculum on how to develop a self-care routine so you can #BeTheDifference for yourself during these uncertain times.

**Get Vaccinated to Protect Yourself, Family and Community:** American Indians and Alaska Indians are disproportionately affected by the COVID-19 pandemic.

**Coping with COVID:** Exhausted families.

**In a Pandemic, Elbow Touches Might Keep Us Going.** Can we find ways to touch outside our homes during the pandemic? One doctor says yes.

**Taking Care of Yourself.** Offers providers a list of ideas for self-care strategies to use after a difficult event. This checklist outlines the three basic aspects of self-care including awareness, balance, and connection.
COVID Stress Taking a Toll on Children’s Mental Health, *CDC Finds.*

Mental Health-Related Emergency Department Visits Among Children Aged <18 Years During the COVID-19 Pandemic-United States, January 1-October, 2020 | *CDC’s Morbidity and Mortality Weekly Report.*

HELPING CHILDREN WITH TRAUMATIC SEPARATION OR TRAUMATIC GRIEF RELATED TO COVID-19. *(PDF)*

Eviction Rent Assistance Program

Commerce’s *Eviction Rent Assistance Program* (ERAP), funded with federal CARES Act dollars, may prevent evictions by paying past due and current/future rent for people in distress due to COVID-19.

Rental assistance is provided through local housing providers in each community, not directly from Commerce. Please share this ERAP provider list with your network so community members who may be impacted know where to apply.

MENTAL/BEHAVIORAL HEALTH


2. Washington State Leadership Board’s Boundless Washington Overview

   Boundless Washington is an equity focused program that integrates fun, challenging outdoor activities with leadership training for young people with disabilities in Washington state. At capacity, the program will sponsor 20 middle and high school students to participate in the program. Launched in 2020, the program currently serves 9 students all over the state.... *(see more click on flyer with information)*


   This tip sheet explores stress and compassion fatigue, as well as signs of distress after a disaster. It covers strategies healthcare providers can use to reduce their stress during this time and information about coping with compassion fatigue.

4. Transitioning to Virtual Services and Support for Children and Youth with Special Health Care Needs and Their Families

   Clinicians, early intervention providers and other community service services providers and educators are having to quickly ramp up telehealth and online learning capacity during COVID-19. *(For the rest of the article)*

5. *Finding Your Way in Community: Free Online Mindfulness Groups for Parents and Caregivers* (Supporting each other through meditation and communication.)

7. Helping Children Thrive: Early Childhood Development & ACEs.

8. Youth Mental Health: Trends and Outlook.


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

Click for Fun and festive Easter Crafts and Food ...
...
to enjoy making and eating with family...

The Arc of Washington State
2638 State Avenue NE
Olympia, WA 98506
(360) 357-5596