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WA State Parent to Parent (P2P) Newsletter: April 2021

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MAY

MAY

Happy Mother's Day

MEMORIAL Day



This month, we have our annual Parent to Parent Coordinator's Training on May 19, 20 and 21. Our theme is **P2P SAVES THE DAY! Our Parent to Parent Super Heroes**. These 3-days will be filled with great learning and networking, while also reflecting about and practicing ways to care for ourselves. Topics for our 3-day training include: Strengthening Families/5 Protective Factors, Cultural Humility, Laughter Yoga, music and mindfulness. We also have a special session where P2P Coordinators will provide training around specific programming they have had success with in their programs. This is called Coordinators and Teachers (CAT!). Although we have just 5 Coordinators leading these sessions, I KNOW every Coordinator in our amazing network has strengths and skills that could be shared! P2P Coordinators have a PhD in lived

experience, compassion, connection, time and resource management, and so much more. This makes **EVERY COORDINATOR A LEADER AND EXPERT** ... providing supportive connections and information that engage and empower parents and caregivers as they raise their children.

So, put your capes on P2P and fly high... you are making a difference in the lives of children with special health and developmental needs and their families, you are SAVING THE DAY!!!

Welcome, Luz Cobian (New Multi-cultural Coordinator for Snohomish) and goodbye Rosmeyri.

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!

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 Edgar Arboretum's Parent to Parent Story](#).



CONFERENCES / SEMINARS

Special Fathers Network Virtual Conference **Saturday, May 15th**

This conference will take place out of Chicago so workshop times shown on the website will be two hours earlier for us in WA. FYI, several WSNF members or affiliate members will be presenting:

- Bill Scott and Jason Hsieh on Overcoming Denial
- Jeremy Kredlo and Lance Morehouse on Early Intervention
- Shayla Collins, wife of member Marcus Collins, on Mindfulness
- Nelson Rascon on IEPs & Advocating for Your Child

May and June sessions of [Telling Your Story with a Purpose](#)

Dates and Times are listed on flyer ([linked](#))

Events are Free, [Registration is required](#), Space is limited. Please register at <https://fathersnetwork.org/telling-your-story-with-a-purpose-workshop> Shortly after registering you will be sent workshop materials and a Zoom link for joining the workshop.

DSHS Developmental Disabilities Administration is pleased to present the 2021 Virtual Community Summit: Thriving Through Equity, Resilience & Inclusion

April 29, 2021–June 30, 2021

DSHS' Developmental Disabilities Administration and Department of Vocational Rehabilitation, along with our partners Wise and Washington State Counties are pleased to announce the 2021 Community Summit Webinar Series & Resource Fair!

The 9th annual Community Summit will be held on a virtual platform that will launch on April 29. Weekly webinar sessions will begin on May 6 and continue through June 24, 2021.

Join us for presentations, social events, and panel discussions addressing *Resilience, Equity, and Inclusion*. Webinars are free of charge and open to all who share the Community Summit goals of creating more inclusive communities in the state of Washington.

[Register here](#)

Life as a Context - HCPBS

May 26th 2021

12:00 pm EST

Dr. Richard S Amado will present rationale and the value for using person centered practices in the development of positive supports. ([see flyer](#))

The webinar will include the following:

- 1) Professional standards and person centered practices
- 2) Life as a context
- 3) PBS and PCP logical connection
- 4) Using person centered practices in the practice of positive supports

[Register here](#)

RESOURCES

1.) A color-coded map illustrates which Washington Counties are currently open for **Benefit Planning Services through Benefit U**. [Click on your county](#), if available, to book a new customer intake meeting and fill out the necessary intake forms. [BenefitU home page](#) for more information and resources.

2.) The Social Security Administration asked us to share the following [blog article](#) from Commissioner Andrew Saul regarding our work reaching vulnerable populations during the COVID-19 pandemic. With the pandemic, families are unable to visit their local SS office for support.

3.) The [Center for Change in Transition Services \(CCTS\)](#), in collaboration with the [Washington State Department of Social and Health Services](#) and [Division of Vocational Rehabilitation \(DVR\)](#), invites you to join us for our first virtual transition forum, **Voices of Change: Practicing Inclusive Pre-Employment Transition Services**.

Voices of Change seeks to highlight innovative and intersectional approaches to preparing students

with disabilities, including those with IEPs and 504 plans, for postsecondary education, employment, and independent living.

Featuring live and on-demand speakers, panels, and networking events, this is an opportunity to expand our collective vision of transition services and best practices. Washington state adult agency staff, educational staff, administrators, parents and caregivers, and youth with disabilities are eligible and encouraged to attend.

Thanks to DVR's sponsorship, there are no fees to register. Eligibility restrictions apply.

Visit www.cctsForum.com for details.

[Flyer for more information](#)

4.) [Smart911 to support State of Washington compliance with the Travis Alert Act](#)

Smart911 is deployed across several of Washington's most populated regions, such as the City of Seattle, Snohomish County, Thurston County, Yakima, and others.

Smart911 collects citizen-provided, crowdsourced data across the state and the nation inside its' national access and functional needs registry. This resident-provided data includes information on individuals and households, including populations with access and functional needs, including cognitive conditions such as autism, mental health conditions, populations with comorbidities, or other underlying conditions that make them higher risk for COVID-19, domestic violence, and many more.

Smart911 national access and functional needs registry will enable Yakima County to comply with the Travis Alert Act improving call outcomes and citizen and first responder safety.

<https://www.ravemobilesafety.com/marketing-portal/government/smart911-wa>

5.) April is 9-1-1 Education Month [Smart 9-1-1 Day \(April 30th\)](#)

In 2008, the United States Congress recognized April as National 911 Education Month. The goal of this month-long campaign is to educate the public about how and when to call 9-1-1, emphasizing local technological capabilities such as and Smart911, text-to-911, and NG911.

During this month, we also take the opportunity to thank our *Public Safety Telecommunicators* for their service and celebrate Smart911 Day by encouraging your community to sign up for Smart911 by April 30, 2021.

[video](#)

6.) Moving from Burnout to Wellness for Providers and Advocates, May 13, 9-10:30 a.m.

<https://hmprg.org/events/webinar-moving-from-burnout-to-wellness-for-providers-and-advocates/>

7.) To Lead Better Under Stress, Understand Your Three Selves.

<https://hbr.org/2021/03/to-lead-better-under-stress-understand-your-three-selves>

8.) Why Navigating Emotions in the Workplace Matters.

<https://www.mindful.org/why-navigating-emotions-in-the-workplace-matters/>

9.) The Developmental Disabilities Council (DDC) needs your feedback on our draft 5-Year State Plan. It is posted publicly for 45 days (until June 18th). Please check out our summary document, take a short survey to tell us what you think, and share widely with your networks:

<https://ddc.wa.gov/draftstateplan/>

The materials are available in English, Spanish, Vietnamese, Chinese, Russian, and Somali. There is also a *video* available in English. [Here is a link to our Facebook post](#) if you would like to share on your personal page.

If anyone needs support with the survey or prefers to give comments a different way, please contact us: brian.dahl@ddc.wa.gov or 253-208-1642

10.) To Lead Better Under Stress, Understand Your Three Selves.

<https://hbr.org/2021/03/to-lead-better-under-stress-understand-your-three-selves>

1.) **Currículo de Telemedicina** - Como parte de un premio en telesalud de la Ley CARES 2020 de HRSA, Family Voices National creó un currículo de telemedicina titulado “Los aspectos básicos de la telemedicina: Elementos esenciales para una experiencia centrada en la familia.”

2.) **Que es el autismo?** El autismo, o trastorno del espectro autista (TEA), se refiere a una amplia gama de afecciones caracterizadas por desafíos con habilidades sociales, comportamientos repetitivos, habla y comunicación no verbal. Según los Centros para el Control de Enfermedades, el autismo afecta a aproximadamente 1 de cada 54 niños en los Estados Unidos hoy en día....

<https://www.autismspeaks.org/que-es-el-autismo-espanol>

3) “Cuando Abogamos Eficazmente”

Se termina la sesión legislatura, pero no el tiempo de abogar por nuestros derechos civiles, como muchos piensan. Para las familias que tenemos seres queridos con necesidades especiales o condiciones médicas o discapacidades desde el desarrollo, esto es más bien cómo el pan de cada día. Es fácil asumir que esta comunidad se les dan los servicios y todo recurso en bandeja de plata o como si fueran a un bufé de comida (dicho típicamente latino), pero no es así. Las familias y aquellos que cuidan de sus seres queridos están en una lucha constante. Es verdad que la sesión legislativa tiene una fecha en la cual rigen las leyes del cómo se administraran los fondos para los servicios para los constituyentes o todo aquel que vive en el estado, pero ahora viene la implementación de gastos de todos esos fondos.

En la implementación de gastos, cabe destacar que, usan un lenguaje único en el cual parece que hay que descifrar formulas mágicas, pero la magia esta en hacer acto de presencia, siempre preguntar, pero sobre todo tener la firme convicción de que nuestros seres queridos recibirán los servicios que ellos necesitan de acuerdo con las leyes, pero más que nada a sus necesidades.

Todo esto nos lleva a la tarea de encontrar las herramientas y “habilidades” personales que nos puedan llevar a lograr lo cometido. Y para esto, hay unas bases de datos las cuales muchos agencias y organizaciones cómo **The Arc of WA** se dan la tarea de crear para empoderar a los constituyentes (personas que residen en el estado).

Dentro de esas bases podemos encontrar los siguientes pasos:

- Reconocer cual su distrito en el cual viven
- Identificar sus oficiales electos e información de contacto
- Informarse de las leyes que se regirán
- Preparar una carta con su introducción, Agradecer el trabajo del representante,
- Identificar el tema por el cual está contactando a su representante
- Ser claras o claros con sus peticiones y estar preparados para la respuesta.

Ahora bien, cuando los servicios son requeridos de calidad urgente, es muy común y fácil saltar cualquier paso de los antes mencionados. Por esa razón, los invito para que sigamos en constante comunicación para informarnos de que es lo que acontece con los recursos y servicios.

Conocer mejor a nuestros oficiales electos y ver cuales son sus temas de interés, ya que ellos se inclinarán más lo que les interesa, pero también a los que sus constituyentes les solicitan. No está por demás el comunicarles que, muchos de nuestros representantes no saben cómo funcionan los servicios y recursos las nuestras comunidades de seres queridos con necesidades especiales. Así que, debemos de darnos la tarea de informales con claridad que servicios necesitamos, como los necesitamos, para que los necesitamos y cómo la comunidad se beneficiaría con estos servicios.

Al final de todo, todos estamos trabajando en comunidad por el bien común. En el cual nuestros seres queridos pueden tener una mejor calidad de vida, integral, con inclusividad y equidad como cualquier otro ser humano. Tal y como dicen las leyes por las cuales aportamos trabajando, pero sobre todo abogando “abogando eficazmente”.

4) “Humildad Cultural”

Cuando escuche de este tema de la **humildad cultural**, me pareció algo confuso. ¿Porque me pareció confuso? Primero, porque es algo que en nuestra cultura es un valor que como emigrantes practicamos todos los días para poder integrarnos en otras culturas y por supuesto en un nuevo país que no es el nuestro y al cual hemos decidido vivir y empezar de cero. Lo mas interesante es que, no le damos al nombre de lo que para nosotros es ovio. Esto tiende a asumir o dar por hecho algo que deberíamos de recibir por otros (especialmente por profesionales) por el simple hecho de que nosotros lo hacemos.

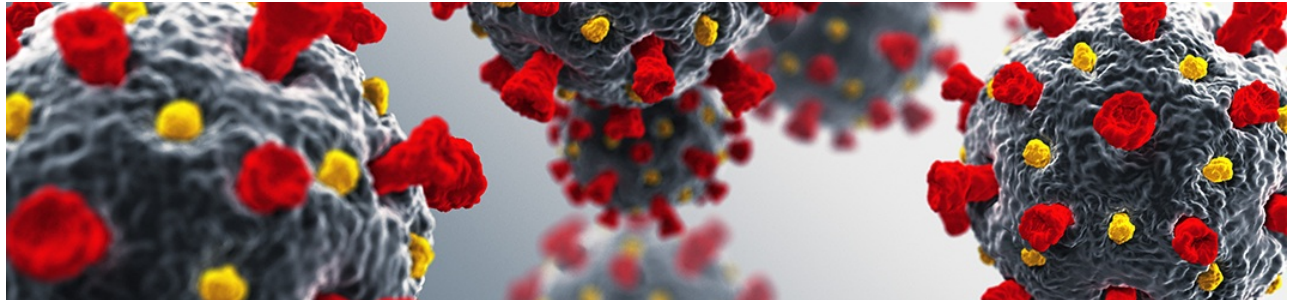
Debido a que no hablamos mucho del tema, muy poco lo reconocemos, pero no significa que sea algo de lo que no podamos comenzar a hacer y reconocer.

La humildad cultural de acuerdo con lo que yo Patty G la mujer entiendo es, reconocer mi identidad, experiencias, reflexión personal, valor la equidad, integración e inclusión en donde yo me paro, o trabajo o con la comunidad en donde vivo. Respetando los valores de otras culturas, es especio, pero sobre todo validando nuestras habilidades como ser humanos. Entendiendo que todos tenemos nuestras propias barreras y formas de procesar lo que acontece a nuestro alrededor, pero,

sobre todo, como usamos los servicios a los cuales quedemos acceder o estamos solicitando.

Se que estoy aprendiendo este nuevo concepto, sobre todo a nombrarlo, pero me encantaría crear más espacios en los cuales juntos podemos aprender mas acerca de este tema y caminar juntos en esta jornada. Algo con lo que por muchos años me encontré lidiando, fue con la idea de pensar que era ignorante. Ahora puede reconocer que simplemente no tenía acceso a dicha información, es por eso que creo que deberíamos crear mas espacio en nuestro idioma para hablar del tema. Pero también pienso que la sociedad tiene responsabilidad al no proporcionar oportunidades equitativas de acceso a dicha información. Como profesional, me siento responsable al crear espacios para la comunidad para que tengan acceso a la información que yo he tenido para alimentar el conocimiento, nuestras habilidades profesionales, y humanas.

Crear concientización en relación con el tema es una responsabilidad comunitaria, y de alguna manera deberíamos empezar o continuar, si es el caso (para no asumir). Así que, por esta razón es que estoy usando esta plataforma para compartir la iniciativa para la concientización de reconocer del tema, pero, sobre todo darles el espacio a otros para hablar y compartir.



COVID - 19 RESOURCES

[Archived COVID-19 Resource Links](#)

NEW! [DOH Homebound Service Access for COVID-19 Vaccines](#)

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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.

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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 with Down syndrome.

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.

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[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.

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[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.

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Care Connect Washington -

<https://www.doh.wa.gov/Emergencies/COVID19/CareConnectWashington>

.....
Facemask Guideline ([English](#))

.....
Facemask Guideline ([Spanish](#))

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. [\(PDF\)](#)

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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

1. [Phases of Disaster](#) - Adapted from Zunin & Myers as cited in DeWolfe, D. J., 2000. Training manual for mental health and human service workers in major disasters (2nd ed., HHS Publication No. ADM 90-538). Rockville, MD: U.S. Department of Health and Human Services, Substance Abuse and Mental Health Services Administration, Center for Mental Health Services. [\(pdf format to share\)](#)

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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.... [\(see more click on flyer with information\)](#)

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3. [Tips for Healthcare Professionals: Coping With Stress and Compassion Fatigue](#).

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.

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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. [\(For the rest of the article\)](#)

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

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6. [Mental health symptoms in school-aged children in four communities](#).

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7. [Helping Children Thrive: Early Childhood Development & ACEs](#).

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8. [Youth Mental Health: Trends and Outlook](#).

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9. [Health Equity - Are We Finally on the Edge of a New Frontier?](#) ([New England Journal of Medicine](#)).

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 [Mexican Recipes](#) To Spice Up Your Cinco De Mayo Celebration with family and friends...

The Arc of Washington State

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