Recently, Washington State Parent to Parent compiled county program data for our year-end report (July 1, 2020-June 30, 2021) to the Developmental Disabilities Administration. With the Pandemic, we expected to see decreases in many of the services and supports that Parent to Parent provides. That wasn’t the case, however, and for many of our services where we actually saw an increase (see chart above).

Parent to Parent was a life-line of support and information to families who had amplified needs during the Pandemic, providing the following:

- parent/caregiver support through peer support matches
- sibling support
- care and resource coordination/linkages to community services

<table>
<thead>
<tr>
<th>Activity</th>
<th>2019-2020</th>
<th>2020-2021</th>
</tr>
</thead>
<tbody>
<tr>
<td>Parent/caregiver connections</td>
<td>18,381</td>
<td>27,786</td>
</tr>
<tr>
<td>Parent/caregiver matches</td>
<td>620</td>
<td>663</td>
</tr>
<tr>
<td>Social Media ‘followers’</td>
<td>17,225</td>
<td>21,417</td>
</tr>
<tr>
<td>Mailing Lists</td>
<td>38,839</td>
<td>44,454</td>
</tr>
</tbody>
</table>
- parent/caregiver training, including the following topics: PAVE, DD Ombuds, OSPI, DDA, DVR, Arts and Crafts Classes, Mindfulness and Meditation, COVID-19 Vaccine, Guardianship/Power of Attorney/Supported Decision Making, long-term care planning, ABA and Positive Behavior Support and more!

We are so incredibly thankful to our Parent to Parent Coordinators... 50+ individuals who lead their programs with **PASSION** and **COMPASSION**, ensuring families raising children with developmental disabilities and/or special health care needs are getting the help they need to **take the next step**.

Welcome to Families Together serving Lincoln/Whitman Counties with Trina Cooper, ED and Beth Ficklin, Outreach/Program Coordinator. Also to Jen DeShon, new Coordinator for San Juan County and Okanogan Behavioral Healthcare serving Okanogan County.

Sad to say goodbye to Hannah Tello (Ferry, Stevens & Pend Oreille Counties), Jeanine Larson (San Juan County), Lynnea Rimando (Snohomish County) and Gloria Urness (Yakima County).

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

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!

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**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 Stacy Powell’s Parent to Parent Story.**

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**Passion Drives Special Ed Teacher To 55-Year Career Helping Kids**

SPOKANE, Wash. — Joy Chastek is 78 years old and still works up to 15 hours a day. An educator for 55 years, Chastek has devoted the last 40 to the special education students at Longfellow Elementary School in northeast Spokane. (*and for the rest of the story...*)
CONFERENCES / SEMINARS & SPECIAL EVENTS

WSLI Online Conference - 2021 Hand in Hand: Coming Together to Support Diverse Families (see flyer below for more info)
August 24th 8:30 till 12:00 (noon)
Free Registration: 2021 Washington State Leadership Initiative (WSLI) Conference Registration (tfaforms.com)

2021 WSCC Virtual Parent/Caregiver Weekend Training - SAVE the DATE!
"We Are S.H.A.R.P." Strong, Hopeful, Amazing, Resilient, and Powerful!
Friday, September 17 - Sunday, September 19
(starts at 5pm on Friday and ends at 1:30pm on Sunday)
This is a virtual event to be held over Zoom.
(We will have an official Save the Date and registration details out soon!)

RESOURCES

1.) USICH Releases Step-by-Step Guide for People At Risk of Eviction - Federal Eviction Moratorium Expires This Week
WASHINGTON - The U.S. Interagency Council on Homelessness (USICH) published a comprehensive step-by-step guide to prevent people at risk of eviction from losing their homes.

The federal eviction moratorium expires this week, July 31, and according to the latest Household Pulse Survey, more than 3.5 million renters are very or somewhat likely to be evicted this summer.

The American Rescue Plan offers unprecedented eviction prevention assistance, but most people aren't aware of it. It included:
$21.5 billion for emergency rental assistance operated by the Treasury Department; and
$5 billion for emergency housing vouchers operated by the Department of Housing and Urban Development.

Last week, the Treasury Department announced that it distributed more emergency rental assistance in June (more than $1.5 billion) than the three prior reporting periods combined. Still, the agency stressed that “funds are still not flowing fast enough to renters and landlords.”

During the most recent USICH meeting, Gene Sperling, the White House coordinator for the American Rescue Plan, emphasized the "economic and moral obligation" to prevent evictions.

“We all have an economic and a moral obligation to do everything in our power to have policies in place to cope with the end of the eviction moratorium,” said Sperling.

The USICH guide includes a flyer and helps people take advantage of not just emergency rental assistance and emergency housing vouchers but also:

· state and local moratoriums;
· legal and housing aid;
· food assistance;
· mutual aid;
· economic impact payments;
· child tax credits;
· and more.

2.) Have you heard of the 6040 No Paid Services Project?
The Developmental Disabilities Administration (DDA) is pleased to introduce the 6040 no-paid services project. Directed by 2020 Substitute Senate Bill 6040, DDA is connecting with people who are enrolled with DDA but not receiving a paid service. This project will help DDA find out what needs people might have. For more information please see the attached fact sheet.

Flyer for more information - 6040 No-Paid Services


EDI Strategic Listening Sessions
Developmental Disabilities Administration
August 2, 2021

Dear Partners and Stakeholders:
In the next several weeks you have a couple opportunities to share your ideas on how state agencies can better identify and address opportunity gaps and inequities. Governor Inslee is committed to ensuring that Washington State prioritizes outreach efforts that underscore the value of equity and inclusion. Through the Washington State Office of Equity, he has asked all state agencies to gather collective wisdom from stakeholders, families and clients to co-create a five-year equity strategic plan that helps Washington to bridge opportunity gaps and reduce disparities. Your feedback will assist the new state Office of Equity and DSHS to help guide positive change.

You can share your voice in the following ways:
1. Listening Sessions hosted by DDA and DDC:
DDA and Developmental Disabilities Council are hosting Community/Stakeholder Equity Strategic Planning Listening Sessions. See the time, date and registration information below.

Date: Monday, Aug. 23, 2021
Time: 5 to 8 p.m. PST
Zoom Registration Link: https://dhs-telehealth.zoom.us/j/87536021383?pwd=N0J5R25SOU1jSFpMQ1dCRUtEQXY4dz09
Meeting ID: 875 3602 1383
Passcode: 903868
One tap mobile
+12532158782,,87536021383#,*,903868# US (Tacoma)
Accessibility: Language interpretation, sign language, closed captioning and Communication Access Real-Time Translation services are available upon request. If you need any other reasonable accommodation to engage during the listening session, please let us know as soon as possible, or no less than 10 days prior to the scheduled time. You may make your request by emailing chanjk@dshs.wa.gov.

2. Survey to share ideas:
Please complete the Office of Equity survey using the link below. In addition to attending one of our listening sessions (or if you are unable to attend our listening sessions), please take the time complete this survey:
https://forms.office.com/Pages/ResponsePage.aspx?id=F-LQE4mCkCIOFJcwSfjXLXOgalIVgZWNrI/8ST9dLBpUOUtPNUdESj1VUUIW9ZEpXUkbBNTEwM54u

Survey Requests: Please send your comments, requests and questions about the survey and survey accessibility, including language translation, screen readers and font sizes, to equityinfo@wa.gov.

About the Washington State Office of Equity: The newly created Washington State Office of Equity was established by the Legislature and signed into law in April 2020 because the Legislature found that:

- The population of Washington state has become increasingly diverse over the last several decades.
- As the demographics of our state change, historically and currently marginalized communities still do not have the same opportunities to meet parity as their non-marginalized counterparts across nearly every measure including education, poverty, employment, health and more.
- Inequities based on race, ethnicity, gender and other characteristics continue to be deep, pervasive and persistent, and they come at a great economic and social cost.

SPANISH RESOURCES

1.) ¿Ya Me Vacuné y ahora que hago con la Tarjeta?
Mucho se habla de la vacuna del covid de quien es elegible, quien no y porque no son elegibles. Ahora dentro de la pandemia, la gran preocupación es la variante DELTA y como esto nos estará afectando con vacuna o sin ella. Existe mucha información que se actualiza día con día y esto causa mucha conmoción dentro de la comunidad. Creo que uno de los factores a considerar aquí es la credibilidad. Eso es lo que más preocupa. Pero dentro de toda esa incredulidad, existe la inacción de muchos que aún no se han vacunado. Muchos comentan estar preocupados por las condiciones del desarrollo de sus seres queridos con discapacidad y circunstancias médicas, lo cual se respeta. Es de suma importancia, informarnos e ir paso por paso combinado con el sentido común. Como padres, podemos reconocer que es lo mejor para nuestros hijos, aunque algunas decisiones son extremadamente difíciles de tomar en cuanto a su salud. Si ya es difícil encontrar los servicios adecuados para ellos y ver que el sistema no ha sido tan eficiente en lo que se refiere a recursos existentes, ah ora con todo esto de la pandemia, todo ha sido mucho más difícil.
Peró dentro de lo difícil, hablemos de los pasos a seguir si ya estamos vacunados. A todos se nos ha entregado una tarjeta como comprobante, lo cual muchos no sabemos que hacer con ella. Sí, así es, yo misma no sabía que NO era recomendable publicar mi información personal en las redes sociales. Afortunadamente, le hice caso a mi sentido común y no la publique. Pero la verdad no la guarde, la deje en el carro, increíble, pero cierto.
Ahora que deseo participar en actividades recreativas, sociales o viajar, me la están pidiendo. Al
principio, no recordaba donde la tenía y por fin después de varios días y horas buscando, la encontré (en el carro).

¿Les suena esto familiar? Ojalá que no, pero si es así, hay formas de mantenerla segura y a la mano. Antes de continuar, NO la tire. Tómele una foto “por los dos lados”.

¿Qué pasa si ya no tiene su tarjeta de vacunación de los CDC? Siempre hay forma de recuperarla, y antes de que eso suceda, registrese de forma gratuita creando una cuenta en: MyIR. Claro, hay que seguir unos pasos para registrarse en esta cuenta, pero para evitar cualquier dificultad, siempre es mejor informarse y prevenir que lamentar.

2.) ¡Qué hacer cuando los profesionales no escuchan!
A diario escuchamos de las familias las preocupaciones de los padres cuando reciben el diagnóstico de sus seres queridos. Muchos nos cuentan que, es como entrar a un mundo nuevo, desconocido e incierto y si a eso le aumentamos las barreras del idioma, reconocer como funciona el sistema, los recurso, ni hablar del estigma y creencias que tenemos culturalmente hablando. Cada padre le da su propia definición de tener un miembro en la familia con discapacidad del desarrollo y/o condiciones médicas. Hay que ser respetuosos con ese aspecto, ya que en esto influyen emociones y sentimientos. Cada persona tiene su propia forma de asimilar el diagnóstico y como viven con ello. Esto no significa que no le dan la valides que se merece, significa que TODO ser humano tiene su tiempo de como lo asimila. Y mientras que eso sucede, muchos nos encontramos con diferentes historias “muy validas” por cierto, de cómo viven cada día, de como tienen que aprender a manejar los servicios, recurso que existen en las áreas en donde viven. Es increíble, pero cierto que todo depende de que ciudad, condado o esta radican, para acceder a servicios y recursos, incluso para recibir atención médica y sus terapias esenciales. Y hablando de atención medica y sus barreras, aun en el 2021 muchas familias todavía tienen muchas barreras de comunicación con los profesionales. Hay muchas familias que los profesionales son los que sospechas de la discapacidad de los niños o adolescentes, y en base a eso, recomiendan a los padres para que hagan evaluar a sus hijos. Pero no siempre es así. Muchas familias duran años para que los profesionales los escuchen. Son estas familias que ven con mucha preocupación el bajo rendimiento en el desarrollo de sus hijos o seres queridos. Aun cuando hay programas del gobierno que trabajan arduamente para que esto disminuya, al parecer, no todos vamos de la mano. Los padres tienen que tomar muchas puertas e incluso suplican a los profesionales que los ayuden a encontrar las causas del bajo rendimiento de sus hijos. En otras circunstancias, esto se debe a que los niños son imperativos y los profesionales lo toman a la ligera como parte personal del desarrollo y personalidad del niño. Sin duda alguna, hay mucho trabajo comunitario que hacer para que esto pare o disminuya. Por esta razón, hay estar informados y preparados con información que nos pueda ayudar a dirigir y guiar a estas familias, para así disminuir estas experiencias. Existen instituciones a las cuales las familias deben ser conectadas o referidas como Washington State Department of CHIDREN, YOUTH & FAMILIES. Lo ideal y lo mas recomendable, siempre es edificar una buena comunicación con los profesionales, para empezar, pero si esta no funciona, que otros lugares les pueden ayudar a estar preparados para hablar con sus profesionales, conocer más como solicitar una evaluación y aprender mas del tema. El programa de Padre a Padre también es un excelente recurso para conectarse. Este no esta en todos los condados del estado de Washington, pero siempre haremos uso de la tecnología para estar informados y conectados. Pero si el idioma no es un problema para usted, también puede conectarse con el programa en línea Parent to Parent WA. Recuerden, no están solo y la educación y salud de nuestros hijos no se deben tomar a la ligera. Y por último, si desea aprender más de los signos que le ayudaran a entender mas el desarrollo de sus hijos o seres queridos, también hay excelente información a considerar tal como Factores de riesgo y signos de alerta temprana.
Archived COVID-19 Resource Links

New! Delta: las 5 mutaciones que hacen a esta variante del coronavirus más contagiosa y preocupante

COVID-19 News: DOH is launching a new mobile COVID-19 vaccination effort called Care-A-Van. Community partners and local health jurisdictions can submit a request to have the DOH Care-A-Van at their event. DOH will prioritize events serving communities disproportionately impacted by COVID-19. [https://www.doh.wa.gov/Emergencies/COVID19/Vaccine/CareAVan](https://www.doh.wa.gov/Emergencies/COVID19/Vaccine/CareAVan)

Pandemic continues to impact children's mental health. Here are resources in Washington to help. [https://www.king5.com/article/news/health/mental-health-resources-for-teens-children-washington-state/281-739c05c7-7c42-408f-98db-d216ef556668](https://www.king5.com/article/news/health/mental-health-resources-for-teens-children-washington-state/281-739c05c7-7c42-408f-98db-d216ef556668)

DOH Homebound Service Access for COVID-19 Vaccines

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.

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](https://www.doh.wa.gov/Emergencies/COVID19/Vaccine/CareAVan) on options for accessing vaccinations in Washington State for CYSHCN, their families, and providers.

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.

Care Connect Washington -
https://www.doh.wa.gov/Emergencies/COVID19/CareConnectWashington

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)

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.

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 Holidays to Enjoy in August with family and friends… I really like the idea to celebrate Son and Daughter Day August 11th.