Summer is officially here! Parent to Parent programs across Washington State continue to offer amazing support and training opportunities for families raising children with special needs - most of these continue to be virtual, but some programs are beginning to offer small, in-person
gatherings. As our year-end report is prepared, I’m reminded of all that we have accomplished during this pandemic year! We are serving families in communities, while also strengthening our structure at the state level - examples of this include the recently launched Spanish language Parent to Parent Facebook group, and work around updating/refreshing our Mission, Vision and Values.

We’re so appreciative of our coordinators, sponsoring agencies and local and statewide partners that make the life-changing work of Parent to Parent possible. THANK YOU!

Sadly, we are saying goodbye to Saoirse Rose (P2P Coordinator for Spokane County), Jennifer Dodge (P2P Coordinator for Okanogan/Ferry Counties) and Gail Lampers (Klickitat County).

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 Kelly Lattimer’s Parent to Parent Story.

CONFERENCES / SEMINARS & SPECIAL EVENTS

THE 12TH ANNUAL "CHRISTMAS IN JULY”
WALK-N-ROLL FOR SPINA BIFIDA
JULY 1st - 24th, 2021

We are excited to once again host our annual WALK-N-ROLL fundraiser event this July! In order to keep our community safe, this year’s event will again be planned as a VIRTUAL Walk-N-Roll. But, that certainly won’t stop the fun! Rather than coming together in person, we will be working in our small teams to complete 25/50/100 mile challenges. The event will run from July 1st through July 24th, and the miles completed by each team member will count toward your grand total. That’s 24 days of team camaraderie, and 24 days of awareness raising!

Begin building your team now! Invite people to join you. Post on social media. Design costumes.
Share photos. Raise awareness... All while raising funds to support the Spina Bifida community in our state!

There is a minimum $20 cost per team to participate.

The annual Walk-N-Roll is a non-competitive, fitness fundraiser open to individuals of all ages and abilities. Families and friends come together each year to celebrate this "Christmas in July" themed event and to raise funds to support the Spina Bifida community.

Register: 12th Annual Walk-N-Roll for Spina Bifida (frontstream.com)

WEBINARS

How The Office of the Education Ombuds Can Help You – Read This Editorial and Learn More at an Upcoming Webinar

In this editorial from the Seattle Times, Sarah Butcher, Dawn Rains and Jacob Vela discuss how the Office of the Education Ombuds help families and why it needs to be supported. You can learn more about the Office of the Education Ombuds at an upcoming free virtual webinar hosted by the WA State Fathers Network on July 6th from 6:30-7:30 p.m.. The webinar is called An Introduction to the Office of the Education Ombuds and Resources for Parental Advocacy, presented by Jinju Park, Senior Education Ombuds. Register for this and other webinars in the series here.

RESOURCES

1.) Parents/Caregivers of Children and Youth with Epilepsy

The National Coordinating Center for Epilepsy (Center) is seeking your expertise as a parent/caregiver of a child with epilepsy as part of our national needs assessment regarding the health care of children and youth with epilepsy (CYE). The mission of the Center is to support those working to improve access to coordinated, comprehensive, quality care for CYE, particularly in medically underserved and/or rural areas across the life-course. As part of its Innovations in Access to Care for Children and Youth with Epilepsy project, the Center is offering two opportunities for parents/caregivers to participate in this needs assessment project. You can participate in a focus group, complete an electronic survey, or do both.

Survey: If you would like to share your feedback via a brief, anonymous electronic survey, please follow this link: https://www.surveymonkey.com/r/YB2J5FL. The survey is administered through SurveyMonkey, and participation should take less than fifteen (15) minutes. There is no compensation to complete the brief and anonymous survey.

If you have any questions or would like additional information about this project, please contact staff project lead Victoria Rivkina at 630-626-6490 or epilepsy@aap.org.

2.) Young Adults (18+) with Epilepsy

The National Coordinating Center for Epilepsy (Center) is seeking your expertise as a young
adult with epilepsy as part of our national needs assessment regarding the health care of children and youth with epilepsy (CYE). The mission of the Center is to support those working to improve access to coordinated, comprehensive, quality care for CYE, particularly in medically underserved and/or rural areas across the life-course. As part of its *Innovations in Access to Care for Children and Youth with Epilepsy* project, the Center is offering two opportunities for young adults to participate in this needs assessment project. You can participate in a focus group, complete an electronic survey, or do both. You must be 18 years of age or older and have been diagnosed with epilepsy to participate in this project.

**Survey:** If you would like to share your feedback via a brief, anonymous electronic survey, please follow this link: [https://www.surveymonkey.com/r/YHC7KGB](https://www.surveymonkey.com/r/YHC7KGB). The survey is administered through SurveyMonkey, and participation should take less than fifteen (15) minutes. There is no compensation to complete the brief and anonymous survey.

If you have any questions or would like additional information about this project, please contact staff project lead Victoria Rivkina at 630-626-6490 or [epilepsy@aap.org](mailto:epilepsy@aap.org).

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3.) *Supporting Students with Chronic Conditions in School-Based Out of School Time Programs.*
Click on link above for more information.

4.) *Four Ways to Calm Your Mind in Stressful Times* [https://greatergood.berkeley.edu/article/item/four_ways_to_calm_your_mind_in_stressful_times](https://greatergood.berkeley.edu/article/item/four_ways_to_calm_your_mind_in_stressful_times)

5.) *5 Facts on Moms, Work and COVID-19.* [https://blog.dol.gov/2021/05/06/moms](https://blog.dol.gov/2021/05/06/moms)

6.) **Racial Equity Resources for Healthcare, Education and Communities.** The healthcare and education systems in America typically provide inequitable solutions for poor communities and people of color. In higher education, we believe knowledge is power, and informed action is key.
Therefore, we have provided this simple resource list containing data, scholarly articles, resources specific to the healthcare field and resources for higher education. While our list is by no means exhaustive, we hope that you find our resources useful, and that they may spark conversation in your workplace or in your community. (Click on link below)
[https://www.fastonlinemasters.com/affordable/nursing/healthcare-equity-resources/](https://www.fastonlinemasters.com/affordable/nursing/healthcare-equity-resources/)

7.) *Reaching out from University of Washington Professional & Continuing Education* about a scholarship opportunity for local adults.

To help more local people access skills needed for today’s in-demand jobs, the *UW Certificate Scholarship* breaks down the barrier of cost by covering over 80% of the program fees.

Please help us spread the word to those who could benefit in the community.
- The application window is open now for programs starting this fall.
- Scholarship deadline: July 15
- [https://www.pce.uw.edu/uw-certificate-scholarship](https://www.pce.uw.edu/uw-certificate-scholarship)

**Social media post:**
For those looking to build new skills and career options, check out #UWCertificateScholarship for local adults. Need-based scholarships for 20+ Business, Tech & Marketing certificates starting this fall.

8.) *SafeinHome* now works with Washington State Developmental Disabilities Administration to provide safety support services in client’s homes.
Talk with your DDA Case Manager for more information or to find out if your child is eligible.
Safe in Home You tube channel: [https://www.youtube.com/channel/UCwbjOYylt4HylZ-CBYoihQ](https://www.youtube.com/channel/UCwbjOYylt4HylZ-CBYoihQ)

9.) **Special Education Recovery Services Explained**
Special education recovery services can help students with disabilities whose learning was interrupted by missed or delayed services, or for other reasons as the result of the COVID-19 Pandemic.
Learn how it works and what it looks like in our newest *informational bulletin.*

10.) **Healthy Relationships: A Foundation for Living**
The ability to make and have healthy relationships is vital to emotional well-being and personal safety. Relationships are important for everyone, especially children, teens and adults with
intellectual and developmental disabilities.

Our Healthy Relationships three part series offers tips and resources for families with children, teens, and young adults.

11.) CAMP WITHOUT BORDERS
Camp Without Borders, a free travel program for young adults (18 to 35 years old) with medical illnesses and disabilities. This inclusive program addresses issues of social, emotional and physical isolation.

12.) 35 WAYS TO MOVE YOUR BODY THIS SUMMER
35 Ways to Move Your Body This Summer, published by Seattle Children’s, offers easy ideas for summer fun.

13.) Announcing New Waiver Video Series (and Funding for Services!)
Thanks to new funding from lawmakers this past legislative session, the Developmental Disabilities Administration (DDA) has enrollment openings for Home and Community Based Services waivers.

If you need services from DDA (or have a family member who does), but are not sure what to ask for, check out our new video series, which features each of DDA’s 5 waiver programs.

Hosted by Developmental Disabilities Council Member, Alex Koval.

14.) DDA Waivers: How to Apply (and Why)
Applying for services from the Washington State Department of Social and Health Services (DSHS) Developmental Disabilities Administration (DDA) is a multi-step process.

Find out how to get started in our new video, DSHS DDA Services: How to Apply (and Why).


SPANISH RESOURCES

1.) Historias Exitosas en Tiempos de COVID - Durante la pandemia, muchas mamás no han dejado de participar en reuniones informales en las cuales nos comparten historias exitosas. Han sido tiempos difíciles, pero, sin embargo, las familias siguen día a día con mucha forma de salir adelante y, sobre todo, de ayudar a sus hijos y seres queridos a encontrar aquellos recursos que los llevan a lograr una meta más.

Debido a que muchos centros de terapias cerraron por la pandemia, aquellas personas requieren de sus terapias físicas, no tuvieron opciones más que ver que alternativas había o podía usar. María Cerda, una mamá de gemelas adolescentes con síndrome de Down, estaba buscando un triciclo para una de sus hijas. Ella se dio a la tarea de encontrar este recurso, en el cual pudo obtener el triciclo para su hija. De acuerdo con María, su experiencia fue muy buena, por la cual ella nos pidió celebrar en grupo en la reunión informal familiar de Charlemos entre Amigos que se lleva a cabo en King County. Ella nos compartió que la aplicación no fue muy difícil. Hay que recordar que, hay que seguir un protocolo de acuerdo con los requisitos, llenar la aplicación que aún no esta en español, pero con determinación podemos encontrar la ayuda para seguir los pasos de la aplicación. El lugar en donde María aplico es: Wheel to Walk Foundation el cual también lo pueden encontrar en Facebook. Ahi pueden ver fotos y videos de muchas de las personas que se ha beneficiado de este recurso gracias a esta organización que, aunque su sede no está en Washington, todavía las personas con diferentes habilidades se pueden beneficiar.

María nos invita a celebrar esos pequeños y grandes logros, ya que esto los lleva a escalar un peldaño más, que, aunque no significa que ya resolvieron toda su vida, si los lleva a crecer como seres humanos y también se llenan de orgullo.

¡Recuerden mamás, no dejen de seguir conectándose, participando, pero también, sigamos compartiendo recursos y sobre todo sus logros!

2.) Padres Proveedores de Cuidado en tiempos de Pandemia - Buscar proveedores de recursos en tiempos de Pandemia ha sido lo más difícil para las familias de hijos y seres queridos con Diferentes Habilidades o Discapacidad del Desarrollo que en cualquier otro tiempo. Las agencias no tienen suficiente personal, la Administración de Discapacidad del Desarrollo DDA por sus siglas en Inglés, se vio tambaleado debido a que los fondos pendían de un hilo. Al final, optaron por darle la opción
a las familias para que busquen sus propios proveedores dentro de su comunidad o que los padres puedan tomar ese rol. Y para ello, el proceso fue más flexible en algún tiempo.
Ahora, con el transcurso de los meses las familias están todavía lidiando con la necesidad de encontrar proveedores, porque la mayoría no tuvo mucho éxito buscando a esas personas que llegaran a sus hogares a proveer ese servicio.
Para aquellos que se convirtieron en proveedores, entender todas la normas y reglas no ha sido tarea fácil. Ya que existe las barreras del idioma, la comunicación y también las de navegar en el internet. Claro que todos están haciendo el esfuerzo de que esto funcione y puedan llegar a tener éxito, pero aun el sistema no esta listo para llegar del todo a la comunidad.
Aun la aculturación no se a logrado a un nivel en el que podamos decir que vamos del par. Sabemos que todos tenemos el compromiso de actuar, participar, pero el limitante mas grande que las familias expresan es el de que muchas agencias simplemente no les importa hacer su trabajo y hacer uso de la empatía.
Hablamos de inclusión e integración, pero sin acción, esto no tiene el nivel de credibilidad de la comunidad.
Afortunadamente, hay agencias instituciones y/ organizaciones que se dan la tarea de informar, escuchar, pero sobre todo de actuar. Informing Families, provee mucha información de excelente calidad y están comprometidos ha traducir su material para que las familias tengan acceso a dicha información, TODA relacionada con la Discapacidad del Desarrollo. Pero no debemos olvidar que, nosotros como padres, debemos hacernos escuchar y no dejar de participar en reuniones educativas que nos proveen tanta información de nuestro interés, pero, sobre todo, no dejemos de abogar por nuestros seres queridos.
Los recursos existen, las formas de como acceder a ellos no llegan como una carta de menú de un restaurante. Hay que tocar muchas puertas, preguntar, anotar, pero, sobre todo, no darnos por vencidos. El no acceder a los servicios y recursos para nuestros hijos, no es un lujo, es un derecho que ellos tienen y una responsabilidad de nosotros como munidad de lograr que accedan a ellos. Si aún están buscando Proveedores de Cuidado y desean aprender a navegar en este recurso, no duden en contactarse con sus Navegadoras de Caso del DDA, conocidas como Case Managers. Pregunten y no olviden que esto se logra con el trabajo de equipo.

COVID - 19 RESOURCES

Archived COVID-19 Resource Links


Is the COVID-19 Pandemic an Adverse Childhood Experience? May 24, 11a.m.-12:15 p.m. https://chronicdisease.zoom.us/webinar/register/WN_I1qhmMBrRdOtvtTtxPh2zQ

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

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.

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**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

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**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.**

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**Coping with COVID: Exhausted families.**

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**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.

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**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

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**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.
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.

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

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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 **30 fun 4th of July Desserts** and enjoy July with family and friends...

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