

[Donate Now](#)

**Give Us A Call!**  
(360) 357-5596 option 2

## WA State Parent to Parent (P2P) Newsletter: December 2021

[View All P2P Programs](#)

[Join Us On Facebook](#)



Happy December!

As we reflect back on 2021, we are so encouraged by this amazing network we have- with veteran programs that have been going strong for 40 years, and newer programs that are just beginning to offer support and information to families living in rural areas. No matter the age of the program, we know the Parent to Parent model is the cornerstone for each- providing resource information and valuable peer connections for new parents and families. We're excited to start a NEW YEAR and confident the P2P Network will continue to grow and evolve as we meet the needs of Washington State families raising children with developmental disabilities and/or special health care needs. We want to say goodbye to Moranne Aaron-Berel, Snohomish.

Goodbye 2021.... Hello 2022!

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!

---

[The Parent to Parent Family Stories page](#) on the website.

---

### Mission

We walk alongside those parenting children with developmental disabilities and/or special health care needs, connecting them with peer support and information so they can take the *next step*.

### Vision

All families of children with developmental disabilities and/or special health care needs deserve encouragement, inclusion and meaningful connections that support family well-being.

### Values

*We believe* parents and caregivers want the best for their families and have the creativity and capacity to overcome challenges and celebrate successes.

*We commit* to creating safe spaces for reflection, vulnerability, questioning and ongoing learning for parents and caregivers.

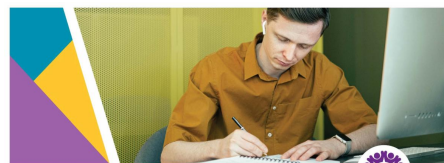
*We practice* inclusion and respect for all with a commitment to listen fully and learn from the diverse viewpoints of the families we serve.

*We honor* the rewarding and challenging work of parents, caregivers and community partners.

*We engage* community partnerships through outreach, listening and education to encourage inclusive communities where families can thrive.

*We promote* building communities that are equitable, non-biased and socially healthy where all families and children can live inclusive, safe and fulfilling lives.

## CONFERENCES / SEMINARS & SPECIAL EVENTS



Kindering embraces children of diverse abilities and their families by providing the finest education and therapies to nurture hope, courage and the skills to soar. **KINDERING**



### WA STATE FATHERS NETWORK MONTHLY WEBINARS

Cost: Free

Time: 6:30-7:30 p.m.

Location: Virtual - A confirmation with a Zoom link will be sent to you after registering

Men, Women and All Couples Are Welcome

All Sessions Will Be Recorded

#### SESSION SCHEDULE

- June 8 Introduction to Housing Options
  - July 6 An Introduction to the Office of the Education Ombuds and Resources for Parental Advocacy
  - August 3 Helping Our Children Develop Meaningful Relationships
  - September 7 Financial Strategies
  - October 6 Special Education: 10 Tips for Advocating for Your Child
  - November 2 Maintaining Relationship Resilience While Parenting a Child with Special Needs
  - December 7 Guardianships and Trusts
- Register for one or more sessions. The Registration page contains links to the session descriptions and information about the presenters.

[REGISTER](#)

## RESOURCES

1.) October was National Disability Employment Awareness Month, and as college seniors with disabilities begin their final year of school, they may be wondering how to best prepare for the workforce. [\*Best Colleges and Employment Opportunities for Individuals with Disabilities\*](#)

---

2.) [\*Building a trauma-informed community\*](#) --- webinar

Dec. 15, 10-11 a.m.

During this webinar, attendees will learn about how a large city used a systems approach to identifying and mitigating Adverse Childhood Experiences.

[https://calendar.cuanschutz.edu/event/building\\_a\\_trauma-informed\\_community\\_the\\_san\\_antonio\\_experience?](https://calendar.cuanschutz.edu/event/building_a_trauma-informed_community_the_san_antonio_experience?utm_campaign=widget&utm_medium=widget&utm_source=University+of+Colorado+Anschutz+Medical+Campus)

[utm\\_campaign=widget&utm\\_medium=widget&utm\\_source=University+of+Colorado+Anschutz+Medical+Campus](https://calendar.cuanschutz.edu/event/building_a_trauma-informed_community_the_san_antonio_experience?utm_campaign=widget&utm_medium=widget&utm_source=University+of+Colorado+Anschutz+Medical+Campus)

---

3.) [\*Incorporating Racial Equity into Trauma-Informed Care.\*](#)

[https://www.chcs.org/resource/incorporating-racial-equity-into-trauma-informed-care/?utm\\_source=CHCS+Email+Updates&utm\\_campaign=baa5cd6073-](https://www.chcs.org/resource/incorporating-racial-equity-into-trauma-informed-care/?utm_source=CHCS+Email+Updates&utm_campaign=baa5cd6073-September+Monthly+Newsletter+-+9%2F30%2F21&utm_medium=email&utm_term=0_bbc451bf-baa5cd6073-157169589)

[September+Monthly+Newsletter+-](https://www.chcs.org/resource/incorporating-racial-equity-into-trauma-informed-care/?utm_source=CHCS+Email+Updates&utm_campaign=baa5cd6073-September+Monthly+Newsletter+-+9%2F30%2F21&utm_medium=email&utm_term=0_bbc451bf-baa5cd6073-157169589)

[+9%2F30%2F21&utm\\_medium=email&utm\\_term=0\\_bbc451bf-baa5cd6073-157169589](https://www.chcs.org/resource/incorporating-racial-equity-into-trauma-informed-care/?utm_source=CHCS+Email+Updates&utm_campaign=baa5cd6073-September+Monthly+Newsletter+-+9%2F30%2F21&utm_medium=email&utm_term=0_bbc451bf-baa5cd6073-157169589)

---

4.) [\*What does building a trauma-informed community actually look like?\*](#)

<https://probonoaustralia.com.au/news/2021/10/what-does-building-a-trauma-informed-community-actually-look-like/>

---

5.) [\*National Healthcare Transition Resource Center for Youth with Intellectual and Developmental Disabilities\*](#)

Family Voices recently received a new five year funding award from the Administration for Community Living to support health care transition training and resources to youth and young adults with intellectual and developmental disabilities ages 12-26. This new national center will be facilitated through a partnership between Family Voices, the National Alliance to Advance Adolescent Health/Got Transition, SPAN Parent Advocacy Network, the University of Missouri-Kansas City, and the University of Wisconsin-Madison.

---

6.) [\*New Kit on Pediatric Suicide Screening\*](#)

Recognizing the need to improve mental health care in emergency settings, the Emergency Medical Services for Children Innovation and Improvement Center has released its latest Pediatric Education and Advocacy Kit on the topic of suicide. The kit features pragmatic, synthesized, and multidisciplinary educational resources for suicide screening and prevention, including a new bottom-line recommendation on suicide screening.

---

7.) [\*Patient Centered Outcomes Research Priorities to Advance Disability Equity\*](#)

Supported by the Patient-Centered Outcomes Research Institute (PCORI), this publication from the Disability Equity Collaborative outlines key areas of research to promote equitable health care for people with disabilities. Research priorities outlined in the paper include documenting disability status in health records, implementation of disability accommodations, disability competency education for providers and staff, among others.

---

8.) [\*Survey Gives Snapshot of Pandemic Life for Families, Children with Special Health Care Needs\*](#)

These families experienced greater disruptions to family life, higher stress and more intimate partner violence and spanking than households without children and youths with special health care needs.

---

9.) [\*Alternatives to Guardianship: Supported Decision Making Agreements \(SDM\)\*](#)

<https://www.washingtonlawhelp.org/resource/supported-decision-making-agreements#i961889FD-684C-444C-9391-7F48060A72D8>

---

10.) ABLEnow provides eligible individuals with disabilities a better way to save money for today's needs or invest for tomorrow. ABLEnow accounts:

- Do not jeopardize eligibility for most benefit programs, such as Medicaid and SSI.
- Are tax-advantaged, so earnings grow tax free.

- Can accept contributions from anyone: the account owner, family and friends.
- Include online account management tools and a top-rated mobile app.

Need the perfect gift? ABLEnow contributions are a simple, practical solution for the holidays. It's the gift of independence and a thoughtful investment in health, financial security, and quality of life.

**Who is Eligible?**

Individuals who developed qualifying disabilities before the age of 26 may be eligible to open an ABLEnow account. Take the online *eligibility quiz*.

**Ready to Learn More?**

**Register for a free webinar** to learn more.

With no enrollment fee and no minimum contribution, **open an account** today and see the difference ABLEnow can make.

11.) **Comparison of ABLE and DD Endowment Trust Fund**

## SPANISH RESOURCES

**Misión**

Caminamos junto con los padres de niños con discapacidades del desarrollo y / o necesidades especiales de atención médica, conectándolos con el apoyo y la información con el compañerismo para que puedan dar **el siguiente paso**.

**Visión**

Todas las familias de niños con discapacidades del desarrollo y / o necesidades especiales de atención médica merecen el ánimo, la inclusión y las conexiones significativas que apoyen el bienestar familiar.

**Valores**

**Creemos que** los padres y cuidadores quieren lo mejor para sus familias y tienen la creatividad y la capacidad para superar los desafíos y celebrar los éxitos.

**Nos comprometemos a** crear espacios seguros de reflexión, vulnerabilidad, fuera de cuestionamiento y de aprendizaje continuo para padres y cuidadores.

**Practicamos** la inclusión y el respeto por todos con el compromiso de escuchar atentamente y aprender de los diversos puntos de vista de las familias a las que servimos.

**Honramos** el trabajo gratificante y desafiante de los padres, cuidadores y aliados comunitarios.

**Participamos en** asociaciones comunitarias a través de la publicidad, escuchando para fomentar la educación con inclusión en las comunidades donde las familias pueden prosperar.

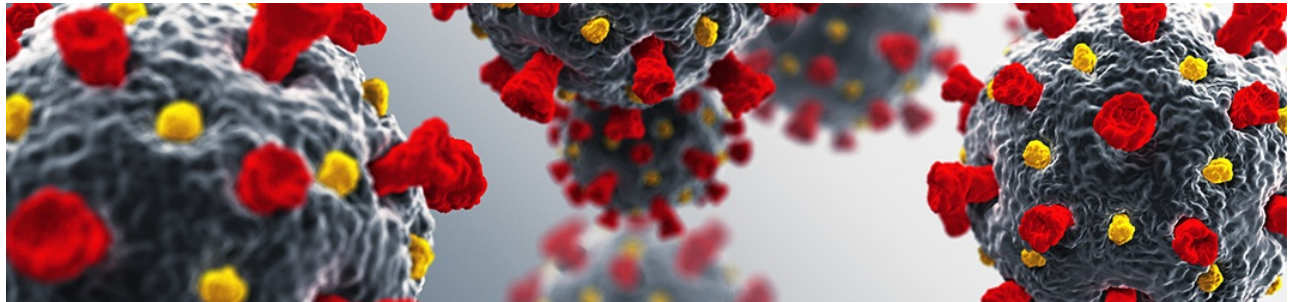
**Promovemos** la construcción de comunidades que sean equitativas, sin prejuicios sociales y saludables donde todas las familias y los niños puedan vivir vidas con inclusión, seguras y satisfactorias.

1.) **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. Sabemos que no hay un tipo de autismo sino muchos subtipos, la mayoría son influenciados por una combinación de factores genéticos y ambientales. Debido a que el autismo es un trastorno del espectro, cada persona con autismo tiene un conjunto distinto de fortalezas y desafíos. Las formas en las cuales personas con autismo aprenden, piensan y resuelven problemas puede variar desde personas con un alto funcionamiento hasta personas con dificultades graves. Algunas personas con TEA pueden requerir un apoyo significativo en su vida diaria, mientras que otras pueden necesitar menos apoyo y, en algunos casos, vivir de forma totalmente independiente. Varios factores pueden influir en el desarrollo del autismo, y a menudo se acompaña de sensibilidades sensoriales y problemas médicos como trastornos gastrointestinales (GI), convulsiones o trastornos del sueño, así como problemas de salud mental tales como ansiedad, depresión y problemas de atención. Los indicadores de autismo usualmente aparecen a los 2 o 3 años de edad. Algunos atrasos del desarrollo pueden aparecer incluso antes, y con frecuencia, se pueden diagnosticar a la temprana edad de 18 meses. La investigación ha demostrado que la intervención temprana conduce a

resultados positivos a lo largo de la vida de las personas con autismo.

2.) **Recursos en español - CHADD**

El Centro Nacional de Recursos del TDAH se estableció por medio de un acuerdo de cooperación con los Centros para el Control y la Prevención de Enfermedades (Centers for Disease Control and Prevention, CDC), el Centro Nacional de Defectos Congénitos y Discapacidades del Desarrollo (National Center on Birth Defects and Developmental Disabilities, NCBDDD), para prestar el servicio de centro nacional de coordinación de la información más reciente basada en la evidencia sobre el TDAH. La misión de Centro Nacional de Recursos es ofrecer información, educación y programas basados en la ciencia para aumentar la aceptación y reducir el estigma asociado con el TDAH; promover la salud y el bienestar de los niños y adultos con el TDAH y de sus familias; y fortalecer la capacidad de los profesionales para trabajar de manera efectiva con aquellos afectados por el TDAH.



## COVID - 19 RESOURCES

**New! COVID-19 Vaccination for Children 5 through 11 Years Old**

Information for Jurisdictions, Healthcare Providers, Pharmacists, Schools, and Community Partners...

**New! RESOURCES ON THE PFIZER COVID-19 VACCINE 12-15 AGE EXPANSION.** In response to the authorized of Pfizer COVID-19 to children ages 12-15, the CDC has developed several useful tools for parents and clinicians to utilize.

- COVID-19 Vaccines for Children and Teens. <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/recommendations/adolescents.html>
- Myths and Facts about COVID-19 Vaccines. <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/facts.html>
- Key things to know about COVID-19 Vaccines. <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/keythingstoknow.html>
- How to talk with parents about COVID-19 Vaccination. [https://www.cdc.gov/vaccines/covid-19/hcp/pediatrician.html?CDC\\_AA\\_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fvaccines%2Ftoolkits%2Fpediatrician.html](https://www.cdc.gov/vaccines/covid-19/hcp/pediatrician.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fvaccines%2Ftoolkits%2Fpediatrician.html)
- Pfizer-BioNTech COVID-19 Vaccine Questions. <https://www.cdc.gov/vaccines/covid-19/info-by-product/pfizer/pfizer-bioNTech-faqs.html#vaccination-minors>
- Talking with Patients about COVID-19 Vaccination. <https://www.cdc.gov/vaccines/covid-19/hcp/engaging-patients.html>

**New! 10 ways we can respond to the pandemic in a trauma-informed way.**

<https://theconversation.com/10-ways-we-can-better-respond-to-the-pandemic-in-a-trauma-informed-way-168486>

**Archived COVID-19 Resource Links**

A Person Centered Approach to Prepare for the COVID Emergency or Crisis Event  
(download [English](#) & [Spanish](#) flyers)

.....  
[Scientists examine the unique immune systems of children as more fall victim to COVID-19.](#)

Eighteen months into the COVID-19 pandemic, with the delta variant fueling a massive resurgence of disease, many hospitals are hitting a heartbreaking new low. They're now losing babies to the coronavirus. ([Click the title for the rest of the article.](#))

.....  
Can kids get 'long COVID' after coronavirus infections?

<https://kimatv.com/news/coronavirus/can-kids-get-long-covid-after-coronavirus-infections>

.....  
Babies, The Delta Variant And COVID: What Parents Need To Know.

<https://www.npr.org/sections/health-shots/2021/09/09/1035274872/babies-covid-delta-variant-need-to-know>

.....  
Important Considerations for COVID-19 Vaccination of Children With Developmental Disabilities.

A new report published online in Pediatrics summarizes data showing that children with developmental disabilities may be at higher risk from COVID-19 illness because of increased prevalence of underlying health conditions, suboptimal vaccination rates, and systemic inequities. <https://pediatrics.aappublications.org/content/early/2021/07/15/peds.2021-053190.long>

.....  
Find a COVID-19 testing location near you. To make it easier to find a test near you, the DOH has created a webpage to help people find [COVID-19 testing locations](#) throughout the state.

.....  
Guidance and resources for employers and business owners. Sign up for the weekly Economic Resiliency Team business and worker newsletter [here](#).

.....  
The state COVID-19 Assistance Hotline is a general information line related to COVID-19. If you need information or have a general question, call 1-800-525-0127, then press # or text 211-211 for help. New hours of operation are 6 a.m. to 10 p.m. Monday, and 6 a.m. to 6 p.m. Tuesday through Sunday and [observed state holidays](#). You can also text the word "Coronavirus" to 211-211 to receive information and updates on your phone wherever you are. You will receive links to the latest information on COVID-19, including county-level updates, and resources for families, businesses, students, and more.

.....  
Washington Listens helps people manage stress and anxiety they may be experiencing because of COVID-19. If you or anyone you know is having difficulties managing stress, call the Washington Listens support line at 1-833-681-0211. Hours are from 9 a.m. to 9 p.m. Monday through Friday, and 9 a.m. to 6 p.m. Saturdays and Sundays. TTY and language access services are available by using 7-1-1 or their preferred method. Resources and self-help tips are available on [walistens.org](http://walistens.org).

.....  
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>

.....  
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.

.....  
[\*Delta: las 5 mutaciones que hacen a esta variante del coronavirus más contagiosa y preocupante\*](#)

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.

.....  
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.

---

## Archived 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. [\(pdf format to share\)](#)

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

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

.....  
6. [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



Encouragement may be the

*greatest gift*

we give this Christmas.



*33 Holiday Treats Your Kids Will Love Making Together as a Family...*

***The Arc of Washington State***

2638 State Avenue NE  
Olympia, WA 98506  
(360) 357-5596

**Connect With Us**

ALLIANCE MEMBER



PARENTtoPARENT  
USA

Committed to Parent to Parent USA  
Endorsed Practices

**Visit Our Website**

