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WA State Parent to Parent (P2P) Newsletter: April 2024

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WELCOME APRIL...

This last legislative session, parent support programs including Parent to Parent and Informing Families received a funding boost in the amount of \$400,000! We are so grateful to the legislature and DDA for recognizing our important work with families raising children with disabilities. Parent to Parent is a unique, evidence-based peer support program with 50+ Coordinators who are also raising children and individuals with disabilities. This funding will give our Network a much needed boost as we continue to serve families throughout Washington.

We are thrilled to welcome a new local program to our Network! The Green Apple Project in Asotin County has joined the Parent to Parent Network. We are GROWING!

In March, we said goodbye to Patty Delgado. In addition to her work at The Arc of King County, Patty worked for several years in a leadership capacity with Washington State Parent to Parent- providing training and support to Spanish speaking Coordinators across the State. We're thankful for Patty's service and wish her the very best 😊

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Welcome to Tess Lawson, Coordinator for Grays Harbor County P2P and Sundie Woodbury, Coordinator for Asotin County P2P.

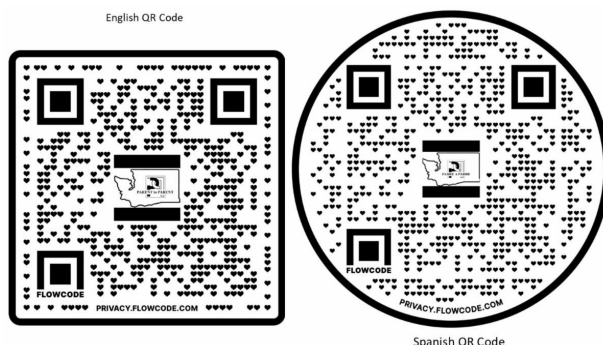
~~~Tracie, Theresa, Patricia and Jackie

To share your feedback or story about Parent to Parent, please visit (QR Codes below):

<https://www.surveymonkey.com/r/2KCJHF2> (English)

<https://www.surveymonkey.com/r/M5JZWW8> (Spanish)

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Remember to check out our [Parent to Parent page](#) on The Arc of Washington's website ([P2P Map](#) & [Coordinator info](#) here). 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



## CONFERENCES / SEMINARS & SPECIAL EVENTS



### LEARN HOW THE ACHIEVING A BETTER LIFE EXPERIENCE (ABLE) ACT WORKS WITH THE SOCIAL SECURITY ADMINISTRATION (SSA)

**THURSDAY, APRIL 4, 10 a.m.**

Join experts from the SSA, ABLE today, and ABLE state program leaders from the ABLE Savings Plans Network (ASPN) for a special webinar.

**THURSDAY, APRIL 4, 10 a.m.**

The webinar will cover the following topics:

- Overview of ABLE accounts
- Social Security Disability Benefits
- Representative payees
- Reporting ABLE info to SSA
- Resources on SSA benefits and ABLE
- Income/assets tests and ABLE

This is a great opportunity for you to hear directly from ABLE programs and a representative of the SSA to confirm details on the ABLE program. Speakers for the webinar include Jolene Wyler (Utah's ABLE program), John Finch (Florida's ABLE United), and policy specialists from the SSA.

In past years, this has been one of ABLE today's most-watched webinars, so don't miss out on this unique opportunity!

#### REGISTER

[Webinar Registration - Zoom](#)

You can learn more on the ABLE today website.

If you have questions about ABLE today, you can email the Washington ABLE team.



### DDA Guiding Values

A collection of videos created by Colibri Facilitation, Children of the Setting Sun Production, and The Arc of Washington, thanks to the Dan Thompson Memorial Community Service Account, share the unique stories that bind us together.

[To watch the full playlist of videos click here.](#)

[DDA Guiding Value: Inclusion \(youtube.com\)](#)



**9th FASD Conference 2024 - FASD United**  
**Adolescents and Adults with FASD**  
**Seattle Hyatt Regency Hotel**  
**April 11th - 14th**

For More Information Click below.

[2024 Brochure \(fasdunited.org\)](https://fasdunited.org)

[9th International Research Conference on Adolescents and Adults with FASD \(regfox.com\)](https://regfox.com)



***BenefitU Info and Overview Series - Benefit U***

2024 Info and Overview Dates

**Daytime Sessions (12:30 - 1:30pm)**  
**April 17th, 2024**

**Evening Sessions (5:30 - 6:30pm)**  
**May 15<sup>th</sup>, 2024**



***Addressing Post-Pandemic Trauma in Youth:  
How Mindfulness Practices Support Positive Mental Health  
Outcomes In Challenging Times***

Free Public Lecture

**Thursday, April 25, 2024**  
**from 7:00 - 8:30 PM**

In this lecture, you will learn about trauma-informed mindfulness strategies that empower youth by reshaping trauma reactions. The three co-founders of the Holistic Life Foundation will be discussing how accessible mindfulness and yoga have proven benefits in reducing stress, enhancing feelings of self-worth and self-love, and create a sense of resilience and optimism. They will also explore the impacts of the pandemic in the post-pandemic era and how the brain processes stress, intrusive thoughts, and negative self-talk. The co-founders aim for participants of the lecture to come away with a deeper understanding of mindfulness and yoga for addressing trauma and supporting positive mental health in youth.

To register, visit our [webpage](#).

In addition to this, we also have two upcoming multi-week mindfulness classes as well as a free virtual one-hour drop-in.

Our drop-in mindfulness sessions are being offered virtually, live online via Zoom. Meet a new instructor, learn about mindfulness, or rejuvenate your practice in one of these online sessions. Drop-ins are free! Registration is required.



Our next free virtual course

### ***Mindful Self-Compassion***

Joel Grow, Ph.D. and  
Hanna Kreiner, LICSW

**April 1, 2024**

**6:00 - 7:00 PM PST**

Your friends at the Center for Child & Family Well-being

*Upcoming Lecture and Workshop with the Holistic Life Foundation + Register for  
Mindfulness Classes ([mailchi.mp](https://mailchi.mp))*



## **2024 IECC Conference**

**May 6-10, 2024**

**virtually via Zoom**

### **IECC Partnership Opportunity**

IECC is so thankful for its many community partners. Due to their support IECC has been able to shift its platform and offer the conference registration complimentary for all attendees the past few years. If your organization would be willing to partner with us please email the conference coordinator, Amanda Cardwell directly at [amandacardwell@frontier.com](mailto:amandacardwell@frontier.com). Please feel free to share this invitation with your colleagues. Let me know if I may provide additional information.

I'll look forward to connecting with you during our virtual conference in May!

Sincerely,

Amanda Cardwell

Conference Coordinator

Infant and Early Childhood Conference

[www.ieccwa.org](http://www.ieccwa.org)

\*IECC plans to offer STARS Credit and Clock Hours for this event.

For general conference information please visit [www.ieccwa.org](http://www.ieccwa.org).

The purpose of the IECC Conference is to provide opportunities for families and service providers to come together to learn, share and advocate on behalf of all young children, especially those with

Click here for more information: [Infant and Early Childhood Conference 2024 \(ieccwa.org\)](https://ieccwa.org)



## 2024 Community Summit Embracing the Challenge: Together We Thrive

*A message from the DSHS' Developmental Disabilities Administration*

"DSHS Developmental Disabilities Administration is proud to announce Community Summit 2024. The Community Summit continues a long tradition of conferences that have focused on expanding access to supported employment, supported living and assistive technology. The Summit is an annual three-day conference that brings together individuals with intellectual and developmental disabilities, self-advocates, families, friends, partners and allies to work together toward building more inclusive communities.

When: Join us in person or virtually on **May 7 - 9, 2024**

Where: [Wenatchee Convention Center](#).

Check out this *video* featuring client's, families, and staff that talks about why they love the Community Summit. Click *here* for the Community Summit Flyer."

To read the full announcement [click here](#).



National Task Group on Intellectual  
Disabilities and Dementia Practices

**Registration is open (Click here for flyer)!**

The NTG is hosting a free 5 session webinar series about aging, dementia, and adults with intellectual disability designed especially for families/caregivers. The series will cover the topics noted below.

**Caregiver and Family Support Programs for ID and Dementia | The NTG ([the-ntg.org](http://the-ntg.org))**

**April 9th, 2024: 1pm - 2pm ET (US)**

Behavioral Changes that Occur with Aging & Dementia

Presenter: Katie Frank, PhD, OTR/L

**April 23rd, 2024: 1pm - 2:30pm ET (US)**

Family Panel - Sharing Personal Experiences

Presenters: Hut Beall, B.A., MLS

Sharon Trocki-Miller, M.Ed

Leone Murphy, A.P.N., B.C.

To register\*, visit the NTG's official website and learn more information on each webinar:

<https://www.the-ntg.org/family-caregivers>

\*Registered individuals will have access to recorded webinars.



**2024 Fatherhood Summit!**

**When: 7:30 a.m. to 4:30 p.m., Friday, June 7, 2024**

**Where: The Greater Tacoma Convention Center**

**[Register Here!](#)**

**Counting Fathers Because Kids Matter**

Join us in person for the 2024 Fatherhood Summit where we will release findings from the [State of Fathers in Washington Study](#) and roll up our sleeves together to accelerate system transformation for fathers and families.

This year's event theme is Counting Fathers Because Kids Matter. We highly value the voices of fathers in this work, and some support for travel costs is available for dads to attend the event, including mileage, hotel, childcare expenses, meals for overnight attendees and compensation for lived experience for a limited number of fathers ([contact us](#) to learn more).

Overview:

- This event is free.
- Doors open with continental breakfast at 7:30 a.m.
- Event begins at 8:30 a.m.
- Continental breakfast, lunch and refreshments will be provided.

**[Visit our website for more details.](#)**





## Harborview Abuse & Trauma Center

Friday (see months below)

10:00 - 11:30 am PST

[Click here for 2024 save the date flyer \(washington.edu\)](#)

FREE online trainings are offered by the Harborview Abuse & Trauma Center. Designed for social services and mental health providers, topics are related to abuse, violence, trauma, treatment, cultural competency and prevention. For OCVA-funded programs, these trainings satisfy the requirements for sexual assault and/or crime victims training. Proof of attendance will be provided. **All on Friday from 10-11:30 PST.**

SAVE the DATES

May 10th

June 14th

September 13th

November 8th

December 13th



## SURVEYS

### DDA-Bridging Gaps in Dental Services for Individuals with Intellectual and Developmental Disabilities

Please help us identify the gaps and barriers to accessing dental services for individuals with intellectual and developmental disabilities.

Click the link below to take a short survey.

[Survey Link](#)



## 2023 Healthy Youth Survey results

### offer signs of hope and resiliency among WA students

OLYMPIA - The statewide 2023 Healthy Youth Survey (HYS) results are now available, representing the voices of over 217,000 Washington students in grades 6-12. The survey focuses on the health and well-being of young people. In 2023, students reported improved health behaviors and mental health along with increased social support. While concerns remain, the findings suggest positive changes in adolescent health and well-being. These results are an opportunity to carry this momentum forward and continue focusing on prevention and resiliency among youth in Washington.

“The Healthy Youth Survey provides educators and policymakers with important insight into our students’ well-being,” said State Superintendent Chris Reykdal. “Our students are telling us that they are continuing to recover from the impacts of the pandemic--they are resilient, and hopeful, and

they are getting access to the supports they need. While we still have work to do, the focused work of our educators, the support of our families and community members, and the resources provided by our Legislature are making a difference.”

The COVID-19 pandemic brought with it a large decrease, roughly 50%, in most youth substance use. While the long-term impacts are unknown, in 2023 we see that substance use has mostly remained stable, both in Washington and nationally, according to the 2023 HYS and Monitoring the Future surveys. Among 10th grade Washington State HYS participants in 2023:

- 8% reported current vaping
- 9% reported current alcohol use
- 8% reported current cannabis use

Exceptions to this stable trend were increases in misuse of prescription drugs, pain killers, and other illegal drugs compared to 2021. While representing a relatively small proportion of students overall (each under 3%), these findings show more prevention work is needed. There was also an increase in 2023 in the number of 10th graders who reported ever having alcohol, but this remains lower than students reported in 2018 (49% in 2018; 32% in 2021; 40% in 2023).

Will Lukela, Agency Director of the Washington State Liquor and Cannabis Board advocates for continued collaboration, “The Liquor and Cannabis Board’s focus is on preventing youth access to alcohol, cannabis, tobacco, and vapor products and these data make it clear, comprehensive prevention services need to remain a top priority.”

Mental health outcomes among 10th graders are improving, but remain highly concerning, especially for youth who already face more barriers to mental health support. According to the new data, depressive feelings and contemplation or planning suicide significantly decreased from 2021 to 2023. Even so, 30% of 10th graders reported persistent depressive feelings, and nearly 15% reported contemplating suicide. While this is an unacceptable level of youth struggling with suicidal thoughts, it is also the lowest rate we have seen in Washington in 20 years.

The same improving trends seen among youth in general were also seen among sexually or gender-diverse (LGBTQ+) youth and those reporting a disability. However, many of these students still experience far higher levels of mental health issues. Depressive feelings were nearly two times higher for students who identify as female compared to male, more than two times higher for LGBTQ+ youth, and three times higher among students identifying as having a disability.

“We hope to leverage these positive trends in the 2023 survey to close disparity gaps where they exist in communities throughout our state. We want to ensure we continue to see positive trends for years to come for all families and communities. It is important to maintain focus on adolescent substance use and mental health, while also using prevention strategies to address other challenges facing young people including disordered eating and violence,” adds Michael Langer, Assistant Director at the Washington State Health Care Authority.

10th graders report significant increases in social support. Compared to 2021, more students reported:

- Having adults to turn to when feeling depressed (50% in 2021 vs. 59% in 2023)
- Having people from school who would help them (72% in 2021 vs. 77% in 2023)
- Receiving information from their school about the warning signs of suicide (47% in 2021 vs. 56% in 2023)
- Greater levels of success on academic indicators (52% in 2021 vs. 56% in 2023)

“Overall, we are encouraged by these results after the height of the COVID-19 pandemic,” shared Dr. Tao Sheng Kwan-Gett, a pediatrician and Chief Science Officer at the Washington State Department of Health. “We see these as a sign that our state’s system of families, schools, communities, and programs are helping to support youth and make positive change. Adolescent health in Washington is improving in many ways but much work remains to be done. It’s up to us to keep up the momentum and keep things moving in the right direction.”

State agencies are encouraged by the tremendous work done by people across Washington, especially students, during challenging times. Students took the time to provide important information about their lives and this will guide the implementation of prevention and health promotion initiatives. To these students, their families, and the communities that continue to offer supportive environments, we thank you!

Visit [AskHYS.net](https://askhys.net) to access resources, explore the data dashboard, propose new or modified survey questions for 2025, learn about survey process, or how to advocate for your child’s school to participate in the next round.

The Washington State Health Care Authority, Washington State Department of Health, Office of Superintendent of Public Instruction, and Liquor and Cannabis Board collaborate on the biennial HYS. Student participation is voluntary and anonymous. The last survey was conducted in 2021, and 2023 marked the 18th statewide youth survey in Washington.



## Department of Health Discovery Survey

*[Discovery Survey - Maternal and Child Health in Washington State \(surveymonkey.com\)](#)*English

Click below to access this survey in alternative languages:

[Spanish](#), [Vietnamese](#), [Korean](#), [Russian](#), [Ukrainian](#), [Arabic](#), [Punjabi](#), [Khmer](#), [Somali](#), [Traditional Chinese](#), [Simplified Chinese](#), or [Tagalog](#)

Thank you for taking the time to share your perspective on the needs of families in your community and around Washington State!

Survey submissions are anonymous. Names are not collected during the survey process and there will be no attempt to associate an individual's responses with their identity or use responses to identify individuals.



# Discovery Survey



## Have an impact



### REFLECT

Think about what families in your community need



### SHARE

Tell us know which needs you think are most important



### INFORM

Your opinions will help guide future maternal and child health programs

The Washington State Department of Health wants to hear from you about the health of children, parents and caregivers, and families in the state.

The information we gather helps us identify priorities which guide the work we do. Your input will help us learn about the needs of families in your community.

<https://www.surveymonkey.com/r/WADOHDiscovery>

To request this document in another format, call 1-800-525-0127. Deaf or hard of hearing customers, please call 711 (Washington Relay) or email [civil.rights@doh.wa.gov](mailto:civil.rights@doh.wa.gov).

## RESOURCES

### 1.) *Washington State Crisis Respite Capacity Building Project Information*

...What is Crisis Respite? Programs that provide short-term care or respite on short notice can alleviate family stressors, reduce the risk of harm to children, and may help prevent otherwise unnecessary child welfare systems involvements and out of home placements. Through managing stress and other difficult life circumstances, parents are afforded greater opportunities to create and



strengthen bonds with their children and can set up positive behaviors that can last generations....  
[Click here for the complete document.](#)

2.) The Washington State DD Council is inviting organizations and community members to [submit applications](#) to pursue leadership activities within their communities. These teams will collaborate on projects aimed at supporting individuals with IDD and their families, while also establishing best practices for statewide implementation.

Chosen Community Teams will enhance their ability to recognize barriers, devise creative solutions, and advocate for policy adjustments or local initiatives to tackle community challenges.

**The application opportunity closes on 4/22/24** and total amount available to one Community Team is \$20,000. Find out more here: [Advocacy Leadership Development Cohort Projects [Request for Applications](#)]

3.) April is National Child Abuse Prevention Month and the Washington State Department of Children, Youth, and Families (DCYF) - the Prevent Child Abuse Washington State Chapter - is joining with other states and organizations across the nation to acknowledge the powerful work that parents, primary caregivers, and community members do every day to help children succeed. DCYF is participating in the month-long nationwide awareness and impact campaign: "Building a Hopeful Future, Together."

In support of these efforts, Gov. Jay Inslee proclaimed April as [Child Abuse Prevention Month in Washington State](#).

Every act that builds protective factors in families is an act of prevention and it cultivates an environment where all children can grow and flourish in Washington. This can be a parent spending quality time with their child, a child care provider sharing resources or connecting families, or a neighbor providing a meal to a family to reduce stress. Each pinwheel you see planted is a reminder of inspiration to support children in having positive childhoods.

The theme of this year's Child Abuse Prevention Month campaign is centered on reminding us that it takes all of us working together to create the future we want for all children, and that by building strong foundations, we build a better world for everyone. Building healthy communities takes work. We all have a responsibility to ensure children have positive experiences, and help families have the resources they need, when they need them. Strong communities are built on stable foundations. Everyone benefits when we focus on addressing underlying causes that lead to health and social inequities. Sometimes, building for the future means deconstructing the past. Proactively addressing inequity and injustice allows us to support safe, stable, and nurturing environments.

DCYF recommends the following ways to help raise awareness and impact positive change virtually during this year's Child Abuse Prevention Month:

- [Follow DCYF on Facebook](#) and share our posts widely – and encourage your friends and family to do the same. Use the hashtags [#BuildingHopefulFutures](#) and [#CAPMonth](#) to let us know you're committed to helping children, families, and entire communities to flourish.
- You can show support for promoting positive childhood experiences and preventing adversity by wearing blue on April 5 for [#WearBlueDay](#) to kick off CAP Month with momentum. Post a photo or video on social media and include the [#WearBlueDay2024](#) hashtag. Download DCYF's [Child Abuse Prevention Month coloring page](#), or order the [What Makes a Hero coloring book](#), or the [Protective Factors coloring book](#), to create positive interactions with the children and families in your life.
- Plant a pinwheel - a visual reminder of the world we want for all children to grow up happy, healthy, and prepared to succeed. You can order pinwheels through [DES here](#) or click [here](#) plant one online in the virtual pinwheel garden. Proceeds from virtual pinwheels get deposited into the Washington State Children's Trust Fund to support family support and prevention activities. All donations are tax-deductible, and funds go directly to your local state chapter to support local children and families
- Email [strengtheningfamilies@dcyf.wa.gov](mailto:strengtheningfamilies@dcyf.wa.gov) for Pinwheel for Prevention stickers, temporary tattoos, posters, and more.

For more information, contact [dcyf.strengtheningfamilies@dcyf.wa.gov](mailto:dcyf.strengtheningfamilies@dcyf.wa.gov).

4.) Today, Governor Inslee signed the 2023-25 supplemental operating budget Engrossed Substitute Senate Bill 5950. The Legislature and the governor have done an excellent job in prioritizing clients and their families, providers and the workforce who support our clients.

I am pleased to share the budget highlights with you.

**Community Residential Rates** - Funding is provided for a 2.5 percent increase in community residential service rates, effective Jan. 1, 2025. (\$11M total funds; \$5.5M general fund-state)

**Lake Burien Transitional Care Facility** - Complex needs funding is provided for a 12-bed residential facility aimed at supporting youth with complex needs, including developmental disabilities and behavioral challenges. Staffing is planned to reach 96 FTE in March 2025. (\$15.2M total funds; \$12.3M



general fund-state)

**Nursing Services Rates** - Funding is provided for a 7.5 percent increase for a variety of nursing services, including private duty nursing, performed by registered nurses and licensed practical nurses, effective July 1, 2024. (\$748,000 total funds; \$361,000 general fund-state)

**Professional Guardians** - Funding is provided for covering professional guardianship fees for individuals with developmental disabilities transitioning from a Residential Habilitation Center to supported living programs. (\$350,000 total funds; \$175,000 general fund-state)

**Respite Care** - Funding is provided to establish respite care beds for individuals with intellectual and developmental disabilities in the Tri-Cities. (\$350,000 general fund-state)

**Parent Support Programs** - Funding is provided to increase contracts for parent support programs, enhancing Parent-to-Parent program and Informing Families. (\$400,000 total funds; \$240,000 general fund-state)

**Caseload Ratio Reduction** - Funding is provided to hire 7.9 FTEs to reduce the caseload ratio. (\$2.2M total funds; \$1.2M general fund-state)

**Lakeland Village Records** - Funding is provided to develop a preservation plan for artifacts at Lakeland Village as required under SSB 6125. (\$146,000 total funds; \$73,000 general fund-state)

**Day Habilitation Services** - Funding is provided for a workgroup to explore the integration of community-contracted day habilitation services into the state Medicaid plan, including a budget proposal for statewide implementation. (\$200,000 total funds; \$108,000 general fund-state)

**Program Underspends** - Reduction of anticipated under expenditures in the employment and community inclusion budget. (-\$35.1M total funds; -\$18.8M general fund-state)

More detail can be found at the [OFM Budget website](#).

Thank you for your partnership as we focus on implementing these items. We will continue to work each day to transform lives by providing support and fostering partnerships that empower people to live the lives they want.

Sincerely,

*Dr. Tonik Joseph*

*Assistant Secretary, Developmental Disabilities Administration*

*DSHS: Transforming Lives*

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More Resources...

[Info & Resources - Washington State \(arcwa.org\)](#)



Know someone that would benefit from receiving our Parent to Parent newsletter and is not on our mailing list? Share our new QR Code for signing up to receive our monthly Washington State Parent to Parent newsletter.



## 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.

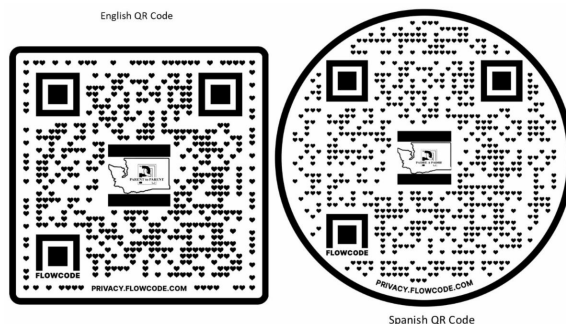


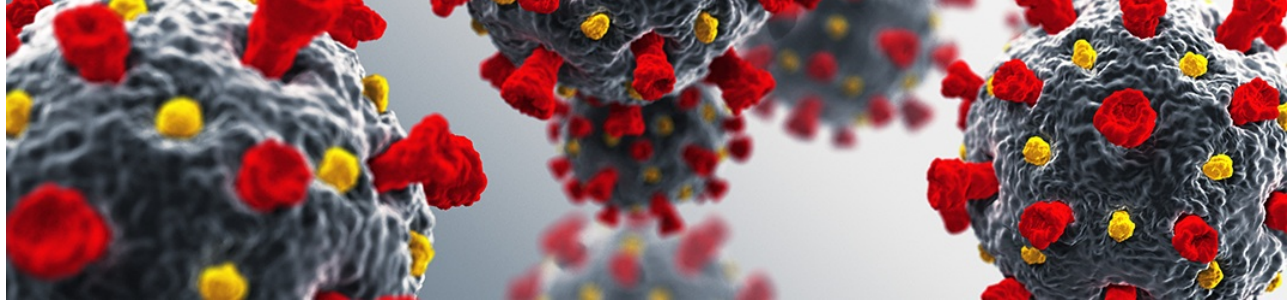
- [Access for Autistic Youth from the American Cultural Exchange](#): Information in English, Spanish, Korean, Vietnamese, Russian, Chinese, Arabic and Somali. Much of the information is focused on King County, but has good Washington State and national resource lists as well. Phone: 1-800-328-8476 or 206- 217-9644.
- [Autism Speaks - Manual De Los 100 Dias](#): Created for families with children age 4 and younger to help them through the first 100 days after an autism diagnosis
- [Espanol Recursos](#)



Para compartir sus comentarios o historias participación en el programa de Padre a Padre, acceda al enlace o código QR que aquí les compartimos!

<https://www.surveymonkey.com/r/M5JZWW8>





## COVID - 19 Resources

For immediate release: March 18, 2024 (24-030) Contact: DOH Communications

Department of Health announces updated guidance for COVID-19 and other respiratory illnesses

***THE NEW RECOMMENDATIONS STREAMLINE GUIDANCE ACROSS MULTIPLE ILLNESSES***

OLYMPIA - *The Washington State Department of Health (DOH) announced updated guidance for what to do when someone is sick with COVID-19, flu, respiratory syncytial virus (RSV), and other respiratory viruses.* While much of DOH's new guidance is similar to recent updates announced by the Centers for Disease Control and Prevention (CDC), DOH's new guidance offers additional recommendations on how to prevent spreading respiratory illnesses after someone becomes infected, as well as how to protect people with weakened immune systems and others at higher risk of severe illness.

"This updated respiratory virus isolation guidance reflects that we're in a better place now in the COVID-19 pandemic," said Dr. Tao Sheng Kwan-Gett, Chief Science Officer, DOH. "But while life is returning to normal in many ways, we must remember that for many in our community with chronic conditions and weakened immune systems, respiratory virus infections such as COVID-19, flu, and RSV remain a deadly threat. Each week, more than a dozen people in our state lose their lives to COVID-19 each week. We must not rest until that number is zero."

One of the most significant guidance changes is how long someone should stay home and away from others after contracting COVID-19, flu, RSV, or other respiratory viruses. While previous COVID-19 guidance recommended people isolate for at least 5 full days after symptoms appeared, the new guidance recommends people return to normal activities when their symptoms are getting better overall, and they have not had a fever (without having to use fever-reducing medication) for at least 24 hours. It is important to remember people can still be contagious even when their symptoms have improved:

- People with COVID-19 can be contagious for 5-10 days after their illness begins.
- People with flu can be contagious for up to 5-7 days after their illness begins.
- People with RSV can be contagious for 3-8 days after their illness begins.

Because people can remain contagious even after they feel better, DOH recommends taking extra precautions during the first 5 days of returning to normal activities after COVID-19, flu, RSV, or other respiratory viruses. This includes *wearing a mask*, taking steps to *improve air flow and filtration*, frequent *hand washing*, *regular cleaning*, *physical distancing*, and, if possible, *testing* when you will be around other people indoors.

DOH's new respiratory illness guidance also offers recommendations to prevent spreading infection to *people at higher risk of getting very sick*, such as older adults and people with weakened immune systems. These recommendations include staying away from high-risk people:

- For 10 days after symptoms of infection start, or for people who never develop symptoms, for 10 days since testing positive for COVID-19, OR
- Until receiving a negative result from a COVID-19 *antigen test*, (for COVID-19.)

While DOH's new COVID-19 and respiratory illness guidance is meant to provide baseline

recommendations, Washington residents are asked to follow any local health jurisdiction, workplace, business, or school policies that may provide more protective guidance specific to their setting or community. Employers must follow [Washington State Department of Labor & Industries COVID-19 requirements](#) in the workplace. Additionally, the new DOH guidance does not apply to health care settings. People who are staying, working, or visiting in a health care setting, long-term care facility, or residential care setting should follow the guidance in [COVID-19 Infection Prevention in Health Care Settings](#), and the flu guidance for health care settings and long-term care facilities provided by the [CDC](#).

The [DOH website](#) is your source for a healthy dose of information. Find us on [Facebook](#), [Instagram](#), and follow us on [X \(formerly Twitter\)](#). Sign up for the DOH blog, [Public Health Connection](#).

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DOH launches new Respiratory Illness Data Dashboard, retires COVID-19 Data Dashboard

[The new dashboard includes COVID-19, flu, and RSV data](#)

OLYMPIA - The Washington State Department of Health (DOH) created a new *Respiratory Illness Data Dashboard* that allows people to track COVID-19, flu, and respiratory syncytial virus (RSV) disease activity by region across the state.

The new, comprehensive dashboard replaces DOH's COVID-19 Data Dashboard, which retires Sept. 18. COVID-19 data and reports can now be found on the *new dashboard site*.

"We hope the new Respiratory Illness Data Dashboard will inform communities and help guide their personal decision making on prevention measures such as masks and social distancing," said Tao Sheng Kwan-Gett, MD, MPH, Chief Science Officer at DOH. "Getting up to date on vaccinations and staying home when you're sick can also help protect you and those around you against the worst impacts of COVID-19, flu, and RSV. We all need to do our part to reduce the chance that our healthcare system could be overwhelmed by respiratory illnesses in the coming months."

One major change in the new dashboard is the inclusion of data from previous years, providing the public with clearer comparisons between current disease activity and that of years past. The Respiratory Illness Data Dashboard will be updated weekly through April 2024. Subsequent update frequency depends on the degree of ongoing activity for COVID-19.

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Visit the [DOH Newsroom](#) for all news releases.

[Subscribe to get news releases in Spanish](#). You will continue to receive the English version.

[Washington State Department of Health](#) is your source for a healthy dose of information.



## Archived Mental/Behavioral Health

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



If you or your family is experiencing distress and needs 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 9-8-8

*9-8-8 services will be available for Native Americans, in Spanish, or interpretation services in over 250 languages.*

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