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

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The end of January marked the retirement of one of our Parent to Parent Coordinators. Jennifer

Newhouse served families in Grant and Adams Counties for over 30 years! Jennifer is one of several Coordinators who really blazed the P2P support trail in our State and Central Washington. THANK YOU Jennifer for your years of service and support of families... you will be missed but we know good things await you in your retirement. ☺

We love hearing about the impact Parent to Parent support is having on parents and families across Washington. One parent in King County recently expressed her appreciation for the P2P Coordinator:

"Just wanted to express my gratitude for your call. Your willingness to take the time to connect with me meant a lot, and I truly value our conversation. Navigating this journey of a parent of a special needs child can sometimes be isolating, so talking to you felt like chatting with a trusted friend. I appreciate your prompt assistance in connecting me with another parent; your help is invaluable."

.....

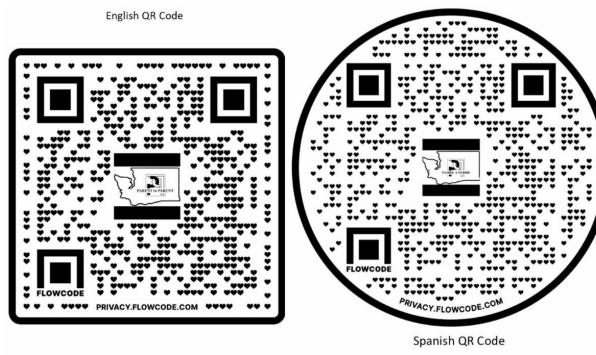
Welcome back Tami Leitz, Spokane P2P Coordinator. Hello to Chanita Stone, King County Coordinator, who is also a published author! You can read about her children's book here: <https://www.amazon.com/Caleb-Has-Something-Chanita-Stone-ebook/dp/B089Y5PKRR> and to Loryann Vo, Assistant Coordinator, at Skagit Parent to Parent and to DeAnn Bogar, Helping Parent Assistant for South Sound Parent to Parent (Thurston/Mason/Kitsap Counties). Goodbye to Jennifer Newhouse. Enjoy your retirement. Also goodbye to Alexi Prante and congratulations on your new position with SSP2P.

~~~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)



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.



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

### 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. There are multiple showings throughout January and February. View the flyers below for dates and times. [To watch the full playlist of videos click here.](#)

[January Flyer](#)

[February Flyer](#)



### Advocacy Days

The Arc of Washington  
2024 Virtual Advocacy Days | February 2024

"*Advocacy Days*, part of The Arc's Advocacy Partnership Project, are held during each legislative session to involve individuals with intellectual/developmental disabilities (IDD), their families and their service providers in the legislative process, giving them opportunities to make their voices heard by their legislators and to have an impact on policy and budget legislation that affects the services and supports available to them. To make the meetings more accessible to people all around the state, we have moved

to a virtual platform on Zoom."

For dates and Zoom links [click here](#).



## Community Accelerator Grant

ArtsFund just announced that they are partnering with the Paul G. Allen Family Foundation for a second round of the Community Accelerator Grant, a \$10 million investment in Washington State's arts and culture sector. The program will provide unrestricted grants for cultural nonprofit organizations across Washington state.

**Applications for the 2024 program will run from February 5 to March 5, 2024, and can be accessed via [www.artsfund.org/accelerator](http://www.artsfund.org/accelerator).**

The process will again utilize a Community Advisory Panel, which will inform the application, outreach, and awardee slate. Funding will provide essential capital to Washington's cultural organizations, including fiscally sponsored and tribal organizations, whose primary mission is to produce or support arts and cultural activities. The funds are intended to boost arts organizations' ability to invest in their missions and essential roles serving communities across the state. The program funded every eligible applicant in 2023, with a total of 671 grants distributed within 35 out of Washington's 39 counties. While the unrestricted funding could be used for any aspect of the grantees' work, recipients indicated their greatest needs were for salaries and labor, programming, and rent and facility costs. The low-barrier application and relatively fast turn-around time between application and funding also played an important role in supporting organizations as they bounced back from the pandemic.

# Blueprints to Special Education Online Workshop

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



## Virtual Blueprints to Special Education workshop!

Come meet our legal team and have your questions answered by some of our state's most prominent special education attorneys. Our training workshop on **March 9th** will be held over Zoom Webinar.

To ensure everyone has the opportunity to learn about their Special Education rights, we are offering scholarships to low income families and interpretation services for those that need it. Please contact us at [training@washingtonautismadvocacy.org](mailto:training@washingtonautismadvocacy.org) to request a scholarship or language services. Register today to secure your spot.

Please email [training@washingtonautismadvocacy.org](mailto:training@washingtonautismadvocacy.org) if you have questions.

In partnership, WAA Special Education Legal Program

**Please Note: If you need interpreter or ASL services, you must register and let us know by February 10.** This allows us the opportunity to secure services. Thanks in advance for your understanding. Interested in sponsoring our Blueprints workshop or exploring other sponsorship opportunities? Contact [training@washingtonautismadvocacy.org](mailto:training@washingtonautismadvocacy.org) today!

**[WASHINGTONAUTISMALLIANCE.ORG](http://WASHINGTONAUTISMALLIANCE.ORG)**  
**[Home - Washington Autism Alliance](#)**

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## 2024 IECC Conference

**May 6-10, 2024**  
**virtually via Zoom**

### Call For Presenters

IECC is currently seeking proposals for its 2024 conference. The IECC Conference is well known within the State of Washington for providing high quality, evidence based training for families and professionals working with young children (ages birth to eight) and their families.

- If you or someone you know may be interested in submitting a proposal - Our submission deadline for presenter proposals is January 19, 2024. To apply online [click here](#).
- IECC will be evaluating session proposals using a Rubric developed by DEC - we encourage presenters review our selection criteria before [submitting their proposal](#).

### 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 developmental delays, disabilities and/or other special health care needs.

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



## *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)**  
**February 21<sup>st</sup>, 2024**  
**May 15<sup>th</sup>, 2024**



**Join us for two stories that beautifully explore  
the intricate tapestry of relationships and caregiving**

Explore a collection of captivating videos that share unique stories, highlighting challenge, strength and the power of community. Children of the Setting Sun Productions describe the life experiences

of a tribal member with a disability and their family. Colibri Facilitation will share an animated video that offers a perspective on the DDA guiding value of relationships.

**These viewings will be from noon to 12:45 p.m. on these dates:** *[Click here for flyer to share](#)*

- Feb. 1
- Feb. 8
- Feb. 15

Please see the flyer above for more information. You do not need to register, just click the Zoom link below.

Zoom Link:

<https://us06web.zoom.us/j/81388847423?pwd=zb5hJALytcWiuebHjpkQstjMkuPOK9.1>

Meeting ID: 813 8884 7423

Passcode: 371507





## 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 \(the-ntg.org\)](#)**

**February 27th, 2024: 1pm - 2pm ET (US)**

Process of Aging

Presenter: Mary Stephens, MD, MPH, FAAFP, FAADM

**March 12th, 2024: 1pm - 2pm ET (US)**

Early Screening for Cognitive Changes

Presenter: Michael May, Ed.D, BCBA, LPC, LBS, NADD-CC

**March 26th, 2024: 1pm - 2pm ET (US)**

Life Planning for Different Phases of the Life Journey

Presenter: Brittany Goodrich, B.S.

**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.



## Including All Children: Creating More Inclusive Early Childhood Settings

**February 6 th 2024**

**11 am-12 pm**

Supporting the needs of children with special needs is a critical, but sometimes daunting, prospect for early learning programs. How can both programs and state policies become more inclusive, and what supports will providers require to get there?

[https://us06web.zoom.us/webinar/register/WN\\_yZSodNFTSTOPhngsBMAL1w#/registration](https://us06web.zoom.us/webinar/register/WN_yZSodNFTSTOPhngsBMAL1w#/registration)

An Introduction to Self-Care: [https://www.thenationalcouncil.org/resources/an-introduction-to-self-care/?mkt\\_tok=NzczLU1KRi0zNzkAAAGQtsArNywq02tfHkAggv5s15zG00Hg-7fMOOuo6U18lrlUNCuoWfafoMxGCNOpZ0l1pmnEDCynwYfRITj49oMzJUFENxNV5W2p9xtD9YeZg](https://www.thenationalcouncil.org/resources/an-introduction-to-self-care/?mkt_tok=NzczLU1KRi0zNzkAAAGQtsArNywq02tfHkAggv5s15zG00Hg-7fMOOuo6U18lrlUNCuoWfafoMxGCNOpZ0l1pmnEDCynwYfRITj49oMzJUFENxNV5W2p9xtD9YeZg)





## 100% ONLINE SPEECH AND LANGUAGE INTERVENTION

### Babble Boot Camp for infants with Down Syndrome

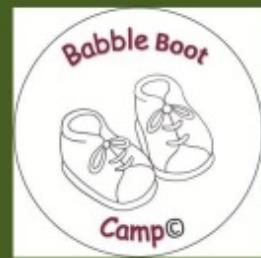
We are looking for infants with Down Syndrome and their primary caregivers to participate in a research study on a proactive speech and language intervention.

For more information, contact Linda Eng at [babblebootcamp@gmail.com](mailto:babblebootcamp@gmail.com) or Dr. Beate Peter at [babblebootcamp@asu.edu](mailto:babblebootcamp@asu.edu), (206) 713-5839

10 months of intervention

Free to participate

Completely over Zoom!



To participate in this study, children must meet these criteria:

- ✓ Full trisomy 21
- ✓ Birth to 12 months of age
- ✓ Born no earlier than 37 weeks gestational age
- ✓ Not awaiting heart surgery



ASU Knowledge Enterprise Development

ASU IRB IRB # STUDY00018407 | Approval Period 8/26/2023

## SURVEYS

### 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.) People with Washington State ABLE Savings Plans Can Save More in '24

The Washington State ABLE Savings Plan program helps people with disabilities save money for the future without disqualifying themselves for significant state and federal benefits. In 2024, the amount a person can save in their ABLE account is increasing. Account holders can receive up to \$18,000 in contributions from family and friends in 2024, an increase of \$1,000 over 2023. This amount is tied to a tax law provision that limits the size of financial gifts that can go untaxed.

People with ABLE accounts who have jobs can save an additional \$14,580 from paid employment in 2024, as long as they are not getting retirement account contributions at work. That's an increase of over \$13,590 in 2023. It is the dollar amount that federal guidelines define as the poverty level for a one-person household, a figure that is adjusted every year.

More contribution rules and limits are detailed on the Social Security, ABLE Account webpage. The money from an ABLE account can be used for everyday needs or unexpected events. The eligible expenses are geared toward improving health, independence, and quality of life, including education, housing, transportation, health care, and more.

The Department of Commerce administers the ABLE program in Washington. Learn more about ABLE and other programs supported by the department's Disabilities Workgroup on their homepage.

**Disclaimer:** Request and read the *Plan Disclosure and Participation Agreement*, which includes investment objectives, risks, charges, expenses, and other important information; read and consider it carefully before investing. More information: 1.844.600.2253 | [www.washingtonstateable.com](http://www.washingtonstateable.com)

## 2.) Winter Safety Tips

The winter storms are here and it is important to be prepared! Now is the time to prepare for winter travel, the cold weather, and storms. Individuals with intellectual and/or developmental disabilities are sometimes at higher risk as they may rely on others for care and support. State and Federal agencies have prepared information to help you and your family prepare for the winter season. Read through the resources below.

To learn more visit:

[Preparing for Winter Weather | Informing Families](#)

## 3.) Free Decision-Making Resources - *The Arc of the United States*

"People with intellectual and developmental disabilities (IDD) must make many daily and major life decisions, just like people without disabilities.

This can include decisions about buying things they need, managing a budget, and talking with doctors about their health care.

There are many ways people with IDD make decisions, both on their own and with support. But a person's ability to make decisions can change throughout their life.

It is important to **have a plan for how decisions are made** and to update this plan regularly.

This way, everyone can make the decisions they want.

The [Arc's Center for Future Planning](#) has created free resources to help.

Download the free documents below to:

- Learn about decision-making options for people with IDD
- Understand the myths and limits of guardianship
- Learn how to make, review, and adjust a decision-making plan throughout a person's life to maximize their ability to make their own decisions"

Documents Available:

- [Decision-Making Supports](#)
- [Future Decisions](#)
- [Guardianship Myths](#)

#### 4.) What is a Center of Excellence (COS)?

An autism *Center of Excellence* (COE) is a health care provider who has been judged by the Washington State Health Care Authority (HCA) to be qualified to diagnose autism and write a prescription for Applied Behavioral Analysis (ABA) services if appropriate.

[Autism Center of Excellence - Washington INCLUDE \(wainclude.org\)](http://wainclude.org)

#### 5.) Why your child struggles to "just ignore" classroom distractions, and what you can do about it. ([eileendevine.com](http://eileendevine.com))

...As is so often the case, the greatest hurdle the parent faced in having appropriate accommodations provided to her daughter was the fact that *no one recognized her need for them in the first place*, given the invisibility of her difference. But provided with the proper information, teachers can shift from the "just ignore it" approach to something more informed and effective.

#### 6.) ACTive Parenting - Accept, Commit and Teach

As parents, we are also teachers, and understanding the motivations behind behavior is key to becoming a compassionate and effective leader who can empower our children with the skills they need to thrive. In this class, you will learn foundational skills to arrange your environment in a way that supports skill-building and embraces your core values.

Complimentary Parenting Class - register click link below

[ACTive Parenting - A Free Course – New Habits Consulting | Behavior Consultation Services and Parent Education](#)

#### 7.) The Federal Emergency Management Agency (FEMA) is excited to announce an opportunity now open for young leaders who are passionate about making a positive impact on their community. FEMA is looking for students in grades eight through 11 interested in supporting disaster preparedness to join the Youth Preparedness Council (YPC).

##### Why Is It Important for Youth to Apply?

FEMA created the Youth Preparedness Council in 2012 to bring together young leaders from across the country who are interested in supporting disaster preparedness locally and nationally. The YPC supports FEMA's commitment to involve America's youth in preparedness-related activities. It also provides young people an opportunity to present their perspectives, feedback and opinions to FEMA staff. During their terms, YPC members can make a difference in their community, gain valuable leadership and emergency management experience and work with like-minded peers to help strengthen preparedness and resilience across the country.

##### What do YPC members do?

YPC members meet with FEMA staff throughout their term to develop strategies, initiatives and project proposals. National YPC members also attend the biennial YPC Summit in Washington, D.C. (tentatively scheduled for July 2025), along with FEMA leaders and other preparedness professionals, to network and learn more about the field.

##### Who would be a great YPC member?

Students in grades eight through 11 who have a passion for preparedness and helping others, are involved in their community and have an aptitude for working on teams and as leaders are great candidates for the YPC.

##### Spread the Word!

You can spread the word by sharing information about the YPC with parents, educators, schools, organizations and reaching out to friends and family! Do you know a student who would make a great candidate? Encourage them to apply today! You can also view and share the Region's posts on [LinkedIn](#), [X](#), and [YouTube](#).

##### How to Apply?

The online application is now open and closes March 4 at 11:59 p.m. PT. To learn more about the YPC and application requirements, visit the [YPC website](#) and visit the [application page](#) to apply. If you require a physical mailed copy of the application, you can email [FEMA-Prepare@fema.dhs.gov](mailto:FEMA-Prepare@fema.dhs.gov). FEMA will also host two more webinars for potential applicants on [Feb 21](#), and [Feb. 27](#), 2024. Applicants who live in FEMA Region 10 (Alaska, Idaho, Oregon, and Washington) will also be considered for the Region 10 Youth Preparedness Council, which does similar work on a regional level and hosts a YPC Summit in Bothell, WA during August 2024.

## *English Application Information Spanish Application Information*

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8.) Understanding TBI Do you want to better understand TBI?

Check out this new resource on how to connect with support for services! ***Three Ways to Connect - Dial 911, 988, 211 to Get Support - Video*** is a way for individuals to better understand the inter-relationship with 911-988-211.

**Safe Kids WA** is about keeping kids safe and boiling it down to the most important practical tips for parents to prevent their children from getting hurt.

**TBI BH ECHO Connecting Frontline Providers with Experts** for trauma-informed interactive learning and case consultation. Past videos and presentations available.

**TBI Skill Builder WA** to develop skills working with TBI with trauma informed person-centered care and practices.

**TBI Resources and Workbook** for information, resources, journal prompts, and more.

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9.) AS360 - University of Washington Autism Center (UWAC)

A new resource from the University of Washington Autism Center (UWAC). They have launched AS360, an autism resource database designed to increase access to autism services and connect individuals and organizations.

"Here are some of the features available through this platform:

- AS360 connects community programs into one cohesive ecosystem allowing families to identify and access clinically and culturally relevant resources
- AS360 provides individualized recommendations for navigating the autism journey
- AS360 puts caregivers at the center of their family's wellness journey, reducing stigma and enabling access to critical services"

To learn more and access the site [click here](#).

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More Resources...

***Info & Resources - Washington State (arcwa.org)***

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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.



# FEMA busca líderes para el Consejo Nacional de Preparación Juvenil

La Agencia Federal para el Manejo de Emergencias (FEMA, por sus siglas en inglés) está aceptando solicitudes para el Consejo de Preparación Juvenil, un programa que reúne a jóvenes de todo el país que están interesados y comprometidos con la preparación comunitaria.

Los miembros del Consejo son seleccionados según su dedicación al servicio público, sus esfuerzos para lograr hacer la diferencia en sus comunidades y su potencial para ampliar su impacto como líderes nacionales en la preparación para emergencias. Los estudiantes entre octavo a undécimo grado son elegibles para solicitar una posición.

"El Consejo de Preparación Juvenil es una oportunidad única para jóvenes de todo los Estados Unidos de aprender lo que es ser un funcionario de manejo de emergencias. También nos dan un vistazo al futuro de nuestra profesión – y déjenme decírselos, que el futuro es brillante", dijo la administradora de FEMA, Deanne Criswell. "Estos jóvenes líderes me dan tanta esperanza que podemos crear una América más preparada y resiliente que la próxima generación necesita y se merece. Espero ver como se reúne este nuevo consejo y todo lo que van a lograr".

Durante su participación de un año, los miembros del consejo colaborarán entre sí para desarrollar proyectos que promuevan la preparación a nivel local, regional y nacional. Los miembros también compartirán con principales líderes de FEMA, el gobierno federal y organizaciones nacionales sin fines de lucro.

Los jóvenes interesados en participar en el consejo deben presentar un formulario de solicitud completo e incluir dos cartas de recomendación. Todas las solicitudes y los materiales de apoyo deben presentarse antes del 4 de marzo. Los nuevos miembros del consejo se anunciarán en junio.

Jóvenes que viven en la región 10 (Alaska, Idaho, Oregón y Washington) pueden ser invitados a formar parte Consejo de Preparación Juvenil de la Región 10, un consejo parecido enfocado específicamente en proyectos dentro de estos cuatro estados.

Para acceder a los materiales de solicitud, leer sobre los miembros actuales del consejo y obtener más información sobre el Consejo de Preparación Juvenil, visite la [página del Consejo de Preparación Juvenil en FEMA.gov](#) (enlace en inglés).

## Contáctenos

Si tiene alguna pregunta, comuníquese con la Oficina de Asuntos Externos de la Región 10 de FEMA:

- Sala de prensa: (425) 487-4610 o [FEMA-R10-NewsDesk@fema.dhs.gov](mailto:FEMA-R10-NewsDesk@fema.dhs.gov)



**FEMA**

enero del 2024 1



1.) Propósito: ¡La registración está abierta! El Taller del Bosquejo de Educación Especial será el Marzo del 2024

Nos complace anunciar que la inscripción está abierta para nuestro taller virtual del Bosquejo de Educación Especial. Entre en el enlace para ver los detalles de este taller Virtual Blueprints to Special Education workshop!

Venga a conocer a nuestro equipo legal y a algunos de los abogados de educación especial más

prominentes de nuestro estado para que respondan sus preguntas. Nuestro taller de capacitación es el 9 de marzo y se llevará a cabo mediante Zoom en un seminario vía web.

Para garantizar que todos tengan la oportunidad de conocer sus derechos de educación especial, ofrecemos becas a familias de bajos ingresos y servicios de interpretación para quienes los necesiten. Comuníquese con nosotros en [training@washingtonautismadvocacy.org](mailto:training@washingtonautismadvocacy.org) para solicitar una beca o servicios de interpretación.

Registrese en el enlace para asegurar su lugar Register today to secure your spot.

Por favor mande un mensaje a este correo electrónico: [training@washingtonautismadvocacy.org](mailto:training@washingtonautismadvocacy.org) si tiene alguna pregunta.

En conjunto,

Programa Legal de Washington Autism Alliance

Tenga en cuenta: si necesita servicios de intérprete o de lenguaje en seña (ASL), debe registrarse e informarnos antes del 10 de febrero. Esto nos brinda la oportunidad de asegurar los servicios. Gracias de antemano por su comprensión.

¿Está interesado en patrocinar nuestro taller Bosquejo o explorar otras oportunidades de patrocinio? ¡Póngase en contacto con [training@washingtonautismadvocacy.org](mailto:training@washingtonautismadvocacy.org) hoy!

## [WASHINGTONAUTISMALLIANCE.ORG](http://WASHINGTONAUTISMALLIANCE.ORG)

### [Home - Washington Autism Alliance](#)

#### 2.) Servicios de Transición del DDA dentro del DSHS

Enlace de rápido acceso y en español: <https://informingfamilies.org/schooltransitionphases/>  
Información proveída gracias a: [Informing Families](#)

#### 3.) Fideicomisos Para Necesidades Especiales y Cuentas ABLE: ¿En qué se diferencian?

Enlace de rápido acceso y en español: <https://www.youtube.com/watch?v=Rn0W9Q3-wv4&list=PL9ehQ7w4Tze0NnbQhmLPMhV2xmF2zpZfV&index=4>

Video de YouTube proveído por: [The Arc of the United States](#)

¡Lugar donde también pueden encontrar videos relacionados al tema y mucho más!

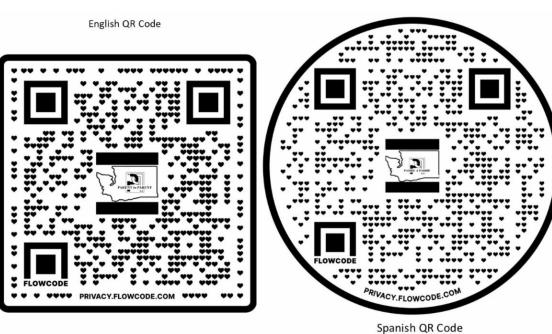
#### 4.) [Espanol Recursos](#)

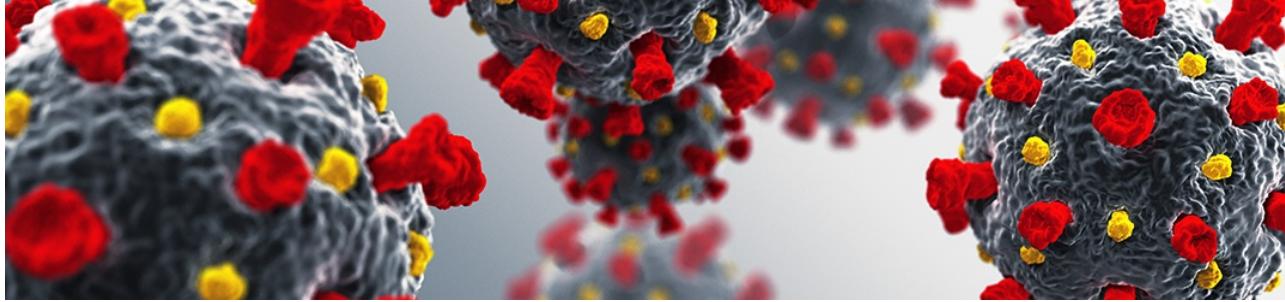


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Para compartir sus comentarios o historias participación en el programa de Padre a Padre, acceda al enlace o código QR que aquí les compartimos!

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





## COVID - 19 Resources

### Protect yourself from COVID-19, Flu, Pneumonia and RSV

Information from the Centers for Disease Control and Prevention and the Washington State Department of Health.

During the fall and winter it is common to get sick from respiratory viruses such as [COVID-19](#), [flu](#), and [respiratory syncytial virus](#). There are actions you can take to protect yourself and others. Learn more about these viruses and how to prevent them.

Department of Health offers regular [updates](#) on flu activity in Washington. Don't forget to get a flu vaccine this season, go to [Vaccines.gov](#) to find out where you can get a flu vaccine and the [COVID-19 vaccine](#).

Effective prevention strategies for respiratory viruses include:

- Using face masks.
- Practicing social distancing.
- Practicing cough etiquette.
- Cleaning your hands.
- Cleaning and disinfecting regularly.
- Getting vaccinated.

Care providers can find information on flu and pneumonia in DSHS' Developmental Disabilities Administration [Care Provider Bulletin](#). The online publication includes:

- Symptoms.
- Groups at increased risk.
- Prevention tips.
- Treatment.
- Warning signs - when to seek medical attention.
- Resources.

### More Information

- [Pneumonia - Centers for Disease Control and Prevention](#).
  - [What to know about this flu season](#).
  - [Question and answers about influenza](#).
  - [Are you at high risk for the flu?](#)
  - [Isolation and precautions for people with COVID-19](#).
- 

### 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.

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

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Beginning September 25, every U.S. household can again place an order to receive four more free COVID-19 rapid tests delivered directly to their home.

Before You Throw Out "Expired" Tests: [Check FDA's website to see if your COVID-19 tests' expiration dates have been extended.](#) <https://www.covid.gov/tests>

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COVID Vaccine Factsheet are now posted on our website under family information: [Children with Special Health Care Needs Publications: Washington State Department of Health](#). Additional languages and updates will be posted there as they become available.

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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](#)*



## 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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**“The most difficult  
thing is the decision  
to act; the rest is  
merely tenacity.”**

**AMELIA EARHART**



*Valentine Treats to make with your kids ...[click here!](#)*

**The Arc of Washington State**

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Olympia, WA 98506  
(360) 357-5596

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