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

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Over the last 5 years, Parent to Parent has nearly **quadrupled** the number of parent/caregiver connections, from **19,747 in 2018-2019 to 77,001 in 2022-2023**. With the support of the Developmental Disabilities Administration, the Department of Health/Children and Youth with Special Health Care Needs Program, the Developmental Disability Council and many local host agencies, Parent to Parent is continuing to grow to meet the needs of Washington families raising children with disabilities. We hear over and over again from those families about the **HELP** and **HOPE** provided by local Coordinators. We look forward to 2024!

One parent in Whatcom County recently shared about the **HELP** and **HOPE** she received:

"I enjoy going and connecting with other parents and understanding more about parenting a neurodiverse child. I have gained a deeper understanding of why self-care is so important and working on implementing small amounts of it during the day."

.....

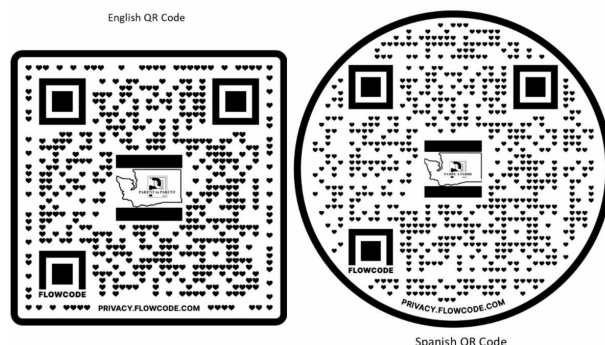
Goodbye to Tami Leitz Coordinator for Spokane P2P. Congratulations on your new position at The Arc of Spokane.

~~~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.



## 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

### Advocacy Days

The Arc of Washington

2024 Virtual Advocacy Days | Save the Date! January-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](#).



### On Time Autism Intervention Project (OTAI) Collaborative ECHO between diagnosticians and ESIT providers

**Target Audience for ECHO:** psychologists or COE trained professionals who work with children under 3 and are using diagnostic tool (ADOS, STAT, CARS) or feel relatively confident in dx skills; ESIT providers who want to build capacity and collaboration with diagnosing providers

#### Sequence of Sessions - Didactic Topics

Session 1: Intro to ECHO and OTAI - **January 10**

- The goal of OTAI is to develop, with community partners, innovative strategies to increase equitable access to "on-time" diagnostic and ASD specific intervention services for young children. Overview of 5 practice frameworks and our iterative process for connecting with ESIT.

Session 2: What is ESIT (how to find and partner with them)

Session 3: Steps 1 & 2: Universal Screening & Preparing for Difficult Conversations and Support

Session 4: Step 3 in OTAI Framework: Referral to Collaborative Diagnostic Evaluation

Session 5: Step 4 in OTAI Framework: Accelerated Diagnostic Evaluation

Session 6: Step 5 in OTAI Framework: Seamless Transition to ASD Navigation and Intervention

Session 7: Essential Components of Feedback sessions

Session 8: Essential Components of Intervention and Support for Young Autistic Children (0-3)

if you are interested in learning more about the OTAI Collaborative ECHO, please respond to their

brief 2 sentence survey of interest:  
<https://docs.google.com/forms/d/1rhHrGyYTuacDEx1EP4LZnocRt-EynwZXYTTILQ2ecN0/edit#settings>

## Existing OTAI ECHO Networks:

### Early Autism ECHO: Collaboration

- Behavior Analysts and Early Support Providers learning together about autism support and services 0-3

### Early Autism ECHO: Navigation

- Early Support Providers learning about how to support parents pre and post-diagnosis (0-3)



## SURVEYS/Studies

### Washington State Department of Health Discovery Survey

Washington State Department of Health wants to hear from you about what families need to thrive. As part of a larger Maternal and Child Health Needs Assessment, we are asking families and community members across the state to take a short Discovery Survey about what families need to live their fullest lives and unmet needs. The Discovery Survey is available in several languages:

- English: <https://www.surveymonkey.com/r/MYKJ69K>
- Spanish: <https://www.surveymonkey.com/r/9M3MW93%20>
- Vietnamese: <https://www.surveymonkey.com/r/CP2H37B>
- Korean: <https://www.surveymonkey.com/r/CH6CF3R>
- Russian: <https://www.surveymonkey.com/r/H2JDZTQ>
- Ukrainian: <https://www.surveymonkey.com/r/HDN73H7>
- Arabic: <https://www.surveymonkey.com/r/C65KY7C>
- Punjabi: <https://www.surveymonkey.com/r/8F9XV2S>
- Khmer: <https://www.surveymonkey.com/r/THTKCBM>
- Somali: <https://www.surveymonkey.com/r/CTPGW37>
- Tagalog: <https://www.surveymonkey.com/r/8JXH5MB>



## ECHO Collaborative with ESIT and Autism Diagnosticians

Jessica Greenson, PhD from the UW Autism Center spoke at the SMART Networking call Dec 1. Folks may benefit from doing both the STAT training and participating in the Collaborative.

if you are interested in learning more about the OTAI Collaborative ECHO please respond to their brief 2 sentence survey of interest:

<https://docs.google.com/forms/d/1rhHrGyYTuacDEx1EP4LZnocRt-EynwZXYTTILQ2ecN0/edit#settings>



## RESOURCES

1.) Free Decision-Making Resources - 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

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## 2.) **Intensive Habilitation Services (IHS) New Informing Families Page**

Informing Families has a new page and informational bulletin covering Intensive Habilitation Services. What is IHS? Intensive Habilitation Services provides short-term stabilization services by offering habilitative goal development, instruction and support. The client's family, DDA staff, and the IHS provider work together to identify the client's goals. Consistent support and active parent or guardian participation improves success.

To learn more visit <https://informingfamilies.org/intensive-habilitation-services-ihs/>

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## 3.) **Transition Services by the DSHS' Developmental Disability Council**

Systems are working together to support students with intellectual and developmental disabilities transition from school to adult life in a more seamless manner. The DSHS' Developmental Disabilities Administration has created four videos have been created to give students and their families direction during four phases of their life, the three years of transition in the school system (ages 18 to 21) and the year after. Click the link below to find four videos followed by the resources outlined in the videos! <https://informingfamilies.org/schooltransitionphases/>

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## 4.) **Learning Advocacy in Special Education** (Article by: Rachel Nemhauser, The Arc of King County)

This featured article from the Informing Families Fall newsletter covers tips on advocating for your child in special education along with resources for families to learn more about special education. Read the full article at the link below.

<https://informingfamilies.org/a-guide-to-learning-advocacy-in-special-education/>

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## 5.) **Department of Licensing requests your input on recent legislation**

The Department of Licensing (DOL) is seeking input from organizations like yours. We started work to update **WAC 308-104-050** in response to a public request to update the rule to align with current processes. Currently, persons under the age of 18 years are required to complete driver training education to obtain a driver's license. The law allows for a waiver of this requirement (**RCW 46.20.100(2)(c)**) when a person is unable to take or complete driver training education, a need exists for them to obtain a driver's license, and they have the ability to safely operate a motor vehicle.

The intent of this rulemaking is to update the rule to align with agency practices and make sure that persons who qualify and require a driver training education waiver for safety or health related reasons can access one.

Your participation can help us better understand what circumstances should grant a qualifying individual a waiver.

### **How you can partner with DOL**

Please reach out with any information you can offer that can help us better serve you. We are especially interested in any of the following:

- Who in your organization should we partner with as we start rulemaking?
- Can you connect us with community groups, advocates, or experts?
- What are your hopes for this rule change?
- What concerns do you have about this rule change?

We welcome any information you or your organization wants to share. Thank you for your support and partnership as we begin this work to improve the lives of the people of Washington State.

Email: [Kelsey.Stone@dol.wa.gov](mailto:Kelsey.Stone@dol.wa.gov)

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6.) **Dan Thompson Memorial Community Services Account** Notice of Funding Opportunity - Nov '23  
"DSHS' Developmental Disabilities Administration seeks to award \$4.5 million in Dan Thompson Memorial Developmental Disabilities Community Services Account grants to organizations providing support and services in a community setting to benefit people with developmental disabilities eligible for DDA services."

Read the full message [here](#).

7.) **Free Benefits and Housing Review Available! Partners4Housing**

Thanks to a generous grant from the Developmental Disabilities Council's Dan Thompson Memorial Fund, Parents4Housing can now provide free Residential Assessments to families in Washington state. As a family member, completing a Residential Assessment (RA) will help you explore housing possibilities and make a plan for the future of your family member with IDD. The RA starts with an online questionnaire, where you and your family member will define your housing goals.

To learn more [click here](#).

8.) **DOH LAUNCHES INTERACTIVE TOOL TO CONNECT PEOPLE TO WOMEN, INFANTS, AND CHILDREN (WIC) NUTRITION PROGRAM - THE ONLINE WIC CLINIC LOCATOR AIMS TO IMPROVE EQUITABLE ACCESS TO THE UNDERUTILIZED PROGRAM**

OLYMPIA - [The Women, Infants, and Children \(WIC\) Nutrition Program of Washington](#) released an online tool to help people find their closest WIC clinic and apply for benefits. The new WIC Clinic Locator map showcases the more than 200 WIC clinics across the state and provides clinic addresses, phone numbers, and hours of operation. There's also a new [WIC Interest Form](#) people can fill out online and submit to their clinic of choice, who will then contact applicants directly. Health care providers and community-based organizations can also use the form to refer people to the WIC program.

"[The WIC Clinic Locator tool](#) is another important step the state of Washington is taking to modernize the WIC Program, and improve equitable access," said Michele Roberts, Assistant Secretary for Prevention and Community Health, DOH. "We know that in our state, as well as nationally, about 50% of people on Medicaid who are also eligible for WIC benefits are not currently enrolled in the program. Our goal with this tool is to spread awareness of WIC, and remove as many barriers as possible."

WIC provides monthly food benefits with an emphasis on healthy grocery items like milk, fruits, and vegetables. The program also assists with health screenings and referrals, nutritional education, and breast/chest-feeding support. WIC is for people who are pregnant, recently delivered a baby, who are breast/chest-feeding, and infants and children under 5 years old. Dads, grandparents, foster parents, or other guardians may also apply for WIC for their children. In 2022, Washington's WIC program served 195,655 people across the state.

9.) **NEW AUTISM [AS360](#) WEBSITE**

We provide resources that help autistic people and their families, caregivers and providers navigate ASD services and be part of an online community with other autistic people and their families.

Have you ever had questions around autism? Ever wondered if your child has characteristics that may require a screening or an assessment to discover answers? University of Washington Autism Center (UWAC) is officially launching the [AS360.org](#) platform to be a resource for you to navigate these types of questions.

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
- Your family can upload your own documents on this platform. These records may include medical records, IEP's, transition plans and more, ensuring that electronic copies are readily available to your community of providers and agencies. This becomes especially useful for future services such as SSI, DSHS, schools and more. (*The UWAC will not be able to see these records—these are for your own personal use*).

"**Resources Near Me**" is available to you on this platform—providers and agencies within a chosen range of your address in Washington state.

- Do you have a question or recommendation you want to offer or discuss? Use the **Member Forum** to post your questions and see what families in Washington have to say about the topic.
- Need a book on a particular subject? Check out our **“Book Learning Center.”**

Give feedback on this platform or ask questions at [admin@as360.org](mailto:admin@as360.org)

10.) Autism Spectrum Disorder (ASD) can make navigating a child’s healthcare needs complicated. Our guide, written specifically with insight from nurses, covers essential medical knowledge for parents and caregivers of children with ASD, including:

- A guide for managing the diagnosis process
- How to recognize early signs of autism in children
- Autism-specific mental and physical healthcare needs
- Strategies for avoiding overstimulation and anxiety at doctor appointments
- Tips on how to advocate for your child in healthcare

<https://nursingeducation.org/resources/parents-guide-for-children-with-autism/>

11.) Northwest Access Fund offers financial products and services designed to meet the unique needs of people with disabilities and seniors in Washington, Oregon, and Idaho.

<https://www.nwaccessfund.org/>

12.) WA Paid Family & Medical Leave

[Frequently Asked Questions](#) (document)

The online Help Center at <https://paidleave.wa.gov/help-center> is excellent. Many of these questions are answered directly on that site.

13.) A Message from Dr. Tonik Joseph, Assistant Secretary, Developmental Disabilities Administration  
Dear DDA Stakeholder: It has been six months since I sent out a message with some highlights of what DDA received in the 2023-25 biennial operating budget Engrossed Substitute Senate Bill 5187. We continue to be delighted that the Legislature and the governor continue to support clients, families, providers and the workforce who support our clients.

I am pleased to share updates on the progress the hardworking teams at DDA have made on implementing the significant policy bills:

- **Engrossed Second Substitute House Bill 1188 Child Welfare Services:** DSHS is funded to seek federal approval to expand the existing Medicaid waivers to dependent children and youth with developmental disabilities. UPDATE: DDA is on track to submit waiver amendments to the Centers for Medicare and Medicaid Services on Jan. 2, 2024. Public comments on the draft waiver amendments closed on Nov. 2, 2023 and our tribal partners had until Dec. 2, 2023 to make comments. We will continue to work with our teammates at the Department of Children Youth and Families to respond to comments and edit our draft amendments as needed to be ready for a Jan. 2 submission. We anticipate CMS will approve dependent children to receive waiver services by September 2024.
- **House Bill 1407 Maintaining Service Eligibility:** Funding is provided to update DDA eligibility rules so that clients who are made eligible between age 3 and 17 do not lose eligibility or need redetermination of eligibility. UPDATE: The Intake and Eligibility teams implemented these changes early and stopped reviewing the eligibility of 10 year olds in June. Families affected by this change received letters telling them that eligibility would not be reviewed again until age 20.
- **Second Substitute House Bill 1580 Children in Crisis:** One-time funding is provided to create a Multisystem Care Coordinator within the Office of the Governor and a Rapid Care Team composed of representatives from multiple agencies. UPDATE: DDA has hired a Hospitalized Children’s Program Manager effective through expiration of the bill on June 30, 2025, to participate in collaboration with the Health Care Authority, the Department of Children Youth and Families, and the Office of Financial Management under the leadership of the Multisystem Care Coordinator to address the support needs for youth in crisis. Currently, DDA participates in multi-system conversations with representatives from DCYF, Health Care Authority, and the Managed Care Organizations to discuss children whose support needs are unmet, and will work to replicate similar multi-system processes with the rapid care team as defined in law.
- **Engrossed Second Substitute House Bill 1694 Home Care Worker Shortage:** Modifies training and certification requirements for home care workers. It also directs DDA to conduct a feasibility study for how to pay parent caregivers of children with complex needs. UPDATE: The rule changes are already in effect and individual providers caring only for their sibling, aunt, uncle, cousin, niece, nephew, grandparent or grandchild, including when related by marriage or domestic partnership, no longer have to be certified as Home Care Aides. They

must complete Safety and Orientation and 30 hours of training. Additionally, the report about the feasibility of paying parents of minor children is complete and will be published by Dec. 31, 2023.

- **Engrossed Second Substitute Senate Bill 5440 Competency Evaluations and Restoration:** Funding is provided for DSHS to provide housing and wrap around services for individuals found incompetent to stand trial due to an intellectual or developmental disability, traumatic brain injury, or dementia to receive services and supports in community-based settings. UPDATE: Implementation of these new services is well underway. This new program is called the Civil Transitions Program. Resources, policies, and procedures are being developed with regional teams who will be doing the work with these individuals and communication is occurring consistently. DDA has already received a few referrals and is helping to support those individuals while preparing to implement the program in December 2023.
- **Community Supports for Children:** Funding is provided to continue the phase-in of one, three-bed intensive habilitation services facility and six, three-bed enhanced out-of-home services facilities. Intensive Habilitation Services will provide short-term, up to 90 days, placements for children and youth aged eight to 21. E-OHS will provide long-term services to support youth aged 12 to 21 who have discharged from inpatient care. UPDATE: There is one new 3 bed IHS contracted facility in Spokane ready to begin service delivery on Dec. 18, 2023. There are 3 youth who have transitioned from inpatient care and receiving E-OHS.
- **Non-citizen Program:** Funding is provided to establish 33 slots at an average rate of \$278 per client per day for individuals with intellectual or developmental disabilities who are ineligible for Medicaid due to citizenship status. Priority must be given to clients in acute care hospitals. UPDATE: Program staff at DDA have collaborated closely with program staff at DSHS' Aging and Long-Term Support Administration to identify the DDA eligible clients currently enrolled in the program and on the waitlist. Clients who are DDA eligible will be served by DDA beginning Jan. 1, 2024.
- **Complex Needs Enhanced Rate Pilot:** Funding is provided to pilot an enhanced daily rate of \$450 per client per day for community residential providers who receive additional training to support individuals with complex physical and behavioral health needs. Funding is sufficient to serve 30 clients. UPDATE: The target population for this pilot are individuals who are at risk of being hospitalized or are discharging from a hospital. We have commitment from three providers to join the pilot and are meeting with several others in the next week. We have a several individuals who will be entering service by early January.
- **Enhanced Adult Family Homes Specialty Pilot:** Funding is provided to pilot a specialty AFH contract to serve up to 100 individuals with intellectual or developmental disabilities who may also have co-occurring health or behavioral diagnoses. UPDATE: In September 2023, we started the pilot with three AFHs and 16 clients statewide. We will continue to contract with specific AFHs. Our goal is to add 16 clients per month to the pilot until we reach the budgeted target of 100 clients. It is our goal to maintain 100 clients until the end of the 2023-25 biennium. We will collect data throughout the pilot and provide the Legislature with a detailed report of our findings. The report is due in December 2024. For more information check out the DDA Specialty AFH Pilot Fact Sheet [Fact Sheet](#).
- **Enhanced Behavior Support Specialty:** Funding is provided to develop a plan for implementing an enhanced behavior support specialty contract to provide intensive behavioral services and supports to adults with intellectual and developmental disabilities in community residential settings. UPDATE: This project is in the planning stage and will get underway soon.
- **Study to Expand Medicaid Services:** One-time funding is provided to study opportunities to restructure services offered under DDA's Medicaid waivers. UPDATE: DDA has contracted with an entity to facilitate information gathering conversations with interested parties, including individuals currently receiving services, their family members, providers, advocates, our tribal partners and DDA staff. DDA will also consult with a national organization experienced with home and community based waivers in other states. These conversations will occur between January and June so the report can be written and published by Dec. 1, 2024.
- **Assessment Tool Study:** Funding is provided for a feasibility study to identify opportunities to improve the Comprehensive Assessment Reporting Evaluation system. The feasibility study must include an assessment of the system's questions, processes, workflows and underlying technology. UPDATE: Project initiation is underway. There will be two contractors to assist in developing the study. The first contractor will conduct information gathering sessions from interested parties, create organization change management and impacts, and will create the final report to the legislature. The second contractor will conduct technical research on the existing DDA Assessment and on other systems nationwide that could provide alternatives and efficiency recommendations to be included into the final report.
- **Dan Thompson Memorial Account:** Expenditure authority from the Developmental Disabilities Community Services Account (also known as the Dan Thompson Memorial Account) is shifted

from the 2021-23 biennium for projects to enhance and expand Home and Community Based Services for individuals with intellectual and developmental disabilities. UPDATE: During the 21-23 biennial budget, DDA, in conjunction with the Department of Commerce, authorized approximately \$21.8 million in supports and services for individuals with I/DD using funding from the Dan Thompson Memorial Account. The Legislature appropriated \$32 million in the 23-25 biennial budget. While DDA is executing the final contracts from the original application round, we are also preparing for round two applications with approximately \$4.5 million left to be awarded. A new application, guidance document with grant writing resources, and technical assistance sessions are being developed for distribution of the remaining funding to be spent by June 30, 2025. Contracts for current awardees are vast and include examples such as: developing peer mentor programs, purchasing specialized and adaptive equipment to be used in community settings, lending libraries, housing assessments and resources, and videos developed by tribal members to explain DDA services.

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

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.



### UNA SERIE ESPECIAL DE RADIO EN ESPAÑOL DE KINDERING

Sintonice la estación de radio KKMO, El Rey 1360 AM o en línea en <https://www.elrey1360seattle.com/> a la 1 p.m. el martes 9 de enero para una transmisión especial en español presentada por Kindering para padres de niños con necesidades especiales. Durante este programa, hablaremos sobre la alimentación, y cómo podemos apoyar a los bebés y los niños pequeños que tienen dificultades con la alimentación. Nuestras invitadas son Lindsey Valitchka y Hayley Ellis, terapeutas del habla y del lenguaje de apoyo temprano y especialistas de la alimentación en Kindering.

*Kindering acoge a todos los niños con diversas habilidades y a sus familias, al ofrecer una educación de alta calidad y terapias que cultivan la esperanza, el valor, y las habilidades necesarias para remontar el vuelo..*

### A SPECIAL SPANISH LANGUAGE RADIO SERIES FROM KINDERING

Tune in to radio station KKMO, El Rey 1360 AM or online at <https://www.elrey1360seattle.com/> at 1 p.m. on Tuesday, January 9, for a special Spanish-language broadcast presented by Kindering for parents of children with special needs. During this program, we will be talking about feeding and how we can support babies and toddlers who are experiencing feeding difficulties. Our guests are Lindsey Valitchka and Hayley Ellis, Early Support speech-language pathologists and feeding specialists at Kindering.

*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.*

Presented on:



BELLEVUE | BOTHELL | REDMOND | RENTON  
WWW.KINDERING.ORG | (425) 747-4004

**Tuesday, January 9, at 1pm**

We will talk with Lindsey Valitchka and Hayley Ellis, speech-language pathologists and feeding specialists at Kinderling, about feeding and how we can support babies and toddlers who are experiencing feeding difficulties.

Tune in to radio station KKMO, El Rey 1360 AM or online at <https://www.elrey1360seattle.com/> at 1 p.m. on Tuesday, January 9.



1.) **INFORMANDO A LAS FAMILIAS - APOYANDO VIDAS REALES A LO LARGO DEL CURSO DE LA VIDA -**  
**Informing Families | Navigating the future**

Haga clic en el logotipo de Recite (esquina superior o superior en la barra de herramientas) y elija el idioma al que desea que se traduzcan los artículos (por ejemplo, español).

2.) **Conociendo a nuestras Coordinadoras Multiculturales del programa de Padre a Padre del estado de Washington**

Marta Mejia, además de ser madre de una adolescente con autismo también es coordinadora multicultural del programa de Padre a Padre en el condado de Whatcom.....

[\(Enlace de enlace para el artículo\)](#)

3.) **Espanol Recursos**

Please have the families [register here](#), you can also help them fill it out if it would be easier.

Dates: Wed, Jan 10<sup>th</sup>, 17<sup>th</sup>, 24<sup>th</sup>, and 31<sup>st</sup>

Time: 1:00 - 2:00 PM

LINK: [https://docs.google.com/forms/d/e/1FAIpQLSc-jl4Bt20mxgZBLkgnpUm-\\_yAJYY5SWZJAgV1or76f-XYicw/viewform?pli=1](https://docs.google.com/forms/d/e/1FAIpQLSc-jl4Bt20mxgZBLkgnpUm-_yAJYY5SWZJAgV1or76f-XYicw/viewform?pli=1)



**10, 17, 24, y 31 de enero 2024**  
**SEMINARIO WEB EN ESPAÑOL:**  
**NAVEGANDO LA LISTA DE TAREAS**  
**PENDIENTES DESPUÉS DEL**  
**DIAGNÓSTICO DE AUTISMO DE SU**  
**HIJO**

Los padres aprenderán acerca de 4 estrategias diseñadas para impactar el desarrollo de su hijo y tendrán la oportunidad de discutir recomendaciones sobre el informe de diagnóstico de su hijo, hacer preguntas y construir una comunidad con otros padres.



**Qué: 4 reuniones**  
**semanales en**  
**línea**

**Quién: Padres de**  
**niños que**  
**recientemente han**  
**recibido un**  
**diagnóstico de**  
**autismo**

**Dónde: en línea, a**  
**través de Zoom**

**Cuándo: cada**  
**miércoles de 1 a 2**  
**de la tarde**

**CREADO POR:**  
**"ON TIME AUTISM**  
**PROJECT"**



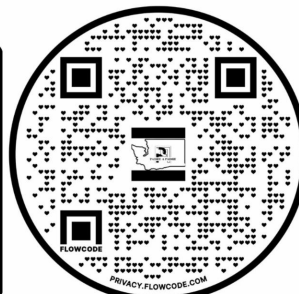
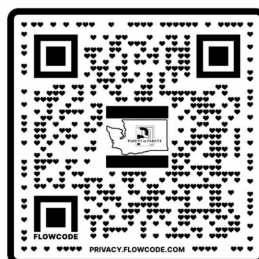
Para registrarse, por favor  
 contacte:

ontime@uw.edu

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

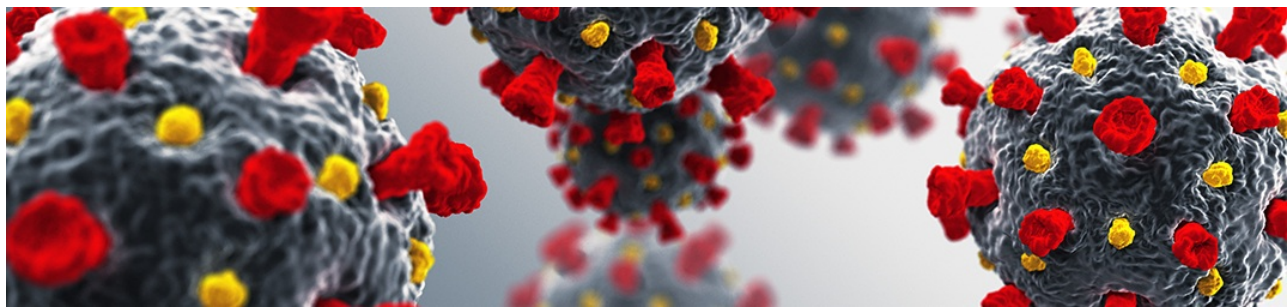
<https://www.surveymonkey.com/r/M5JZWW8>

English QR Code



Spanish QR Code





## 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.](#)

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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.

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.

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>

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.

[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.

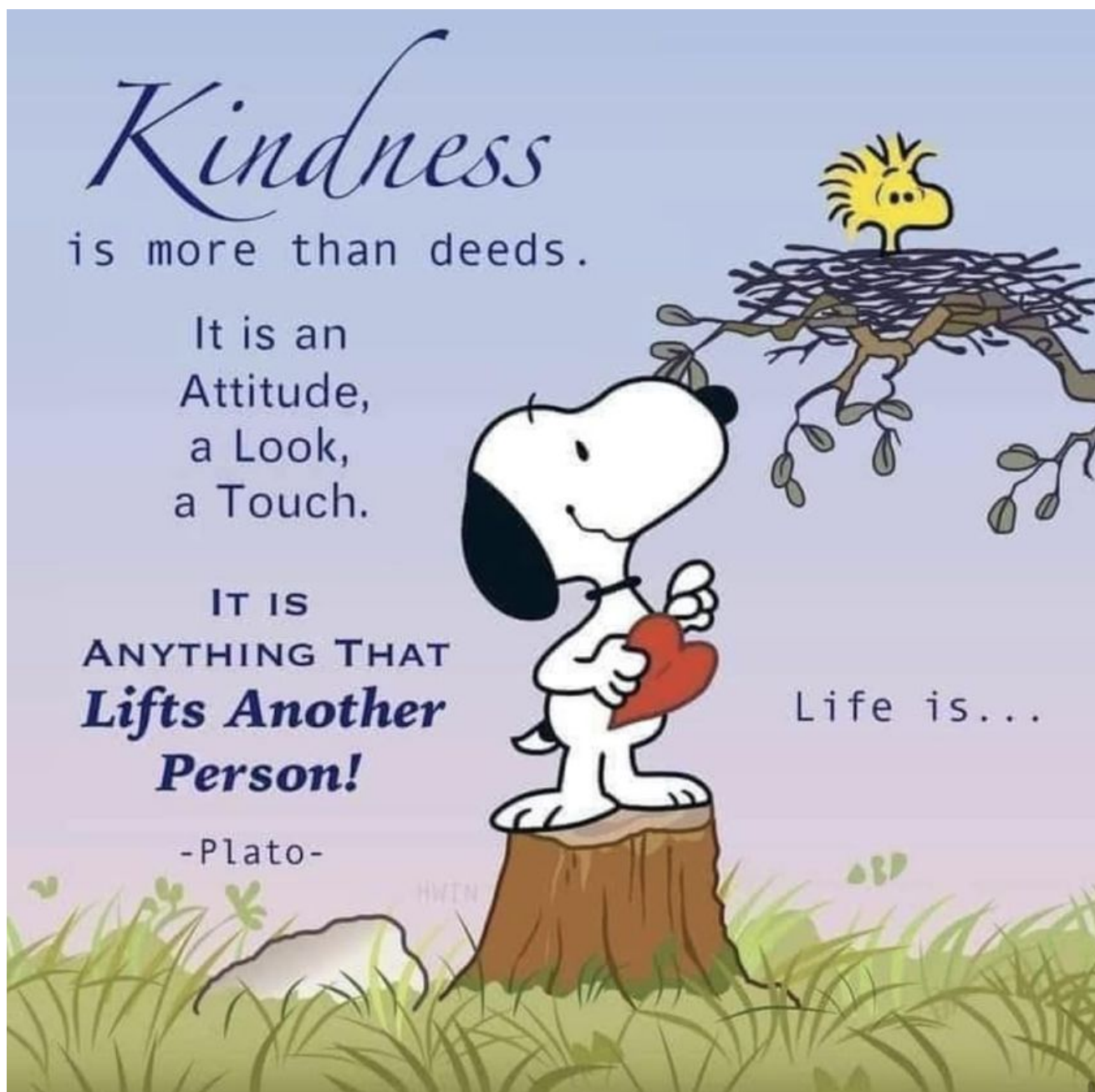
### 2. [Finding Your Way in Community: Free Online Mindfulness Groups for Parents and Caregivers](#) (Supporting each other through meditation and communication.)



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



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