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

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

[View All P2P Programs](#)

[Join Us On Facebook](#)



Through Parent to Parent's statewide survey we hear regularly about the benefits of P2P support! One parent recently shared this comment which captures our work and passion so well.

"Your program gives families an opportunity to connect with other families that have a child with special needs. This is supportive to be able to connect with others that understand what it's like to have a child with special needs."

.....

Thankfully, we are not saying Goodbye to anyone this month. We have a great team of coordinators. Thank you for all you do.

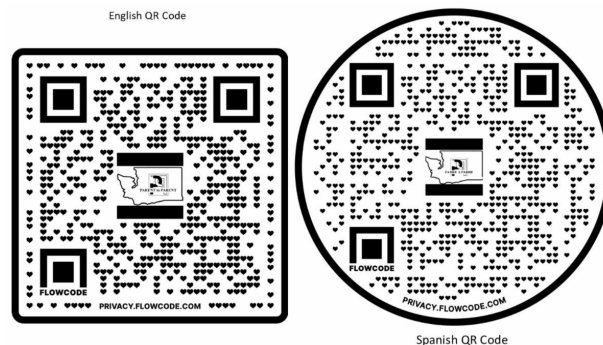
~~~Tracie, Theresa, Patricia and Jackie

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 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.

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

*Caregiving: [Laura Porter & Muriel Cagey \(youtube.com\)](#)*



### STIM AS'PUS: WHAT'S IN YOUR HEART?

**Mar 8, 2024 10:00 AM** in Pacific Time (US and Canada)

The Stim as'pus project, or What's in Your Heart? project, resulted from an eight year collaboration with the Colville Tribes. This presentation will discuss the cultural adaptation efforts of an evidencebased parenting skills curriculum. It will provide an overview of the cultural fit and perceptions of the curriculum. Attendees of this presentation will gain an understanding of the need for cultural adaptation of evidence-based interventions, be able to explain the cultural adaptation approach for implementing these evidenced-based approaches, and understand how the diverse perspectives from the tribal community inform parenting skills development.

*[Webinar Registration - Zoom](#)*



### 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 \(fasdunited.org\)](#)*

*[9th International Research Conference on Adolescents and Adults with FASD \(regfox.com\)](#)*



*[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 \(mailchi.mp\)](#)*



## 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 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.

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# 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*

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

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



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## ***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 15th, 2024**



## **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))***

**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.**



***Click here for info on Summer Program on the UW Campus***

The DO-IT Center and Center for Neurotechnology (CNT) at the University of Washington sponsor a five-day program for neurodivergent students during the summer. High school and college students receive an introduction to neuroscience and neural engineering, neuroethics, and scientific communication. Participants will learn about research in CNT laboratories. The goal is to provide students with exposure to the field of neural engineering and provide basic preparation for college studies in STEM subjects as well as future STEM careers.

Applications for our August summer program are currently accepted for the upcoming summer. Priority is given to students who apply by March 15, and applications received after that date are considered on a space-available basis. Students who complete the summer program will be offered continued activities throughout the school year. There is no cost to students accepted into this program. The application process is competitive.

**Deadline March 15th.**

*[Click here for Application-Applications](#)* received after March 15th are considered on a space-available basis.

*[Neuroscience for Neurodiverse Learners \(NNL\) Student Application | DO-IT \(washington.edu\)](#)*



## Harborview Abuse & Trauma Center

**Friday**  
**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**

**March 8th**  
**May 10th**  
**June 14th**  
**September 13th**  
**November 8th**  
**December 13th**





## 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.

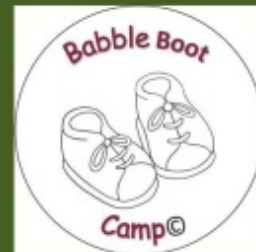
For more information, contact Linda Eng at [babblebootcamp@gmail.com](mailto:babblebootcamp@gmail.com) or Dr. Beate Peter at [babblebootcamp@asu.edu](mailto:babblebootcamp@asu.edu), (206) 713-5839



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](https://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.) Video On Demand: The Equity Exchange - The State of DEI.

[Click for Video Link](#)

The Equity Exchange is a new, equity-focused virtual event, hosted by NICHQ's Department of Health Equity Innovation. This series provides a unique space to exchange innovative ideas, learn and discuss emerging theories, and share resources and tools on topics related to equity in maternal and child health. Expect something different than your standard webinar, with more ways to interact and engage on our new platform.

2.) [Preparing Children with Special Healthcare Needs for Transition of Care](#). Health care transition is the process of changing from a pediatric to an adult model of health care. There are significant differences between adult and pediatric health care model, which can make transitioning from pediatric to adult care challenging for any young person, but those challenges are often amplified for children with special healthcare needs. [For the rest of the article click here...](#)

## 3.) Youth Regional Behavioral Health Navigation Team

[The Health Care Authority \(HCA\)](#) is partnering with [Kids' Mental Health Pierce County and Developmental Disabilities Administration \(DDA\)](#) to stand up 3 regions per year for the next three years. The Youth Regional Behavioral Health Navigation teams will focus on improved collaborative communication, service connection processes, and the deployment of Multidisciplinary Teams (MDT), all of which are designed to improve access to and the coordination of services for children and youth experiencing behavioral health challenges. Requests for support for young people needing intensive services will be prioritized by the Navigation teams.

4.) [Becoming a Trauma-Informed Organization: Best Practices for 2024](#). The webinar can now be viewed on demand.

## 5.) [Bright Communities SEL Bright Resource Hub](#).

Bright Communities is a new website by the Bright Promises Foundation dedicated to providing parents, caregivers, educators, and service providers with fun, engaging, and free Social Emotional Learning (SEL) resources to support the development of important life skills in children and youth. Resources have been carefully selected by experts in the SEL and youth mental health fields and are available in English and Spanish. <https://www.brightpromises.org/bright-communities>

## 6.) [Rhythms of Resilience](#).

This newly released interactive course helps providers and caring community members introduce resilience-building practices to young children and families affected by crisis. The course helps participants gain an understanding of what resilience is and how it can be nurtured through consistent positive behaviors, activities, and interactions that support both emotional and cognitive well-being and development. <https://sesameworkshop.org/resources/rhythms-of-resilience-course/>

## 7.) [The State of Children's Health Presented by Children's Hospital Association](#).

Formally known as the Resource for Interactive Child Health (RICH) Data, the updated [State of Children's Health is an interactive dashboard](#) specially designed to help educate policymakers and staff about the status of children's health in their states and congressional districts.

[Click here to discover facts related to children's health.](#)

8.) [The FASD United Family Navigator program](#) provides individuals living with fetal alcohol spectrum disorders (FASD), their family members, caregivers and supporters with expert, confidential support and referrals. This includes people who are pregnant or intending to become pregnant that may have questions about alcohol or substance use. Our Navigators serve members of the FASD community and anyone in need of one-on-one peer support, referrals to resources and services, information about prenatal alcohol exposure, or with a question about any facet of FASD. This service is free and does not require a referral. Professionals who serve the FASD community or who would like information on alcohol or substance use and pregnancy are welcome to connect.

## 9.) [Free epilepsy training modules for families and providers](#).



The National Coordinating Center for Epilepsy has free, ready-to-use epilepsy training modules! These trainings can serve as teaching tools for medical residents, school nurses, social workers, community health workers, public health professionals, and all other health professionals seeking to increase their knowledge and expertise regarding epilepsy care for children and youth with epilepsy. Each training includes a pre-recorded webinar with an accompanying case study and PowerPoint presentation. The SEEK training is flexible; webinars can be viewed individually or in groups as part of a Lunch & Learn and utilize the case studies to initiate discussion (Average length of each training webinar: 20-30 minutes).

Note: The trainings are for learning purposes only and are not approved for continuing education credit.

[Click here for flyer for more information.](#)

Want more resources? Explore additional related materials to deepen your expertise.

- [Epilepsy Resources for Health Care Professionals: Shared Decision-Making](#)
- [Helpful Epilepsy Resources for Patients and Families](#)

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#### 10.) [HIE - Click here for Flyer](#)

We know that HIE is complex, and there is much uncertainty, grief and trauma to process, no matter what the outcome a family is facing. We were founded first as a peer support group, and have grown to provide comprehensive support programming and resources for families, worldwide, facing neonatal or pediatric-acquired Hypoxic Ischemic Encephalopathy.

Know that no matter where your journey with HIE takes you, you are never alone.

[Get Support - Hope for HIE - Hypoxic Ischemic Encephalopathy](#)

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11.) **Tierra Village** - A Leavenworth, Washington-based Non-Profit connecting Adults with Developmental Disabilities to Nature & Community. [Click here for more information.](#) [Tierra Village | Developmental Disabilities | Leavenworth Washington](#)

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#### 12.) In-Home Caregiver (Individual Provider)

The state pays for a caregiver if the person needing care lives at home, is 18 years old and eligible for care services and needs Medicaid to help pay for them. In this situation, the person who needs care hires and supervises the caregiver, but the caregiver is paid by the Consumer Directed Employer vendor for these services. [Click Here for More Information... \*Becoming a Paid Caregiver | DSHS \(wa.gov\)\*](#)

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13,) A brief menu of key financial, transportation and recreation resources to support people with intellectual and developmental disabilities and their families. By a parent, for parents and families. This list will continue to be updated and we welcome your suggestions. Feel free to adapt this handout to your own community.

<https://medicalhome.org/wp-content/uploads/2024/02/shaylas-resource-list.pdf>

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#### 14.) 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.





Joint Legislative Audit & Review Committee

# We want to learn from you!

**“IF YOU HAVE A LOVED ONE WHO IS A DDA CLIENT OR SOMEONE WHO APPLIED FOR DDA BUT WAS DEEMED INELIGIBLE, WE WANT TO HEAR FROM YOU”. THIS IS A PERFORMANCE REVIEW OF DDA.**

## **Please share your experience applying for developmental disabilities services**

The Legislature wants to know how well the Developmental Disabilities Administration (DDA) decides if people are eligible for services and how well it helps clients get the services they need. The Legislature asked the Joint Legislative Audit and Review Committee (JLARC) to collect information and answer those questions.

### **We need your help**

Input from DDA clients and their families or representatives is important to our project. JLARC needs to know what DDA does well and what can be improved.

### **Participation information**

- You can take part if you are an adult DDA client or a family member or representative of a DDA client of any age. If you or the person you represent applied for DDA but were declared ineligible, you can also participate.
- Participation will not affect DDA eligibility or access to services.
- We will not share your individual responses with DDA or anyone else that is not on the project team.

### **What to expect**

If you choose to sign up, you will take three short surveys over several weeks. In April or May, you may be asked to participate in an interview or be part of a group discussion. We hired the University of Minnesota to do the survey, interviews, and discussions.

**Please sign up by March 29, 2024:**

[https://umn.qualtrics.com/jfe/form/SV\\_OILTcNiPlEKM0B0](https://umn.qualtrics.com/jfe/form/SV_OILTcNiPlEKM0B0)

If you have questions, please email University of Minnesota staff, Matt Roberts and Emily Unholz-Bowden, at [WADDAEVAL@umn.edu](mailto:WADDAEVAL@umn.edu). You can also call (888) 240-8636.

You can find more information about JLARC and the project here (FAQ):

[https://leg.wa.gov/jlarc/Pages/DDA\\_Study.aspx](https://leg.wa.gov/jlarc/Pages/DDA_Study.aspx)

Thank you for your help!

## 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 5 de marzo para una transmisión especial en español presentada por Kindering para padres de niños con necesidades especiales. Durante este programa, hablaremos sobre la importancia del cuidado de sí mismo para los padres y cuidadores de niños con necesidades especiales. También escucharemos de una familia con una niña autista en la comunidad sobre sus experiencias con el cuidado de sí mismo. Nuestras invitadas son: Gissell Torres Antunez, Terapeuta de salud mental y Bianca Rodriguez, Administradora de casos en el Centro de autismo del Hospital de Seattle Children's.

**Recursos:** <https://www.seattlechildrens.org/clinics/autism-center/patient-family-resources/>

*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, March 5th, for a special Spanish-language broadcast presented by Kindering for parents of children with special needs. During this program, we will discuss the importance of self-care for parents and caregivers of children with special needs. We will also hear from a family with an autistic child in the community about their experiences with self-care. Our guests are Gissell Torres Antunez, Mental Health Therapist Associate and Bianca Rodriguez Case Manager/Family Advocate at the Seattle Children's Autism Center.

**Resources:** <https://www.seattlechildrens.org/clinics/autism-center/patient-family-resources/>

*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



### 1.) "Miss Shayla's List"

Un menú de recursos para apoyar a personas con discapacidades intelectuales y del desarrollo (IDD)  
**NOTA:** este documento esta disponible solo en ingles por el momento, pero, aun así, es una excelente lista de recursos.

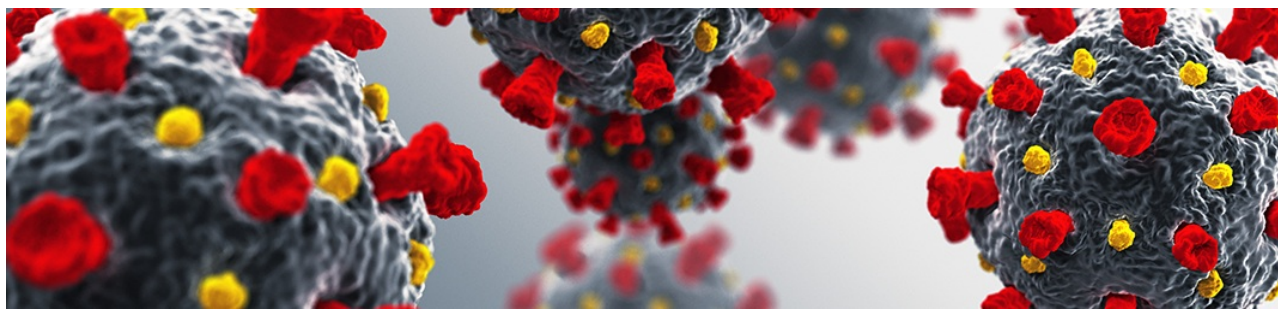
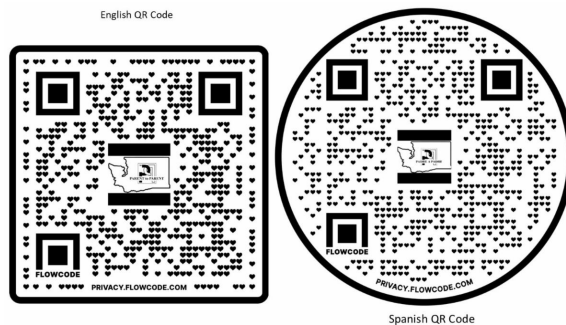
<https://medicalhome.org/quick-key-resources/shaylas-list-family-support/>

.....2.)  
**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

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.



## 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 services in over 250 languages.*



*Spring is just around the corner...treats to make with your kids  
...click here!*

Olympia, WA 98506  
(360) 357-5596

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