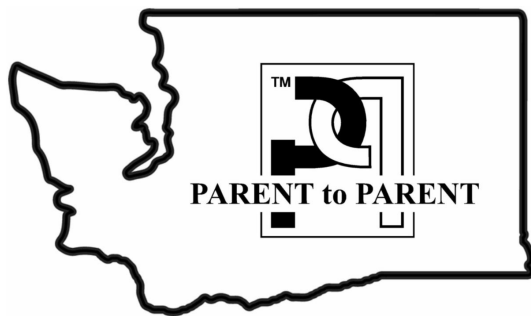




[Donate Now](#)

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

WA State Parent to Parent (P2P) Newsletter: December 2023

[View All P2P Programs](#)

[Join Us On Facebook](#)



Parent to Parent makes a difference in the lives of children with disabilities and/or special health care needs and their families. In our most recent state-wide survey, we learned the following from

the families we serve:

Nearly 90% reported that they know more about services and resources for their child and family, agree that it has been helpful to connect with other families, and are satisfied with the program.

One mother shared this:

Joining P2P has been an amazing experience. The camaraderie and support has been essential, especially as a single mom whose young son was diagnosed with pervasive developmental delays and autism during the pandemic. The members have helped me learn about services, get connected with resources, and apply to programs. They have so much experience and knowledge that I rely on regularly. I recommend P2P to the other parents of young children with disabilities I meet through my son's school and therapies and am always surprised when I have not seen so many of these other parents in meetings. I am so grateful for my local group and could not have imagined negotiating the last two years without them.

We look forward to another year of supporting Washington families and are grateful for our 50+ program Coordinators (who are also parents/siblings of individuals with disabilities and/or special healthcare needs). They are leading groups, sharing resources, making matches and developing vital family support programming in their communities.

.....

Welcome to Sandra Mabel Urite, King County Multicultural Family Support Program.
Congratulations on your promotion Patricia Delgado, to King County Senior Parent to Parent Coordinator for Spanish Speaking Families.
Goodbye to Shaunte Johnson, Yakima County P2P.

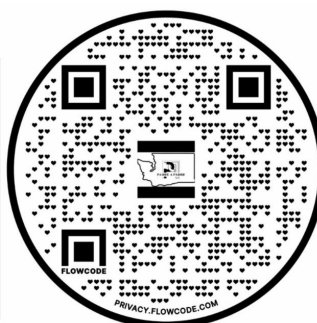
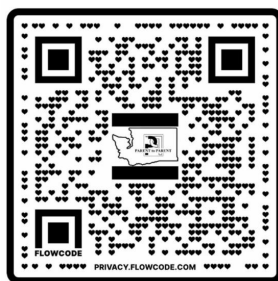
~~~Tracie, Theresa, Patricia and Jackie

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

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

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

English QR Code



Spanish QR Code

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.

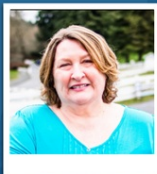
*We engage* community partnerships through outreach, listening and education to encourage inclusive communities where families can thrive.

*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





## WELCOME *Cathy Murahashi!*

The Arc of Washington State is extremely pleased to announce that we have hired Cathy Murahashi as our new Public Policy Specialist! Cathy comes back to The Arc after serving most of her career supporting families through The Arc of King County. Cathy is a well-known, respected, experienced, and savvy mobilizer and connector for families and self-advocates. She has decades of legislative experience, working on bills, analyzing budgets, coalescing families to testify in Olympia, talking to legislators, and connecting our community to tell their stories.

Cathy worked for over 18 years coordinating The Arc of King County's Parent to Parent program, the King County Parent and Family Coalition, and very notably the King County Developmental Disabilities Legislative Forums which attracted over 600 family members, people with intellectual and developmental disabilities (IDD), mission-based providers supporting our community, policymakers, and allied community members. She is the go-to navigator when families are "stuck" trying to remove barriers to services for their loved one and she is a talented problem-solver when gaps appear. Cathy has also been a steadfast educator on Supported Employment and pathways to employment for young adults and adults with IDD.

For the past four years, Cathy has immersed herself in housing supports, services, and policy for people with developmental disabilities in her work at Community Homes. She created a family network and curriculum for the adult transition to community living and has been a central voice on the need for housing, how housing is funded in our state, and working with legislators to understand better how to solve for our community needs. She is knowledgeable not only in housing supports but brings families together to talk about their vision for the future, is a benefits planner, and helps families and individuals with disabilities understand what resources may be available to them for housing and how to maintain benefits when a person with developmental disabilities is successfully employed.

Cathy does this work with a lens of lived experience as a parent. She crafted a transition-based curriculum for students and parents who are readying themselves for life after high school which she taught in collaboration with her adult son with disabilities. She is also a staunch advocate for her adult daughter, Holly who has developmental disabilities.

We cannot wait for Cathy to get started. I know so many of you will enthusiastically welcome her to her new position and will reach out to get support, share ideas, and help us bring our community together.

*Stacy Dym, Executive Director, The Arc of Washington State*

You can reach Cathy at [cathy@arcwa.org](mailto:cathy@arcwa.org)

## DAN THOMPSON MEMORIAL COMMUNITY SERVICES ACCOUNT NOTICE OF FUNDING OPPORTUNITY

DSHS' Developmental Disabilities Administration seeks to award \$4.5 million in Dan Thompson Memorial Developmental Disabilities Community Services Account grants to organizations providing supports and services in a community setting to benefit people with developmental disabilities eligible for DDA services.

Please see link below for more information.

[\*\*\*Dan Thompson Account - NOFO 2023\*\*\*](#)

Your copy should address 3 key questions: Who am I writing for? (Audience) Why should they care? (Benefit) What do I want them to do here? (Call-to-Action)

Create a great offer by adding words like "free" "personalized" "complimentary" or "customized." A sense of urgency often helps readers take an action, so think about inserting phrases like "for a limited time only" or "only 7 remaining"!





## FREE Benefits and Housing Review

Thanks to a generous grant from the  
Dan Thompson Memorial Fund and  
contracted through the Developmental  
Disabilities Administration  
(\$500 value)

Available for a limited time for  
individuals with IDD 16 and older



### Benefits and Housing Review

- Identify gaps in benefits and services
- Learn about Section 8
- Housing options in WA
- Access to Roommate Matching Pool



### Roommate Matching Pool

- Find compatible roommates and partnering families
- Easy-to-use search functions
- Private messaging



### Watch our video to learn more



partners4housing.com

971-599-1010



# RESOURCES

## 1.) [TBI Information, Referral, Resources](#)

Information and Referral (I&R) provides information about services and assists in connecting with the supportive resources and services.

[WA211](#) provides DSHS TBI I&R Services. Free & confidential. Dial 2-1-1 or (877) 211-9274

[WA211 Information & Referral - Help is just a contact away-Video](#)

Call 988 for the [Suicide and Crisis Lifeline](#) for help during a crisis, emotional support, referrals, and resources.

**What is Trauma Informed?** - Trauma-Informed understands and considers the pervasive nature of trauma and promotes environments of healing and recovery rather than practices and services that may inadvertently re-traumatize.

## 2.) TBI ECHO [Understanding TBI](#)

Do you want to better understand TBI from our Partners?

[TBI BH ECHO Connecting Frontline Providers with Experts](#) for trauma-informed interactive learning and case consultation. Past videos and presentations available.

[TBI Resources and Workbook](#) for information, resources, journal prompts, and more.

[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 Skill Builder WA](#) to develop skills working with TBI with trauma informed person-centered care and practices.

[CDC Infographic](#) to understand health disparities in Traumatic Brain Injury & Concussion

## 3.) Family Caregiver Resources

- [Self Care for Caregivers - Video](#)
- [CareLearn Washington](#)
- [Family Caregiver Alliance](#)
- [Caregiver Action Network](#)
- [WA Traffic Safety Commission](#)

## 4.) [Community Partners and Connections](#)

### TARGET ZERO

Target Zero is a plan with the goal to reduce the number of traffic deaths and serious injuries on Washington's roadways to zero by the year 2030. It also serves as the state's Strategic Highway Safety Plan. The 2019 Target Zero Plan is the fifth version of this safety road map and it is more important now than ever.

Learn more:

- [2019 Plan](#)
- [Fact Sheets](#)
- [Strategic Highway Safety Plan: Target Zero](#)
- [Open Your Eyes to Distracted Driving - Video](#)

### Veterans and TBI

Service members and veterans are at risk of brain injury from explosions experienced during combat or training exercises. According to the U.S. Department of Veterans Affairs (VA) more than 185,000 veterans who use VA health care have been diagnosed with at least one TBI.

- [US Department of Veteran Affairs VA VA.gov Home](#) | Veterans Affairs - Provides care, benefits, and services for veterans, service members, and family members.
  - Contact (800) 698-2411 for live agent assistance.
- U.S. Department of [Veterans Affairs](#) - Research on TBI - VA research related to TBI is wide-ranging and ongoing.
- [Home](#) | [WDVA \(wa.gov\)](#) - Information on benefits, services, and programs.

## 5.) Falls Prevention:

Traumatic Brain Injury (TBI) and Concussion are serious public health problems that affect thousands of people annually in Washington State. Falls are a leading cause of TBI in the older adult population and can be prevented. [Older Adults](#) | [DSHS \(wa.gov\)](#)

**Partnering with Youth on Safe Routes to School Projects** - This guide spotlights youth-led traffic safety projects from across the country and offers strategies for how Safe Routes practitioners can champion youth-led safety projects like Safe Routes to School and advocacy campaigns.

### **WA TBI Virtual Support Groups**

**TBI Events Portal** - Register for workshops, webinars, and access past recordings.

### **Traumatic Brain Injury Resources WA**

6.) Article - *Ache of uncertainty: Aging parents caring for disabled adult children worry what's next* - *Washington State Standard*

Parents play a crucial role in Washington as caregivers for people with developmental disabilities. But difficult questions arise in their later years — a growing issue as the population trends older

7.) More Resources...

**Info & Resources - Washington State ([arcwa.org](http://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.



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.) **Permiso de cuidado pagado**

El estado de Washington tiene un programa para los trabajadores sin importar su estatus migratorio, para encontrar respuestas a sus preguntas, visiten la página web.

La información está en español en el siguiente enlace:

<https://paidleave.wa.gov/es/how-paid-leave-works/>

3.) **¿En busca de proveedores de terapias del comportamiento ABA en su condado que reciben cobertura médica de Apple Health?**

Buscar un centro de terapias puede ser una odisea y confuso para muchas familias. Es importante reconocer que, la mayoría del centro de terapias tienen lista de espera y las familias pueden enlistar a sus seres querido en hasta 8 centros.

El éxito consiste en cual persistente es la familia al hacer llamadas regulares para saber en que numero de la lista de espera va su hijo o hija. Una libreta de registro le ayudara a llevar un récord de la lista en donde enlisto a su ser querido, que tan frecuente hace llamadas de seguimiento y recuerde tomar nota de dicha información que le comparta la recepcionista.

Algunos centros le dirán que ya hablo hace poco, aun así, no tire la toalla, ya que ustedes están en su derecho de hablar y persistir hasta que haya un espacio abierto lo antes posible y lograr lo cometido.

La lista para encontrar la lista se la comparto a continuación:

Apple Health fee-for services ABA provider directory

<https://www.hca.wa.gov/assets/billers-and-providers/medicaid-enrolled-aba-providers.pdf>

¡Hay varias cosas a considerar, echemos un vistazo!

Hay que reconocer que centro de terapias cubre las necesidades de mi ser querido con discapacidad.

Las terapias que se adaptan deben ser prevenidas después de clases.

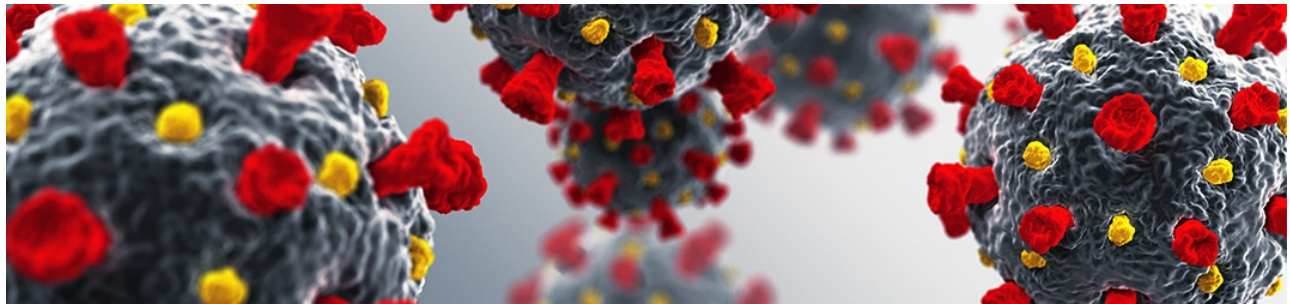
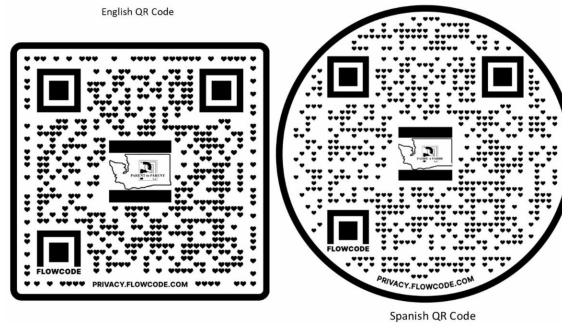
Desea que sean en casa o el centro de terapias,

Que centro de terapias que está cerca de su domicilio recibe clientes de la edad de su ser querido.

4.) **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.](#)
- .....

## Department of Health 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](#).

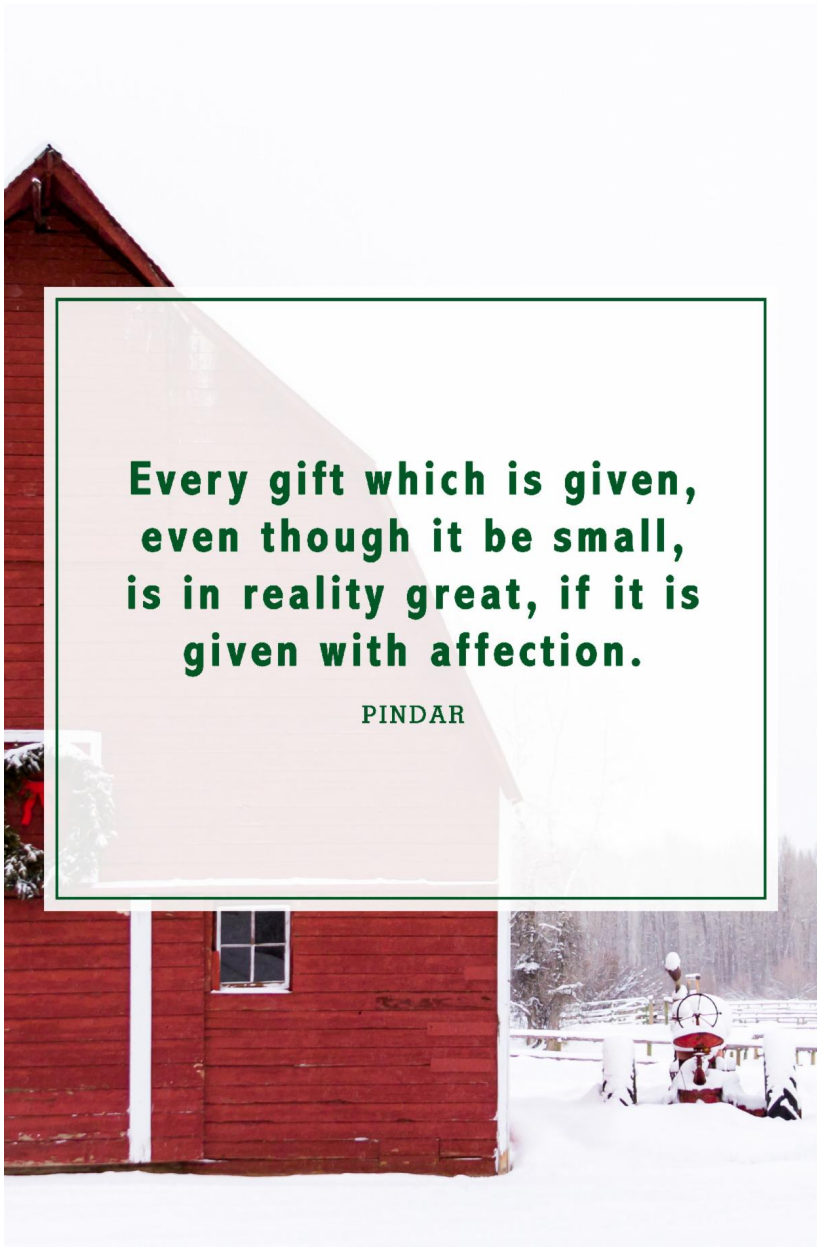
This tip sheet explores stress and compassion fatigue, as well as signs of distress after a disaster. It covers strategies healthcare providers can use to reduce their stress during this time and information about coping with compassion fatigue.



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.*



**Every gift which is given,  
even though it be small,  
is in reality great, if it is  
given with affection.**

PINDAR

***FUN Holiday Treats to make with your kids ...click here!***

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***The Arc of Washington State***

2638 State Avenue NE  
Olympia, WA 98506  
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**Connect With Us**

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USA

Committed to Parent to Parent USA  
Endorsed Practices

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