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

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After receiving funding from the Dan Thompson Community Grant through the Developmental Disabilities Administration, Washington State Parent to Parent programs are working to enhance programming that supports families raising children with disabilities.

Some exciting highlights from this work include:

- New multicultural Coordinators in San Juan, Pacific/Grays Harbor, and Kitsap/Jefferson counties
- An increase in language access support across all programs by providing interpretation at meetings and events and translating Parent to Parent information into other languages
- Offering support groups, leadership training and other groups in languages other than English
- Purchasing much needed information/technology equipment including laptops, work cell phones and service plans, printers and scanners, and more

We are so thankful for this funding and impressed with the innovative ways in which local Parent to Parent Program Coordinators are 1) assessing information/support gaps in their community; and 2) finding creative solutions to engage and support all families.

Parent to Parent continues to be a strong lifeline for many families. This story below was shared recently by a Parent to Parent program:

A parent of a young son with IDD moved to WA state from Mexico and is learning to speak English. She consistently attends The Arc's support groups in both English and Spanish and speaker nights, and has connected with several Arc staff this year. She told Arc staff at a recent **Parent to Parent** family event:

"Thank you for all you do to support families and kids with disabilities. I was so overwhelmed with the amount of resources provided but as I get to them one by one, I realize how important they are (like applying my son for DDA). I am so glad I found this organization and everyone has been so kind and helpful."

She shared that she desires to volunteer at The Arc and help others. - JS

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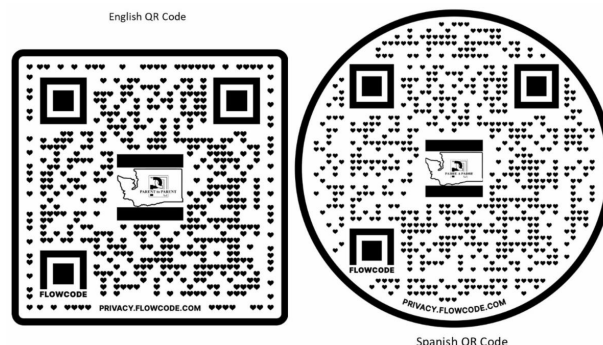
Goodbye Mireya Vazquez (Lake Chelan Multicultural Coordinator) and Richard Mullen (King County).

~~~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!





### 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

### ***Recruiting for Parent Institute for Engagement - Cohort 6***

The Early Support for Infants and Toddlers (ESIT) program is recruiting for the Parent Institute for Engagement (PIE) program. PIE is a 12-month leadership program for parents and caregivers of children who have received services through ESIT. We will help you build your skills and allow you to become better leaders, advocates, public speakers, and active members in your state.

If you are interested in this opportunity, **please submit an application by August 4, 2023.**

We will notify selected individuals the week of August 7, 2023.

[English Link Here](#)  
[Spanish Link Here](#)  
[Chinese Link Here](#)  
[Hindi Link Here](#)  
[Vietnamese Link Here](#)

For more information on how to apply, contact Vanessa Allen, ESIT Family Engagement Coordinator at [Vanessa.allen@dcyf.wa.gov](mailto:Vanessa.allen@dcyf.wa.gov). Let me know if you have any questions!

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## CYSHCN ADVISORY COMMITTEE

Apply to Participate in the Children and Youth with Special Health Care Needs National Research Network

Whether you're a young adult with special health care needs, a caregiver, a clinician, or you're employed in the CYSHCN field, we want to hear from you! Apply to participate in our Advisory Committee to help our researchers create studies that improve the health care system for CYSHCN and their families.

**Deadline for applications is August 10, 2023.**

[Click Here for Flyer](#)



## SURVEYS/Studies



### WASHINGTON STATE COMMUNITY CONNECTORS

Connecting Families, Resources & Ideas

The Division of Behavioral Health and Recovery/Health Care Authority, in partnership with Washington State Community Connectors/ WA State Children's Behavioral Health Statewide Family Network and A Common Voice | Center of Parent Excellence are seeking input from parents/caregivers of children and youth, and young adults with behavioral health needs. We are seeking your help as we design an inclusive project that will assist a diverse array of parents/caregivers in using their lived experience accessing and navigating the WA Behavioral Health System to participate in the family movement for Children's Behavioral Healthcare. Some examples of these services are outpatient therapies, inpatient treatment, Independent Education Plans (IEP), WISE, Substance Use Disorder (SUD) treatment, interacting with treatment teams, etc.

This survey will be used to identify a variety of pathways to get involved in this movement. For example: participating on boards and committees, becoming a paid certified peer counselor, learning how to effectively advocate at the state level, learning how to listen for barriers to and effectively advocate for culturally appropriate supports/services, becoming a trainer through the Statewide Family Network, etc...

We look forward to your suggestions and ideas of various types of activities that would keep a parent engaged while they are still on the journey as a parent caring for their child/youth. Our hope is to empower them to participate in the family movement for Children's Behavioral

Health in whichever pathway(s) they identify. We also intend to identify pathways by which interested parents/caregivers may apply the skills/training they receive through this project toward finding meaningful volunteer or paid employment in positions where their lived experience will positively impact our workforce, our care continuum, and our communities as a whole.

Please complete the survey using the link below:

<https://forms.gle/LhMu6VPi26WdBohn8>

Please share this with other parents/caregivers.

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## 2023 DDA Housing Survey

The intent of this survey is to collect housing needs data from people with Intellectual/Developmental Disabilities. Caregivers and family members may help complete the survey.

The information will be analyzed and shared within DDA, Commerce Housing Trust Unit, affordable housing developers and other stakeholders to help create more accessible and affordable housing for people with Intellectual/Developmental disabilities.

Please click the link below to take this short survey.

[2023 DDA Housing Survey \(surveymonkey.com\)](https://surveymonkey.com)

For translation request, email [AffordableHousingDDA@dshs.wa.gov](mailto:AffordableHousingDDA@dshs.wa.gov)

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## Respite and Stabilization Survey Live Now—We need your input!

Do you access DDA services? Or are you a family member, guardian, caregiver or paid provider of an adult with an intellectual or developmental disability?

If so, we need your input for a community respite and stabilization report for the Washington State Legislature, which is due Oct 1. Your answers to these survey questions will help us better identify gaps and areas where improvements are needed.

**Please submit your feedback by Monday, July 10.** Click the below link to take the survey.

[Respite Survey](#)



## Free Benefits and Housing Review

...available for a limited time, thanks to a grant from the Dan Thompson Memorial Developmental Disabilities Community Account.

This free Benefits and Housing Review (\$500 value) will help you answer three vital questions:

1. What benefits does my Loved One need to live outside of our family home?
2. Who will they live with?
3. How will we afford it?



Claim your FREE  
Benefits and Housing  
Review today!

To learn more, join a webinar:  
[www.partners4housing.com/learn-more/webinars](http://www.partners4housing.com/learn-more/webinars)

   @partners4housing

971-599-1010

[www.partners4housing.com](http://www.partners4housing.com)

## Partners4Housing

If you have a Loved One with IDD, you know the reality of an uncertain future. For Betsy G., it was just too hard to think about a future where she and her husband couldn't care for their daughter anymore.

*"I couldn't imagine anything worse than our daughter having lived with us all her life, and then having all of that disrupted."*

**Hear Betsy's story** and learn how her family set up a safe, supported and resilient housing solution for their daughter, while they were still able to be part of that transition.

*"She's grown in so many ways ... and we're just really proud"*

**For a limited time only**, Washington State families can start to answer all those "what ifs ..." at absolutely no cost. **If you have a Loved One with IDD who is at least 17 ½ and you live in Washington State, claim your free Residential Assessment today.**

We look forward to working with your family!  
All the best, Pam Blanton

***Claim your free Residential Assessment today!***

*This project is funded through a grant from Washington State's Dan Thompson Memorial Developmental Disabilities Community Account.*

# RESOURCES

## 1.) Reporting Abuse

Any person can be a victim of abuse. Abuse can come from strangers, caregivers, family members, friends and others.

Please check out the [Informing Families](#) webpage to learn more about:

- How to report abuse.
- Warning signs of abuse.
- Reporting concerns involving vulnerable adults.
- Additional resources.

If you think you or someone you know is being abused or neglected:

- Call 1-866-END HARM (1-866-363-4276).
- Go to: <https://www.dshs.wa.gov/altsa/reportadultabuse>.
- Let your case manager know.

To report a crime, physical or sexual abuse or a life-threatening situation, call 911.

[Do you know how to report abuse?](#)

## 2.) Putting Vision into Action: Annual Quality Assurance Report

We are pleased to share the Putting Vision into Action: Annual Quality Assurance Report from the Department of Social and Health Services' Developmental Disabilities Administration for Fiscal Year 2022: July 1, 2021 through June 30, 2022. Our report shares data on services we provide and those we support.

We spent some time modernizing this report and would love to hear your feedback. Please email us at: [DDAResidentialQAUnit@dshs.wa.gov](mailto:DDAResidentialQAUnit@dshs.wa.gov)

Please click the link below to view the report.

[Putting Vision into Action: Annual Quality Assurance Report](#)

## 3.) Parents and Families - Services and Resources

The Office of Healthy Communities works with organizations, public health agencies, universities, other state agencies, and health care providers who provide services to women, infants, children, adolescents, and their families. Here are lists of some services and resources that may be helpful to you.

<https://doh.wa.gov/you-and-your-family/infants-and-children/health-and-safety/parents-and-families-services-and-resources>

## 4.) Everyone Shines!

iCan Shine provides quality learning opportunities in recreational activities for individuals with disabilities. By creating an environment where each person is empowered to maximize their individual abilities, everyone can shine!

[Bike, Swim & Dance Camps - Everyone Can Shine - iCan Shine](#)

**iCanBike camp July 31-August 4th at the Thomas Jefferson Middle School in Vancouver, WA.**

This is the first year that iCanBike has come to Vancouver.

The "camp" is actually a Monday -Friday day program that is 75 minutes and teaches kids/adults with special needs how to ride a conventional 2 wheeled bike. Did you know that 80% of individuals with autism and 90% with Down syndrome never learn to ride a bike? Check out the iCanShine's website for more information about the camp, <https://icanshine.org>.

See [flyer](#) advertising the camp along with information pertinent to both riders and volunteers.

Contact Brooke Anderson [icanbikevancouver@gmail.com](mailto:icanbikevancouver@gmail.com) for more information.

## 5.) Washington Vocational Service / ATTIC summer camps

<https://www.wvs.org/summercamps.html>

[English Flyer/Information](#) [Spanish Flyer/Information](#)

## 6.) Summer Camps Resource Information

<https://arcwa.org/parent-to-parent/info-resources/camp-resources/>

## 7.) WASHINGTON STATE PARKS FREE AND REDUCED FEES

Washington state has 124 wonderful state parks throughout all regions that offer families and



individuals the opportunity to spend time outside. Washington State Parks offers passes that reduce or waive camping, moorage, watercraft launch fees, and day use for limited-income senior citizens, disabled veterans, foster parents, and people with disabilities. Individuals who qualify may apply for more than one type of pass, but only one pass may be used at a time.

These passes are only valid at Washington state parks.

To learn more about the discount passes and how to apply visit: <https://www.parks.wa.gov/205/Discount-Passes>

## 8.) 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, July 11th, for a special Spanish-language broadcast presented by Kindering for parents of children with special needs. During this program, we will talk with Patricia Delgado, parent-to-parent coordinator with the Arc of King County, on how to find emotional support and the benefits of connecting families with mental health support services.

# 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.



**MANOS Y VOCES**  
DEL ESTADO DE WASHINGTON

Ayorando a Familias de niños que son  
Sordos, Sordo ciegos o Hipoacúsicos

Guía a tu lado  
Talleres y Eventos Familiares  
Abogacía y Liderazgo

VISITANOS EN  
[wahandsandvoices.org](http://wahandsandvoices.org)

info@wahandsandvoices.org  
425.268.7087

SIGUENOS EN  
f Instagram



WASHINGTON MANOS Y VOCES

*Apoyo de Padres*  
Cómo solicitar

**GUÍA A TU LADO:**  
Con una cultura diversa, padres capacitados de niños y jóvenes sordos, sordociegos o hipoacúsicos de todas las edades, ofrecen su apoyo, conocimiento y orientación para acompañar a tu familia en este trayecto.

El apoyo incluye:

- Compartir experiencias vividas
- Navegación por los sistemas de intervención temprana, educación y médicos
- Asistencia imparcial para la toma de decisiones
- Conexiones con la comunidad de sordos
- Exploración de la tecnología auditiva y amplificadores
- Entendimiento de los derechos de tu hijo o hija
- Ayuda para las transiciones
- Guía para las familias en juntas de equipo
- Responder preguntas a lo largo del camino!



ECORREZA PARA COMENZAR TU TRAYECTO

[wahandsandvoices.org](http://wahandsandvoices.org) EMAIL | [gbysewahandsandvoices.org](mailto:gbysewahandsandvoices.org) TELEFONO | 425.268.7087



2.) 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 11 de julio** para una transmisión especial en español presentada por Kinderling para padres de niños con necesidades especiales. Durante este programa, hablaremos con Patricia Delgado, coordinadora del Arc de King County, acerca de “Como Encontrar Apoyo Emocional a Temprano Alcance y los Beneficios de Conectar a las Familias con Servicios de Apoyo de Salud Mental.” Kinderling 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..



## NUEVO DÍA- Qué tal Miércoles

El año pasado las familias preguntaron si podríamos planear nuestras reuniones familiares en línea de acuerdo a las clases de lenguajes de señas. Después de contactar a las organizaciones que ofrecen clases de señas, movimos nuestras reuniones al cuarto miércoles de cada mes comenzando el 26 de octubre de 7-8 PM.

(La reunión de noviembre será el quinto miércoles del mes).

Por favor comparte con otras familias y profesionales que conozcas.

### Los próximos temas incluyen:

- Nuevo en el camino
- ¿Qué tiene que ver la seguridad con esto?
- Tecnología que permite el acceso
- Entendiendo los derechos de los padres (garantías) y ¡cómo usar la terminología eficazmente y más!

Qué tal miércoles es una reunión organizada por el equipo de Guía a Su Lado de Padres Guías e invitados especiales para familias (padres, familia extendida y cuidadores) de niños sordos o hipoacúsicos para que se reúnan y conozcan otras familias, aprendan consejos y herramientas útiles, hagan preguntas, compartan apoyo, logros e historias.

(continuación)...

Subtítulos e interpretación del Lenguaje de señas americano serán ofrecidos.

La interpretación de algún idioma adicional deberá solicitarse dos semanas previas a la reunión

**Fechas para Qué tal miércoles de 7-8 PM del 2023.**

Únete via Zoom <https://zoom.us/join>

ID de la reunión: 939 8330 9951

Contraseña: whatsapp

[elisa.torres@wahandsandvoices.org](mailto:elisa.torres@wahandsandvoices.org)

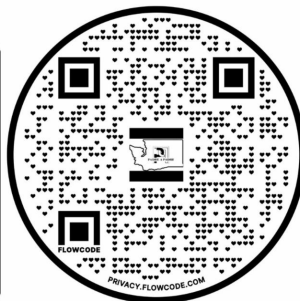
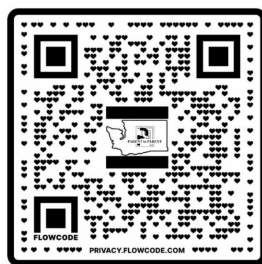
425.268.7087

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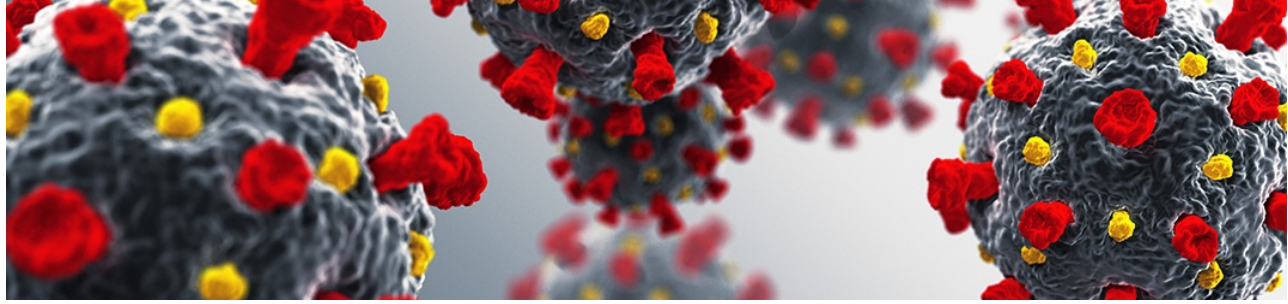
**Para compartir sus comentarios o historias participación en el programa de Padre a Padre, acceda al enlace o código QR que aquí les compartimos!**

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

English QR Code



Spanish QR Code



## COVID - 19 Resources

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

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[COVID-19 Vaccine Information](#): From Children and Youth with Special Health Care Needs Program at the WA State Department of Health and Getting Vaccinated - [Spanish](#)



## Archived Mental/Behavioral Health

1. [Tips for Healthcare Professionals: Coping With Stress and Compassion Fatigue](#).

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

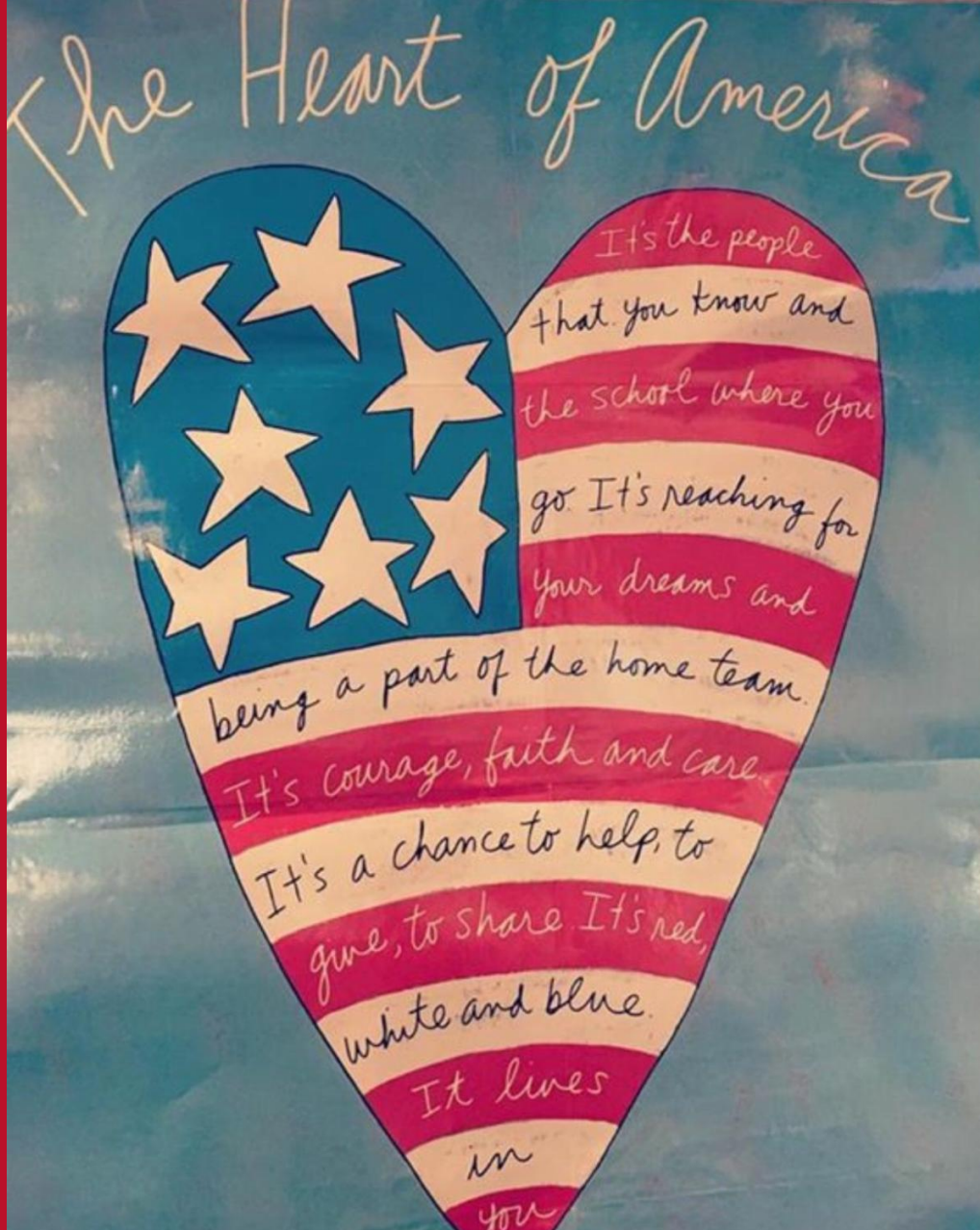
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2. [Finding Your Way in Community: Free Online Mindfulness Groups for Parents and Caregivers](#) (Supporting each other through meditation and communication.)



If you or your family is experiencing distress and needs support call:

- National Parent Helpline 1-855-4 A PARENT or 1-855-427-2736
- Info Children /Parent Helpline 1-778-782-3548
- National Suicide Prevention 9-8-8

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



*Treats to make with your kids for that special celebration  
for the 4th of July...[click here!](#)*

**The Arc of Washington State**

2638 State Avenue NE  
Olympia, WA 98506  
(360) 357-5596

**Connect With Us**

ALLIANCE MEMBER



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USA

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Endorsed Practices

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