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(360) 357-5596 *option 2*

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

[View All P2P Programs](#)

[Join Us On Facebook](#)



May was a tremendous month with our annual Susan Atkins Parent to Parent Coordinator's Training happening at the Rainbow Lodge Retreat Center in North Bend. 40+ Coordinators from all over the state came together (our first in-person gathering since 2019!) to learn, share and network. It's always so amazing to bring this group together.... Coordinators (who are also parents and family members of children/individuals with disabilities) who have been working in Parent to Parent for a few months to 25 + years! Such rich life experiences, wisdom and passion to serve Washington families. We shared ideas about supporting and engaging families, using technology, reaching rural communities, taking care of ourselves and more! INCREDIBLE!

Such gratitude to our sponsors- the Department of Health/Children and Youth with Special Health Care Needs Program, Developmental Disabilities Administration and Washington State Developmental Disabilities Council/Informing Families. Your support keeps us going strong! THANK YOU!

.....

Welcome April Paccereilli, Coordinator for Ferry, Pend Oreille and Stevens Counties; Catalina Guzman, Multicultural/Outreach Coordinator with Grant/Adams Counties; Estela Aguilar, Hispanic/Latino Coordinator for Grays Harbor/Pacific Counties; Petra Ramos, Multicultural Program Assistant San Juan County P2P; Yasmeen Butler, Director Pierce County Parent to Parent/PAVE; Blanca Hernandez, Helping Parent Assistant (Latino) with Thurston County South Sound P2P; Alina Zollfrank, Assistant Multicultural Coordinator with Whatcom County and Kaylee Richmond, P2P Supervisor with Whitman County.

Goodbye Michele Lehosky, Pierce County Parent to Parent.

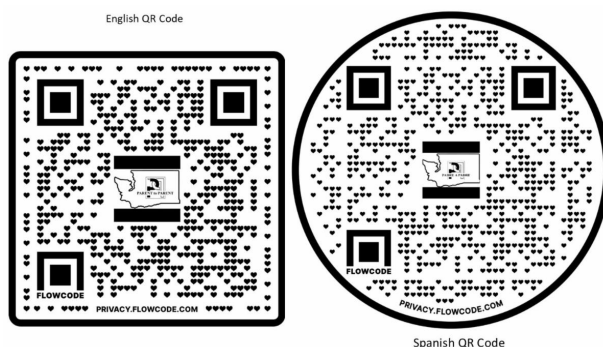
~~~Tracie, Theresa, Patricia and Jackie

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



Kinderling embraces children of diverse abilities and their families by providing the finest education and therapies to nurture hope, courage, and the skills to soar.



## 38<sup>TH</sup> ANNUAL FATHERS NETWORK CAMPOUT

**Date:** June 16, 17, and 18, 2023

**Time:** Friday, June 16 (late afternoon) - Sunday, June 18 (noon)

**Location:** Washington Park, Anacortes, WA

**Cost:** Group camping area is reserved at NO cost to families

Join us for our Annual Fathers Network Campout in beautiful Washington Park, in Anacortes, WA, to celebrate dads, our unique and wonderful children, and families. This event is open to ALL families who have children with disabilities or special health care needs.

**Questions?** Call Matthew Rickmon at 425-653-4286. As a backup and for weather updates, call our local dad Ed Gegen at 360-728-9731. Please remember that cell phone service in the park can be unreliable.

**Clothes:** Stay casual. Bring extra changes of dry and warm clothes.

**Food:** There is a large grill on site! Bring your own food & utensils, and a dessert to share on Saturday evening. Group dinner is on Saturday at 5:30pm. Ingredients will be provided for smores.

**Activities:** Playground, trails to explore, plus whatever you want to bring.

For more details, [click here](#).



This event is sponsored by the Washington State Fathers Network, a program of Kinderling.

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

## FREE TRAINING - TRAUMA-INFORMED SUPPORT OF INDIVIDUALS WITH INTELLECTUAL AND DEVELOPMENTAL DISABILITIES FOR DIRECT SUPPORT PROFESSIONALS

The University of Alaska Anchorage's Center for Human Development is offering the following free trainings by national expert Dr. Karyn Harvey:

**Supporting individuals with IDD to build a positive identity.**



**June 10, 2023**

**10 a.m. to noon**

***[Register Here](#)***

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## **Webinar on Addressing Sexual Assault Against People with Disabilities**

**Wednesday, June 14, 2023**

**Time: 12:30 to 2 p.m. PST (3:30-5 p.m. ET)**

People with disabilities, especially those with intellectual and developmental disabilities, experience sexual assault at much higher rates than people without disabilities. They also encounter challenges receiving care and support services due to pervasive accessibility barriers. It is important to hear directly from individuals with disabilities who are survivors of sexual assault and learn their recommendations for how to improve the support system. To raise awareness of these issues, the U.S. Department of Health and Human Services' Administration for Community Living and the Office of the Assistant Secretary for Health will host an equity-focused webinar on sexual violence against people with IDD: "Survivors' Circle: A Conversation With People With Disabilities About Sexual Violence and How to Address It."

The webinar is a collaborative effort between:

- Administration for Community Living
- Office of the Assistant Secretary for Health
- Administration for Children and Families
- Centers for Disease Control and Prevention
- Health Resources and Services Administration
- Substance Abuse and Mental Health Services Administration
- Activating Change – a nonprofit dedicated to increasing the visibility of the justice issues people with disabilities face

The webinar will highlight the prevalence of sexual assault in the disability community. It will focus on the perspectives of sexual assault survivors with IDD who will discuss their experiences, the barriers they encountered when seeking support, and the recommendations to improve access to care and justice. The target audience is broad and includes organizations serving people with IDD, organizations serving survivors of sexual violence, and victim advocates and prevention specialists, plus partners and grantees from the U.S. Department of Health and Human Services and other government agencies.

This webinar is approved for approved for 1.5 continuing education hours through the National Advocate Credentialing Program and DoD Sexual Assault Advocate Certification Program.

For more information on this subject, see the April 2023 ACL blog post at

***<https://acl.gov/news-and-events/acl-blog/preventing-and-addressing-sexual-assault-people-idd>***

Registrants will receive a confirmation email with information about joining the webinar. The webinar will include real-time captioning and ASL interpreting. If you need any additional accommodations or have questions, please email Elizabeth Leef at

***[elizabeth.leef@acl.hhs.gov](mailto:elizabeth.leef@acl.hhs.gov)***

***[Register](#)***

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## **38TH ANNUAL FATHERS NETWORK CAMPOUT**

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**Time: Friday, June 16 (late afternoon) - Sunday, June 18 (noon)**

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Cost: Group camping area is reserved at NO cost to families  
Clothes: Stay casual. Bring extra changes of dry and warm clothes.  
Food: There is a large grill on site!

Bring your own food & utensils, and a dessert to share on Saturday evening.  
Group dinner is on Saturday at 5:30pm. Ingredients will be provided for smores.  
Activities: Playground, trails to explore, plus whatever you want to bring.  
[Click here for more details](#) & [click here for flyer](#).

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## COME AND LEARN ABOUT PERSON CENTERED PLANNING

Using Person Centered Planning to support my son or daughter with designing their own path for their future

**Wednesday, June 21, 2023**  
**6:00 pm - 7:00 pm**  
**on Zoom**

This workshop is for Parents and individuals who are interested in a person-centered plan to set goals for their future.

At this work shop you will:

- Find out what person centered planning is all about
- Learn how it can help you to reach your life dreams and goals
- Hear success stories
- Participate in an open discussion about how a PCP can assist with designing the life you want to live.

This workshop will be on Zoom:

Join Zoom Meeting [https://us02web.zoom.us/j/81788119533?](https://us02web.zoom.us/j/81788119533?pwd=MkZhQXQ3WS80N2RlNjFZZW5ob0lpZz09)  
[pwd=MkZhQXQ3WS80N2RlNjFZZW5ob0lpZz09](https://us02web.zoom.us/j/81788119533?pwd=MkZhQXQ3WS80N2RlNjFZZW5ob0lpZz09)

Meeting ID: 817 8811 9533

Passcode: **513953**

This workshop is facilitated by:

Lisa Latchford

Fox Associates Consultation LLC

[lisa@foxassociatesllc.com](mailto:lisa@foxassociatesllc.com)

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## Students with disabilities invited to apply for Youth Leadership Forum

**July 30 to August 4**

OLYMPIA - High school students with disabilities can apply to the 21<sup>st</sup> annual Youth Leadership Forum to learn leadership, citizenship and personal skills.

About 30 students will attend this free overnight camp, which will be at the Dumas Bay Center in Federal Way from **July 30 to Aug. 4**.

The Governor's Committee on Disability Issues & Employment (GCDE) is **accepting applications through May 31**. There is no cost to parents for their student to attend.

The Youth Leadership Forum (YLF) is designed for students with disabilities who want to be or are leaders in their schools and communities.

"YLF develops character, independence and creativity. It's an amazing program," says Candace Dickson, YLF chair.

Eligible youth are:

- High school juniors and seniors ages 16 to 21 who have a disability. and
- Students up to age 21 who are receiving transition services.

The Youth Leadership Forum is a project of the GCDE with funding from the Division of Vocational Rehabilitation.

To apply

- Go to the *YLF page* on the GCDE website and select *2023 initial YLF student application*.
- or
- Contact [Elaine Stefanowicz](#) by email or phone at 360-890-3774.

###

Follow GCDE on social media:

[facebook.com/GovDisabilityCommitteeWA/](https://www.facebook.com/GovDisabilityCommitteeWA/)

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## 2023 Fathers Network Kickoff Breakfast

The Annual Kickoff Breakfast will be held:

**Saturday, September 9th**  
**9:00 am-12:00 pm.**

More information regarding the event will be sent out closer to the date.

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## Washington State Fathers Network Annual Conference

The Annual Conference will be **November 4th** in Bellevue.

More information regarding the Annual Conference will be sent out, including registration information as we get closer.

If you have any questions, please contact me at 425-653-4286 or by email at [matthew.rickmon@kinderling.org](mailto:matthew.rickmon@kinderling.org).



## Save the Date!

DSHS Developmental Disabilities Administration

Is Proud to Announce  
Community Summit 2023

June 13 - 15, 2023  
Wenatchee, WA



A Decade of Community



DSHS' Developmental Disabilities Administration is proud to announce Community Summit 2023. The Community Summit continues a long tradition of conferences that have focused on expanding access to supported employment, supported living, and assistive technology. Launched in 2013, the Community Summit was conceived as a way to continue the work of transforming systems and building inclusive communities where people can live the life they want for themselves. Standing on the shoulders of the work that has gone before, the Community Summit looks forward to another decade of hosting these vital conversations.

Please join us as we return to an in-person & hybrid conference!

## Wenatchee Convention Center Wenatchee, Washington June 13 - 15, 2023

### Community Summit 2023: A Decade of Community | Informing Families

Planning is underway! More information will be coming soon. To stay up to date and connected to our Summit team, please visit us at The Community Summit website and Facebook page.

[Community Summit Website](#)

[Community Summit Facebook](#)

If you have questions about Community Summit 2023 or want to know how you can be involved, please contact the Community Summit coordinator:

Ron Bryan at [ronald.bryan@dshs.wa.gov](mailto:ronald.bryan@dshs.wa.gov)



**Washington State Department of HEALTH**

**Do you have a child with ongoing care needs or a disability?**

**Have you struggled to find out who to go to for the health care services that your child needs?**

**Do you want to make things better for your child and other families?**

**Join the Care Coordination Family Advisory Council!**

If you:

- Are a parent, family caregiver, or guardian of a child or youth who has experienced current or past ongoing disability, health, and/or behavioral needs
- Live in Washington state

**Deadline to Apply: May 12th 2023**

**Apply through an online form here:**  
<https://forms.office.com/g/xDmsR2terT>  
Or contact us to apply or for questions  
Call 360-878-7789  
Email us at [CYSHCN@doh.wa.gov](mailto:CYSHCN@doh.wa.gov)

**Compensation**  
\$50 gift card for each meeting attended

**Commitment**  
Participate in quarterly 2 hour virtual meetings

**Impact**  
Help Washington state do better in supporting kids and families.



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).



**Washington State Department of HEALTH**

**¿Tienes un hijo/a con necesidades de cuidado continuo o una discapacidad?**

**¿Has tenido dificultades para averiguar a quién acudir para los servicios de atención médica que su hijo/a necesita?**

**¿Desea mejorar las cosas por su hijo/a y otras familias?**

**Únase al Consejo Asesor Familiar de Coordinación de la Atención!**

Si usted:

- Es padre, cuidador familiar o tutor de niño o joven que ha experimentado discapacidades actuales o pasadas, necesidades de salud y/o comportamiento
- Vivir en el estado de Washington

**Fecha límite para aplicar: 12 de mayo de 2023**

**Solicite a través de un formulario en línea aquí:**  
<https://forms.office.com/g/xDmsR2terT>  
O contáctenos para solicitar o para preguntas  
Llama 360-878-7789  
Envíenos un correo electrónico a [CYSHCN@doh.wa.gov](mailto:CYSHCN@doh.wa.gov)



Para solicitar este documento en otro formato, llame al 1-800-525-0127. Las personas con sordera o problemas de audición deben llamar al 711 (servicio de relé de Washington) o enviar un correo electrónico a [civil.rights@doh.wa.gov](mailto:civil.rights@doh.wa.gov).

Apply through an online form here: <https://forms.office.com/g/xDmsR2terT>  
For questions contact by Call 360-878-7789 or Email us at [CYSHCN@doh.wa.gov](mailto:CYSHCN@doh.wa.gov)  
**English Flyer & Volante**



# 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 \(surveymonkey.com\)](#)

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

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## WA State Youth Helpline Naming Survey

Thank you for sharing past youth surveys with your networks and community! It would mean a lot to us if you could share the program naming survey with your networks to help promote this across the state.

Here's some more context: Washington State is working to create a youth safety and well-being line available 24 hours a day, 365 days a year to address a spectrum of youth safety & well-being concerns and connect youth with appropriate resources. This survey will dive deeper into the name itself and help us understand what youth like.

This survey will take about 10 minutes to complete. This survey will run through **June 9, 2023**.

You're welcome to refer them to the Youth Program team inbox for any questions: [youthprogram@atg.wa.gov](mailto:youthprogram@atg.wa.gov)

The following is attached:

- Social media ad image. Please use this image (see below) if you would like to share the survey on your organization's social media account. To link directly to the survey in your communications, the link is:

[https://thevidaagency.qualtrics.com/jfe/form/SV\\_4HPBS4IXIFgHqu](https://thevidaagency.qualtrics.com/jfe/form/SV_4HPBS4IXIFgHqu)

We appreciate you taking time to share this!

With gratitude,

Montserrat Jauregui

Youth Outreach Lead

Youth Outreach Team

Washington Tipline | [Policy Team](#)

Washington State Office of the Attorney General

[Youthprogram@atg.wa.gov](mailto:Youthprogram@atg.wa.gov)

# Helplines work

when youth are involved



Help name  
Washington's new  
youth helpline

Earn a chance at a  
**\$20 gift card**  
taking a quick 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)

[f](#) [@](#) [@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.) My first newsletter as the Director of the WA State Fathers Network.  
Hello! My name is Matthew Rickmon, and I am the new Director of the Washington State Fathers Network at Kinderling. I grew up in Monterey County, California and did my undergraduate in psychology. I then earned my master's degree in divinity with a focus on counseling. I then went onto

getting certifications to use therapeutic techniques and interventions when it comes to tabletop games, videogames, and a few other formats. Previously, I worked with a non-profit children's musical theatre in California before moving to Washington in 2022. My First I enjoy writing and telling stories that matter and inspire change.

April 17th was my first day as the Director of the Network, and I'm thrilled to be working with the organization. It has been a great pleasure and honor to meet everyone that I have gotten to know so far, and I am excited to see all the new opportunities to provide resources and information and train men to advocate and tell their stories. Feel free to reach out to me to connect and discuss ways that you believe I can help grow and shape the Washington State Fathers Network. Matthew Rickmon

#### Upcoming Events: Annual Father's Day Campout in Anacortes

More information regarding the Annual Campout will be sent out in May. If you have any questions, please contact me at 425-653-4286 or by email at [matthew.rickmon@kinderling.org](mailto:matthew.rickmon@kinderling.org).

#### 2.) INSPIRED ACCESS FOUNDATION - Our Mission

To increase community inclusion, safety and dignity for individuals with disabilities and medical complexities so that each person can live their life to the fullest, and our communities can benefit from the talents and contributions of all.

<https://www.inspiredaccessfoundation.com/>

3.) Enhanced Case Management Program Overview The Enhanced Case Management Program helps when health or safety concerns put clients at higher risk for abuse or neglect. Individuals and families need extra support when there are concerns about isolation, the home environment or quality of care. ECMP provides case resource managers who have smaller caseloads of 30 or less and can offer specialized support. The CRMs can make home-visits at least once every four months.

Click for more information: [English Flyer](#) & [Spanish Flyer](#)

#### 4.) Partners4Housing

Thanks to a generous grant from the Developmental Disabilities Council's Dan Thompson Memorial Fund, Parents4Housing can now provide **free** Residential Assessments to 6,688 families in Washington State.

<https://partners4housing.com/>

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. This person-centered approach helps you and your family understand how to access all the benefits your family member is eligible for, including that all-important Section 8 housing subsidy.

The Arc of Washington is thrilled to be partnering to help reach as many families as possible in Washington state. <https://arcwa.org/partners4housing/>

[CLICK HERE FOR FLYER](#)

If you have any additional questions or need assistance with the assessment, please contact Michelle O'Dell with Thurston County Coalition at [ddcoalition@arcwa.org](mailto:ddcoalition@arcwa.org).

#### 5.) Summer Camps Resource Information

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

#### 6.) Overnight Planned Respite Services New Site Announcement

We are excited to announce The Arc of Spokane's Bismark location is online and available to provide Overnight Planned Respite Services for adult clients. This location was temporarily offline due to the COVID-19 pandemic.

As of May 1, The Arc of Spokane is operating two respite beds in Spokane, WA, including the Lidgerwood and Bismark sites. They are accepting applications for both locations.

#### What are Overnight Planned Respite Services?

OPRS is a community-based service for adult clients of DDA who live with a family member or primary caregiver. The services are designed to offer a break in caregiving. Respite is provided in a community setting, such as a home or apartment staffed by contracted, certified providers. Each setting serves one person at a time, using a person-centered plan developed with the individual and family to create a schedule and activities that meet the person's needs. The maximum length of stay is fourteen days within a calendar year. OPRS is available in addition to Overnight Planned Respite Services New Site Announcement

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Lidgerwood and Bismark sites. They are accepting applications for both locations.

**There are four OPRS providers with eight beds available across the state:**

- **The Arc of Spokane**
  - Spokane (two beds)
- **Holly Community Services**
  - Bellingham (one bed)
- **Service Alternatives**
  - Lynnwood (one bed)
  - Tacoma (one bed)
- **Northwest Supported Living**
  - Olympia (two beds)
  - Vancouver (one bed)

**Service Request:**

Contact your DDA Case Manager to request OPRS to plan a break from caregiving.

Click here to learn more information about OPRS, and check out the Informing Families website for information.

For questions, please contact Jaimee Scheffler, Respite Coordinator. any respite hours assessed through a waiver program. [CLICK HERE FOR FLYER](#)





**Shriners  
Children's™**

Shriners Children's has been providing hope and healing to children in our region for nearly 100 years.

Our compassionate, prestigious doctors and care teams are committed to excellence in pediatric specialty care, regardless of families' ability to pay.



**Shriners  
Children's™**  
Portland



3101 SW Sam Jackson Park Rd.  
Portland, OR 97239

#### Portland Service Lines

- Specialized Pediatric Orthopedics including Spine, Hip and Chest Wall Conditions
- Walk-in Fracture & Sports Injury Clinic
- Cleft Lip & Palate Care

#### To Make a Referral

Phone: 503-221-3422 | Fax: 503-221-3483

#### Liaisons

Jennifer Nordgaard  
jennifer.nordgaard@shrinenet.org  
971-544-3372

Julie Kosik  
Julie.Kosik@shrinenet.org  
503-278-9034

Brenda Newby  
Brenda.newby@shrinenet.org  
971-347-4348



**Shriners  
Children's™**  
Spokane



911 West 5th Ave.  
Spokane, WA 99204

#### Spokane Service Lines

- Specialized Pediatric Orthopedics
- Pediatric & Adolescent Sports Health & Medicine
- Urgent Pediatric Fracture Clinic

#### To Make a Referral

General Orthopedics:  
Phone: 509-623-0431 | Fax: 509-744-1223

Sports Health & Medicine:  
Phone: 509-744-1200 | Fax: 509-623-0472

#### Liaisons

Janna Nixon  
Janna.Nixon@shrinenet.org  
509-960-2882

Justin Botejue  
jbotejue@shrinenet.org  
509-744-1222



**Shriners  
Children's™**

[shrinerschildrens.org](http://shrinerschildrens.org)

## 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.) **WA Hands and Voices: How to Request a Parent Guide/Parent Support - Front Spanish** **WA Hands and Voices: How to Request a Parent Guide/Parent Support - Back Spanish**

### 2.) **Programa de Administración Mejorada de Casos**

**Información general:** El Programa de Administración Mejorada de Casos ayuda cuando un problema de salud o seguridad hace que el cliente esté en mayor riesgo de sufrir maltrato o abandono. Las personas y familias necesitan apoyo adicional cuando existen problema con el aislamiento, el ambiente doméstico o la calidad de la atención. El ECMP provee gestores de recursos y casos que tienen menores cargas de casos, con 30 o menos, y pueden ofrecer apoyo especializado. Los gestores pueden hacer visitas domiciliarias por lo menos cada cuatro meses....

### **Spanish Flyer**

### 3.) **UNA SERIE ESPECIAL DE RADIO EN ESPAÑOL DE KINDERING**



## **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.

(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.**



(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.

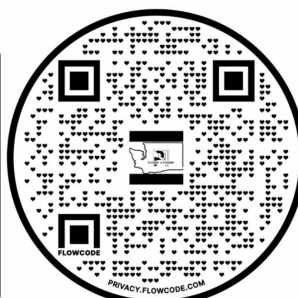
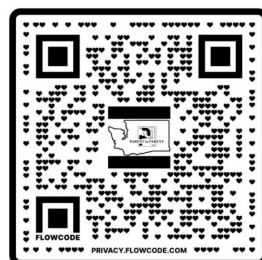
Únete via Zoom <https://zoom.us/join>  
ID de la reunión: 939 8330 9951  
Contraseña: whatsapp  
[elisa.torres@wahandsandvoices.org](mailto:elisa.torres@wahandsandvoices.org)  
425.268.7087

XXXXXXXXXX

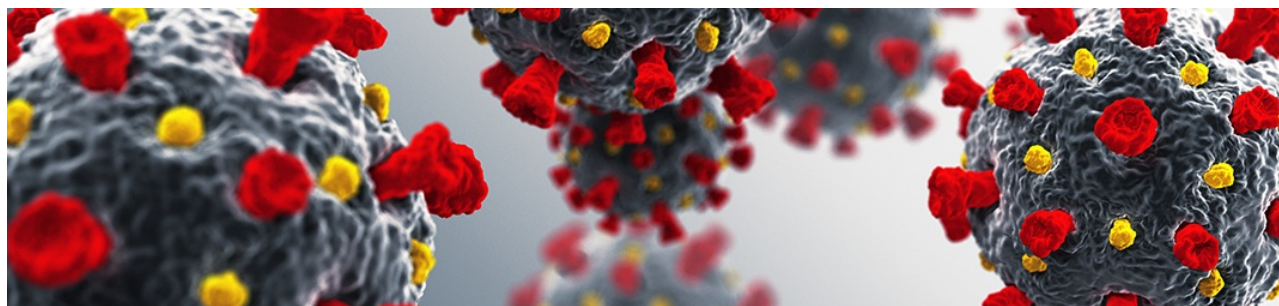
**Para compartir sus comentarios o historias participación en el programa de Padre a Padre, acceda al enlace o código QR que aquí les compartimos!**

<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.

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:

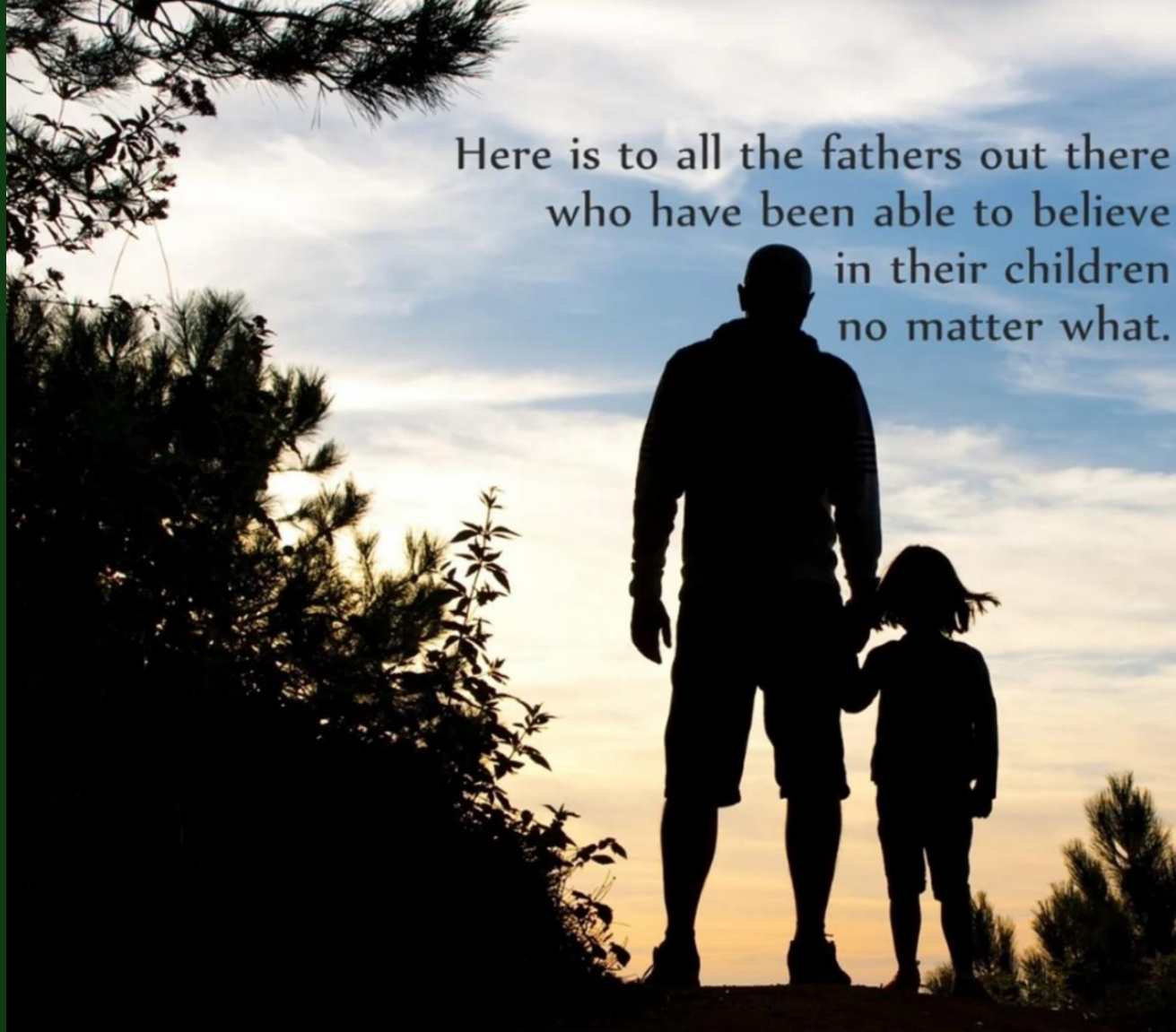
- National Parent Helpline 1-855-4 A PARENT or 1-855-427-2736
- Info Children /Parent Helpline 1-778-782-3548
- National Suicide Prevention 9-8-8

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





Here is to all the fathers out there  
who have been able to believe  
in their children  
no matter what.



*100 Treats for that special dad and for family and friends' enjoyment...click here!*

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***The Arc of Washington State***

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Olympia, WA 98506  
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