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(360) 357-5596 option 2

## WA State Parent to Parent (P2P) Newsletter: November 2023

[View All P2P Programs](#)

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Usually our parents say it the best! Please read the comments below from parents accessing their local Parent to Parent program.... These highlight perfectly the value and impact of Parent to Parent support!

Comments from Lewis County parents

Quotes from Lewis County Parents

*"My Parent-to-Parent group is like a second family to me. It is a safe place where I can download, listen, and encourage others, have fellowship, learn, and have fun."*

*This is the first support group that I have ever been in, and I feel blessed to be a part of it. These ladies "get it" and they are my hero's."*

.....

Welcome to Maria Jimenez, Media Outreach Coordinator for Grant/Adams Counties P2P Support Program. Goodbye to Christie Chiles from Grays Harbor Counties P2P and congratulations on your new position at the Developmental Disabilities Council.

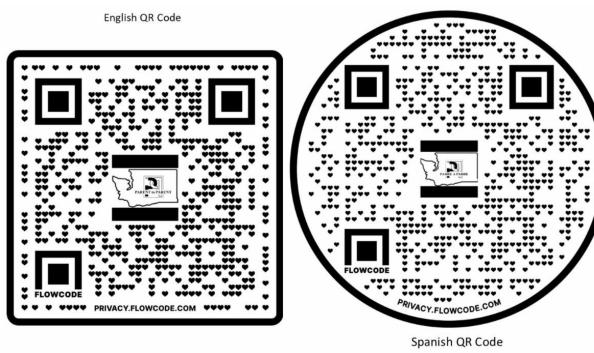
~~~Tracie, Theresa, Patricia and Jackie

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

### Project ImPACT Advanced Course

**This course will be held over 4 days (November 6-9)  
from 9:00-12:30 PST (12:00-3:30 EST).**

**NOTE: Registration Ends November 1, 2023**

#### **ABOUT THIS EVENT:**

Learn how to implement Project ImPACT, a parent mediated intervention for children with social communication challenges.

- Participants will receive access to the Beginner eCourse with registration to this workshop.
- Participants will receive an e-book copy of the curriculum, Teaching Social Communication to Children with Autism, Trainer and Parent manual set.
- This course is hosted by one of the developers Anna Dvortcsak.
- Register now space is limited

#### **ABOUT THE COURSE:**

This webinar is open to providers who would like to use the Project ImPACT intervention with children with ASD and related disorders. Project ImPACT is recognized as one of the most effective coaching programs for parents of young children (up to age 6) with autism spectrum disorder (ASD) and related social communication delays. The goal of Project ImPACT is to provide families with strategies to improve their child's engagement within the home and their community. This helps a child have agency of self and their environment which leads to better regulation and enjoyment in the activity.

Attendees will learn how to use the Project ImPACT 2nd Edition curriculum to teach parents of children with autism and social communication delays to promote social communication during daily routines and activities. Additional information regarding Project ImPACT via telehealth and research on use of Project ImPACT via telehealth has been added this workshop.

#### **ABOUT THE TRAINER:**

The workshop will be conducted by Anna Dvortcsak MS, CCC-SLP

Anna Dvortcsak co-developed and authored Teaching Social Communication to Children with Autism (Project ImPACT), an internationally-recognized parent training curriculum for children with ASD.

**NOTE: Registration Ends November 1, 2023**

**[Register Here](#)**

Website: [www.project-impact.org](http://www.project-impact.org)

Email: [info@project-impact.org](mailto:info@project-impact.org)

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## Elements of Shared Living

**November 2nd, 2023 from 6:30-8:30 PM**

Community Homes

Zoom

"In this workshop, participants will learn what a shared living home is, the basic components and process of creating a shared living home, what to consider and how to move forward."

To register for the event and learn more [click here](#).

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## The Father's Network Annual Conference

for all father and male-caregivers will be

**November 4th at the Bellevue School District building.**

To register for the event, please go to: <https://fathersnetwork.org/2023-wsfn-conference/>

Additional information about the conference, as well as the information on those presenting at the conference have been posted to our Facebook page. If you have any questions, please contact me at 425-653-4286 or by email at [matthew.rickmon@kinder.org](mailto:matthew.rickmon@kinder.org).

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NOVEMBER 3-4, 2023

# REUNITED

UCP OREGON'S

# FAMILY SUPPORT

## CONFERENCE





# **SURVEYS/Studies**

## **Dan Thompson Account Survey**

Seeking your input! DDA is asking for your participation to provide input on future awards from the Dan Thompson Memorial Developmental Disabilities Community Services Account. We want to hear from you about what the process should look like and what type of projects should be funded. Please complete the survey below by close of business Oct. 13.

There is approximately \$5 million dollars in the Dan Thompson Account for new applications to be spent by June 30, 2025.

RCW 71A.20.170 (6) states “Expenditures from the account must supplement, and may not replace, supplant, or reduce current state expenditure levels for supports and services in the community setting for eligible persons with developmental disabilities.” This means that grant awards cannot pay for services covered by DDA Home and Community Based Services waivers or Medicaid State Plan services.

Thank you for your input. The survey results will influence the design of the next round of applications for Dan Thompson Account funding.

[\*\*\*Click for Survey\*\*\*](#)



# 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](http://partners4housing.com)

971-599-1010

### ***Free Benefits and Housing Reviews available to DDA Clients-(Click here for above flyer)***

A contract was awarded to **Partners4Housing** to provide free benefits and housing reviews to about 5,000 eligible DDA clients (\$500 value). This opportunity is funded by the Dan Thompson Memorial Account.

This review includes:

- A one-hour consultation via Zoom to discuss benefits available to adults (including Section 8 housing vouchers.)
- A description of housing options in Washington state.
- Access to Partners4Housing's Roommate Matching Pool (by invitation.)

Following the consultation, you will receive an email with a list of actionable steps that will help you

access benefits and make a plan for the future.

**Partners4Housing** is partnering with six nonprofits in this endeavor: The Arc of Washington State, The Arc of King County, The Arc of Snohomish County, The Arc of Whatcom County, PEACE, and PC2, who all have links on their websites to the review.

Funding for the benefits and housing reviews ends in June 2025. Click the flyer below for more information.

***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.) Are you a single mother living in Washington? Looking for grants? Do you need help with rent and utility bills? Do you need financial and housing assistance? You have questions about child support? The following resources will help you a lot to locate resources you need and how to benefit from them.

**[Help for Single Mothers in Washington - a Single Mother | Grants for Single Mothers](#)**

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2.) Department of Health unveils Strong Start, a new statewide data system that supports child development.

***The free, secure online tool helps families track children's development from birth through age five.***

OLYMPIA - The Washington State Department of Health (DOH) is pleased to announce the launch of the state's new universal developmental screening system, *Strong Start*. It's a free online tool where parents, caregivers, and providers can securely store, share, and track children's developmental screening information from birth through age 5.

By creating a centralized and secure location for sharing developmental information, Strong Start offers families and health care providers the opportunity to collaborate to best support each child's unique development and make sure they find any needed support. Regular screenings show how children are doing with language, movement, thinking, and interacting with others. It's important because the brain develops faster between birth and age 5 than any other stage.

"Universal developmental screenings play a critical role in ensuring all children have the best possible chance at a healthy future by monitoring important milestones in their speech, play, and motor skills," said Michele Roberts, Assistant Secretary for Prevention and Community Health, DOH. "Strong Start empowers parents and caregivers to take direct action in their child's health while also ensuring they can find the necessary resources for their children to thrive."

Parents and caregivers can add Strong Start as a service to their *Secure Access Washington* accounts. From there, they can easily enter their child's completed developmental screening results and share them with authorized health care providers of their choosing. Parents and caregivers can also use links to find screening tools within Strong Start if a child has not completed a developmental screening with their health care provider.

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.

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3.) Diaper Related Payment Benefit

We are excited to share news that the Diaper Related Payment benefit begins Nov. 1, 2023. The Community Services Division will automatically issue \$100 each month to a TANF/SFA household that has an eligible child under 3 years old to support with child-related necessities as diapers, pull-ups and wipes. The passage of **[SB 5838](#)** (2022 session) and subsequent funding under **[ESSB 5187](#)** (2023 session) has made the creation and implementation of the Diaper Related Payment benefit possible....

*(Click for the rest of the letter from DSHS).*

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4.) Violet Sees Free Glasses Program - WE can help you afford glasses for your child. Check out- <https://www.violetsees.org/glasses> Violet Sees Free Glasses Program CAN WE HELP YOU AFFORD GLASSES FOR YOUR CHILD? Please complete our Qualification Questionnaire to help us determine if your family would be a good fit for our program! You will hear back from us shortly after completing. If you have any questions or run into any problems, please email: [JEN@VIOLETSEES.ORG](mailto:JEN@VIOLETSEES.ORG)

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#### 5.) Specialty Adult Family Home Pilot

Adult Family Homes offer long-term residential supports for more than 1,600 people who have intellectual and developmental disabilities. In Spring 2022, we hosted stakeholder sessions to gather feedback and identify specialty services needed to create a specialized AFH model to better support people with I/DD.

The 2023-25 biennium budget provided the Department of Social and Health Services with funding to support 100 clients through the Developmental Disabilities Administration's Specialty AFH Pilot. This pilot is geared to provide specialized trainings and resources to AFH providers and staff to meet the diverse needs of residents with I/DD who are supported in their facilities. Facilities selected for the pilot will assist each of the participating residents to work on their individualized skills and goals in the following six categories:

- Self-empowerment - making daily choices and decisions.
- Safety awareness and self-advocacy.
- Social skills and positive relationships.
- Coping skills with everyday challenges.
- Managing daily tasks and home living.
- Community living and integration.

In September 2023, we started the pilot with three AFHs and 16 clients statewide. We will continue to contract with specific AFHs. Our goal is to add 16 clients per month to the pilot until we reach the budgeted target of 100 clients. It is our goal to maintain 100 clients until the end of the 2023-25 biennium. We will collect data throughout the pilot and provide the Legislature with a detailed report of our findings. The report is due in December 2024.

For more information check out the DDA Specialty AFH Pilot Fact Sheet

[\*\*Click on Fact Sheet.\*\*](#)

DDA Specialty AFH Pilot Team

- Headquarters - Kelly Hampton, State Plan Residential Services Unit Manager.
- Headquarters - Paula Costa, Specialty State Plan Residential Services Program Manager.
- Region 1 - Scot Webb, DDA AFH Specialist.
- Region 2 - Rebecca Urga, DDA AFH Specialist.
- Region 3 - Dianna Hall, DDA AFH Specialist.

If you have any questions about this pilot project, please contact Paula Costa at [paula.costa@dshs.wa.gov](mailto:paula.costa@dshs.wa.gov) or 360-915-4126.

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#### 6.) The Traumatic Brain Injury Strategic Partnership Advisory Council of Washington State

The Traumatic Brain Injury Strategic Partnership Advisory Council of Washington State is seeking to learn more about the experiences of those with lived experiences of a traumatic brain injury, or their families and providers. There are three separate surveys for those with lived experience, caregivers, and providers. Follow the links below for the category that best fits you and share with others in your circle.

- [\*\*Lived Experience\*\*](#)
  - [\*\*Caregiver\*\*](#)
  - [\*\*Provider\*\*](#)
- 

#### 7.) Dear Members of the Community:

I am pleased to inform you that, after a rigorous hiring process, I have appointed Dr. Tonik Joseph as Assistant Secretary for the DSHS Developmental Disabilities Administration, effective Nov. 1.

The process included two interview committees, which comprised community advocates, DSHS officials, agency colleagues, legislators, union representatives, officials and clients. The process started by gathering with community stakeholders, advocacy groups, clients with lived experience, families of clients, staff, and many others in order to understand how to best meet the needs of our clients and their families. From there, it proceeded to a national recruitment and the search committees' eventual selection of the top two finalists from a pool of very qualified individuals. Given their input and the majority opinion, I am pleased to appoint Dr. Joseph.

Dr. Joseph's credentials are outstanding, with a wide range of education and experience ranging from

undergraduate degrees in economics and chemistry, a Master of Science and a doctorate in biochemistry as well as her work as DDA's Director of Strategic Planning and Quality Compliance Monitoring, Enterprise Risk Management's Senior Risk Manager and Deputy Assistant Secretary for the Behavioral Health Administration. Her compassion and dedication to our clients are indicative of a true servant leader, as is her service to military members and their families, as a community volunteer and a civilian professional working for the U.S. Department of Defense. I know she will continue the crucial work of collaborating with you to ensure people with intellectual and developmental disabilities, their families and caregivers throughout Washington state have the services and supports they need to live their lives how and where they want to live.

I want to extend my sincere gratitude to all who have been involved in the process and for their valuable consideration and collaboration. Please join me in welcoming Dr. Joseph to her new position.

Warm regards,  
JILMA MENESSES / Secretary  
Office of the Secretary  
Washington State Department of Social and Health Services  
(O) 360-902-7800 / [Jilma.meneses@dshs.wa.gov](mailto:Jilma.meneses@dshs.wa.gov)

## Transforming Lives

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### 8.) Protect yourself from COVID-19, Flu, Pneumonia and RSV

Information from the Centers for Disease Control and Prevention and the Washington State Department of Health.

During the fall and winter it is common to get sick from respiratory viruses such as [COVID-19, flu](#), and [respiratory syncytial virus](#). There are actions you can take to protect yourself and others. Learn more about these viruses and how to prevent them.

Department of Health offers regular [updates](#) on flu activity in Washington. Don't forget to get a flu vaccine this season, go to [Vaccines.gov](#) to find out where you can get a flu vaccine and the [COVID-19 vaccine](#).

Effective prevention strategies for respiratory viruses include:

- Using face masks.
- Practicing social distancing.
- Practicing cough etiquette.
- Cleaning your hands.
- Cleaning and disinfecting regularly.
- Getting vaccinated.

Care providers can find information on flu and pneumonia in DSHS' Developmental Disabilities Administration [Care Provider Bulletin](#). The online publication includes:

- Symptoms.
- Groups at increased risk.
- Prevention tips.
- Treatment.
- Warning signs - when to seek medical attention.
- Resources.

More Information

- [Pneumonia - Centers for Disease Control and Prevention](#).
- [What to know about this flu season](#).
- [Question and answers about influenza](#).
- [Are you at high risk for the flu?](#)
- [Isolation and precautions for people with COVID-19](#).

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### 9.) Sharing Information from the Health Care Authority:

Do you have Apple Health (Medicaid) coverage? It may be time to renew your coverage soon! Renewals begin in November. Check out the below flyer for more information on Medicaid renewal and the Managed Care Organization contact information.

[Click for Flyer](#)

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### 10.) New Informing Families Email!

Informing Families is excited to share our new email address that individuals can email with questions, suggestions for content, and more! Feel free to email us at [informingfamilies@ddc.wa.gov](mailto:informingfamilies@ddc.wa.gov).

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### 11.) More Resources...

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.) 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 7 de noviembre** para una transmisión especial en español presentada por Kindering para padres de niños con necesidades especiales. Durante este programa, hablaremos con Celeste Marion, fundadora y directora de Manos Unidas International. Celeste nos va a platicar sobre su trabajo en Perú con niños y familias con discapacidades, sobre el nuevo programa “Ayllu” (“comunidad” en quechua), y sobre su visión para con la comunidad latina.

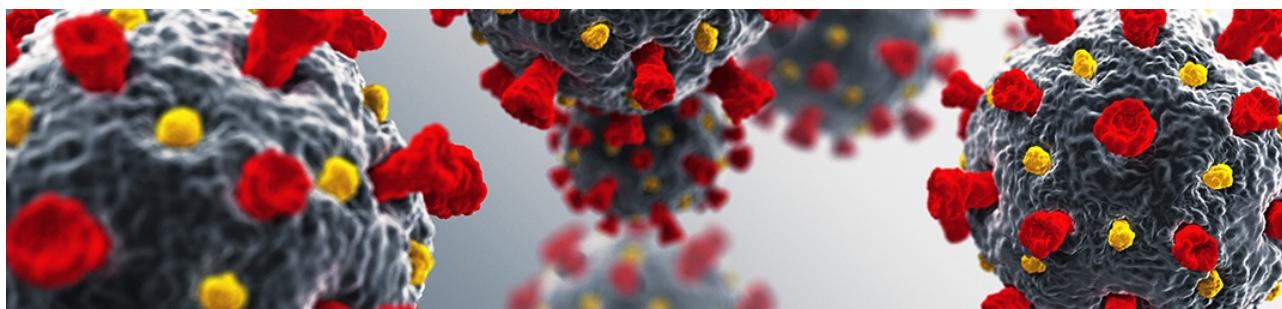
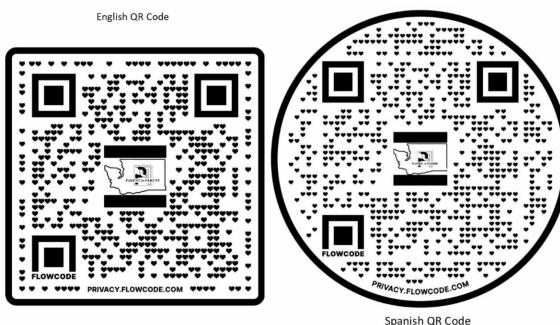
Kindering acoge a todos los niños con diversas habilidades y a sus familias, al ofrecer una educación

de alta calidad y terapias que cultivan la esperanza, el valor, y las habilidades necesarias para remontar el vuelo..

.....  
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

**New! 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.

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  - [What to know about this flu season.](#)
  - [Question and answers about influenza.](#)
  - [Are you at high risk for the flu?](#)
  - [Isolation and precautions for people with COVID-19.](#)
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For immediate release: Sept. 18, 2023 (23-127)

Contact: DOH Communications

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.

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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>

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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



## 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.



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

**The Arc of Washington State**

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

**Connect With Us**

ALLIANCE MEMBER



PARENT to PARENT  
USA

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Endorsed Practices

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The Arc of WA/Parent to Parent | 2638 State Avenue NE, Olympia, WA 98506

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