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(360) 357-5596 option 2

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

[View All P2P Programs](#)

[Join Us On Facebook](#)



Washington State Parent to Parent recently submitted our annual report to the Developmental Disabilities Administration (DDA) for the 2022-2023 contract year. DDA has been a long-term partner with Parent to Parent, ensuring Washington families that are raising children with developmental disabilities are receiving the support and information they need to ***take the next step.***

We had an amazing year with increases in every area!

Parent connections for support and information = 77, 001

Parents and professionals on mailing lists = 59,096

Helping Parent Matches = 661

Trained Helping Parents = 919

Social Media Followers = 36,776

Parent connections with parents who's primary language is not English = 10,037

We had 26 programs serving all 39 counties, and 15 programs with bilingual/bicultural staff and programming. WAY TO GO P2P!!!

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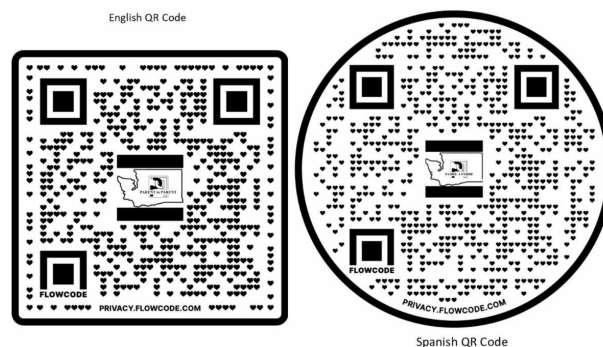
Goodbye Ruth Lunderville, Media Outreach Coordinator (Grant/Adams County); glad you are continuing as a Helping Parent volunteer.

~~~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!

[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

### WA State Fathers Network The Annual Kickoff Breakfast

SAVE THE DATE: The 2023 Fathers Network Kickoff Breakfast will be held on

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

at the Kinderling Bellevue Campus.

More information, including the flyer and how to RSVP will be sent out soon.

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### Statewide Family Network Parent/Caregiver Weekend Training

We hope you will apply to join us in Wenatchee from

**Friday, September 22 at 5 pm - Sunday, September 24 at 1 pm**

for an exciting, relevant, and fun weekend!

The theme for this year is “Tapestry - Coming Together to Create a Masterpiece.”

We are happy to announce four amazing workshops by family leaders Starleen Lewis, Celeste Taylor, Ray Gregson, and Jasmine Martinez, along with some wonderful mini-workshop selections to create space for growth, empowerment, and connection. See more weekend details below:

- **This is an application to register; you will be notified by 9/1/23 if you are selected to complete the registration to attend.**
- This WSCC event is designed for parents/caregivers of children, youth, or young adults with behavioral health needs only - this is the only WSCC event that doesn't also include our system partners and youth, thank you for understanding.
- Capacity is for 50 Parents/Caregivers to attend - our goal is to have 5 from each of the 10 FYSPRT Regions.
- Due to the limited capacity, we ask that you only apply to attend if you are able to participate in the entire event.

[Apply Here](#)

For questions: please contact [KarenKelly@wsccsupport.org](mailto:KarenKelly@wsccsupport.org)

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## September P2P USA Coffee Talk - Fathers at the Table

**scheduled for September 28 at 2:00 pm EST**

*(notice that this is Eastern Standard Time)*

Often male caregivers don't feel included in their child's special needs journey. This panel of fathers will share some of the challenges they face when participating in the many facets of their child's education and intervention.

Also, learn more about our P2P USA Father Engagement Task Force and how you can get your male caregivers involved at the national level. Please feel free to invite P2P staff, partners and families that you serve.

**Registration is required:**

[https://us02web.zoom.us/webinar/register/WN\\_u5uT12BeQ9y9ICKmezo5BA](https://us02web.zoom.us/webinar/register/WN_u5uT12BeQ9y9ICKmezo5BA)

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## 2023-2024 Dan Thompson Employment Rallies

The webpage and registration links are now LIVE for the 2023-2024 Dan Thompson Employment Rallies! Your One Stop Shop for DT Rallies can be found here:

<https://www.gowise.org/initiatives/employment-rallies/>

Our first rally will take place **October 17<sup>th</sup>, 2023 in Spokane** at The Lair Student Center @ Spokane Community College.

After that, we'll hop on over to **Tri-Cities on October 19<sup>th</sup>, 2023** at the Uptown Theatre.

Another ASK: We are collecting Employment Stories from across the state, and are collecting those here:

[https://forms.office.com/pages/responsepage.aspx?id=nA1N9BGQvU-WQRs26TdocD74H8bhRRpMnjz\\_66UHXGBURVc2UjUyUUk1T1VTsk83SUU0QTg0SjVYTy4u](https://forms.office.com/pages/responsepage.aspx?id=nA1N9BGQvU-WQRs26TdocD74H8bhRRpMnjz_66UHXGBURVc2UjUyUUk1T1VTsk83SUU0QTg0SjVYTy4u)

Individuals with Disabilities can also apply for a TECHNOLOGY GRANT here to access the rallies virtually:

[https://forms.office.com/pages/responsepage.aspx?id=nA1N9BGQvU-WQRs26TdocD74H8bhRRpMnjz\\_66UHXGBUQzFHNEFVQ0I3Q1VLMFpKQjY5NIhJR0VNMy4u](https://forms.office.com/pages/responsepage.aspx?id=nA1N9BGQvU-WQRs26TdocD74H8bhRRpMnjz_66UHXGBUQzFHNEFVQ0I3Q1VLMFpKQjY5NIhJR0VNMy4u)

If there are any questions, please send them to [anthony@gowise.org](mailto:anthony@gowise.org).

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## WA State Fathers Network Annual Conference is Coming Back!

SAVE THE DATE: 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).



# Telling Your Story with a Purpose



An interactive training by Jeremy Kredlo, Fierce Advocacy founder, and Matthew Rickmon, director of the Washington State Fathers Network, a program of Kindering.

**September 28 | 9:30 a.m. – 2:00 p.m.**

**Free and Online**

For parents, caregivers, self-advocates,  
and non-profit leaders

Learn how to communicate your story  
and your message, quickly and concisely,  
to policy makers and the public.

[Register](#) by September 3<sup>rd</sup> to be entered into a  
drawing for a \$25 gift card



We are happy to provide translations and other  
accommodations. Please fill out your registration with  
request by September 3<sup>rd</sup> to assure proper  
accommodations.

## WASHINGTON STATEWIDE LEADERSHIP INITIATIVE

*Training Family Leaders  
Elevating Family Voice  
Changing Systems*



Presented by Washington Statewide Leadership  
Initiative, whose mission is to elevate family voice:  
provide connections so that family voice is respected,  
amplified, and heard in order to support Children and  
Youth with Special Health Care Needs and their  
families at all levels in Washington.

Learn more at [wslicolalition.org](http://wslicolalition.org)

**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)



## 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](#) [ig](#) [yt](#) @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

Click blue link for the rest of the article.

1.) [\*Meeting Needs for Chronically Ill Children with a Whole-Child Care Model.\*](#)  
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2.) [\*Learning Disabilities and ADHD: Resources for Patient Education.\*](#)  
.....

3.) [\*Supporting Positive Mental Health in Early Childhood.\*](#)  
.....

4.) **Now Recruiting- AAP Rural Pediatrics: Adolescent Health Communication ECHO!**

The AAP National Rural Adolescent and Child Health (NRACH) ECHO Training Center is in partnership with the Healthy Youth Development-Prevention Resource Center University of Minnesota (PRC UMN) is recruiting Primary Care Clinicians and other health professionals in rural, frontier, and underserved areas who serve pediatric populations to be a part of a 5-month Rural Pediatrics: Adolescent Health Communication ECHO.

This ECHO will serve as a forum for primary care providers and others that provide care to adolescent patients to develop effective communication strategies and skills that will enable them to facilitate conversations around sensitive and/or psychosocial health topics with adolescents and their families.

**The ECHO will with a Kickoff call on Aug 18, 2023, from 12 pm- 1 pm CT and will meet on the 1<sup>st</sup> and 3<sup>rd</sup> Fridays of each month 12 pm -1 pm, from September to December 2023.**

To learn more:

<https://downloads.aap.org/ECHO/AAPRPAadolHealthCommsECHORECRUITMENTFLYERNAG.pdf>

Questions? Contact Oyin Oloniniyi, Program Manager, ECHO Initiatives at [ooloniniyi@aap.org](mailto:ooloniniyi@aap.org)

To register: <https://www.surveymonkey.com/r/adolcommreg4>  
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5.) **Recruitment and Retention Key Findings from Rural Healthcare Key Informant Interviews (WA DOH)**

DOH Rural Health conducted 14 interviews with Critical Access Hospital and Rural Health Clinic leadership and health professionals in 2022.

The key informants provided insight and expertise on the challenges and opportunities of recruitment and retention for rural health systems and have informed the development of a new resource.

<https://doh.wa.gov/sites/default/files/2023-07/609024-RecruitRetentionRH.pdf?uid=64bfeaced74ef>  
.....

6.) NIMH grant to examine the effects of a paraeducator-delivered intervention for elementary autistic students and disruptive behavior. We refer to it as the **SPACE! Study - Supporting Paraeducators of Autistic Children to Engage** ([video linked](#))! This study has been approved by our university IRB and the Seattle Children's Hospital.

The training that paraeducators receive through our study has the potential to better support autistic children with disruptive behaviors in the classroom. This is the **final year** of our study, and we want to be able to offer it to as many interested families as possible.

**Please post our flyer** (both English and Spanish versions are attached) **to any Parent to Parent Washington State spaces that would reach the wonderful communities you serve, such as social media pages, email lists, bulletin boards, newsletters, and your website.**

On the flyer is a brief overview of the study, a QR code that leads to the study video, and a link to a form that caregivers can fill out to be contacted by us! Additionally, we will be paying families up to \$60 for their time completing a couple of surveys.



## English Flyer Spanish Flyer

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### 7.) The Relationship Between Outdoor Play And Early Childhood Development

- [The Role of Outdoor Play in the Stages of a Child's Development](#)
- [Understanding the Six Stages of Play](#)
- [The Benefits of Letting Your Kids Play Outdoors](#)
- [How to Encourage Your Kids to Get Outside](#)
- [Building Your Child's Social Skills in a Play Environment](#)
- [How Outdoor Play Molds Your Child's Holistic Growth](#)

### [The Relationship between Outdoor Play and Early Childhood Development | WillyGoat Playgrounds](#)

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8.) ABLELIGHT - Our Purpose - We believe the world shines brighter when people with developmental disabilities achieve their full potential. Our Promise: We pioneer life-changing services that empower the people we serve to thrive  
<https://ablelight.org/>

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9.) [Dolly Parton's Imagination Library](#) of Washington was established in June 2022 by legislative direction, sponsored through a partnership with the Office of Superintendent of Public Instruction and the Department of Children, Youth, and Families and administered by United Ways of the Pacific Northwest. The program provides a high-quality, age-appropriate book each month in the mail to enrolled children from birth to age five - at no cost to families in all 39 Washington counties.

What about Accessibility? - Dolly Parton's Imagination Library has partnered with American Printing House for the Blind, Inc. to make many of the wonderful books in her program, available in braille and audio format so that young blind and visually impaired children can also benefit from these wonderful children's books.

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### 10.) Learning about services - Person-Centered Plan Facilitation

DSHS' [Developmental Disabilities Administration](#) offers a service called Person-Centered Plan Facilitation. This service is a way to bring you and all of your supports together at once. A contracted provider for Person-Centered Plan Facilitation leads you and your support group in the creation of an interactive map of who you are and what you want to do in your life.

See the attachment for answers to the following:

- Who can receive this service?
- How do I get this service?
- What are some examples of this service?
- How do I find a provider for Person-Centered Plan Facilitation?

### [Person-Centered Plan Facilitation flyer](#)

For other featured services check out this [Link](#). [Contact us](#) for questions or feedback.

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11.) Understanding trauma responses in children with intellectual and developmental disabilities and when to seek help.

<https://www.nctsn.org/resources/understanding-trauma-responses-in-children-with-intellectual-and-developmental-disabilities-and-when-to-seek-help>

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12.) [Sharing Information from the Coalition on Inclusive Emergency Planning: Washington State Emergency Prep](#)

When Washington state is experiencing unhealthy air and emergency evacuations, it is important to

be ready to find a place to shelter. Whether that is at home or in an emergency shelter, we must make sure that we are taking care of ourselves and our loved ones. And we must know what to do and where to go when an emergency arises.

Washington state has designated emergency shelters for a variety of needs, whether that is wildfire, smoke, earthquake or any other natural disaster. When an emergency shelter is needed, everyone should be aware of where to go, how to get there and what to expect when they are there. These shelters are announced at the beginning of evacuations. Follow your local governmental organizations on social media or go to your region's websites to find recommendations and information for emergency situations and evacuations.

Please click [here](#) to read the full message that includes links to emergency preparedness information.

Below is a video from the Office of the Deaf and Hard of Hearing. This video covers preparedness tips on dealing with smoky air and evacuations that are common for this time of the year. The video is in ASL with captions and voice-over.

[Click here for Video](#)

More Resources...

[Info & Resources - Washington State \(arcwa.org\)](#)



## 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.





## 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 12 de septiembre para una transmisión especial en español presentada por Kindering para padres de niños con necesidades especiales. Durante este programa, hablaremos con Vianny Daniels, maestra de la primera infancia en Kindering, y con Carla Benitz, terapeuta del terapeuta del habla y del lenguaje en Kindering. Hablaremos acerca de como, desde casa, podemos preparar a nuestros hijos para el mundo escolar. Charlaremos de la importancia de prepararlos en muchas áreas además de lo académico.

*Kindering acoge a todos los niños con diversas habilidades y a sus familias, al ofrecer una educación de alta calidad y terapias que cultivan la esperanza, el valor, y las habilidades necesarias para remontar el vuelo.*

## A SPECIAL SPANISH LANGUAGE RADIO SERIES FROM KINDERING

Tune in to radio station KKMO, El Rey 1360 AM or online at <https://www.elrey1360seattle.com/> at 1 p.m. on Tuesday, September 12th for a special Spanish-language broadcast presented by Kindering for parents of children with special needs. During this program, we will talk with Vianny Daniels, early childhood educator at Kindering, and Carla Benitz, speech-language therapist at Kindering. We will be talking about how we, in our homes, can prepare our children for the school environment. We will talk about the importance of preparing in a lot of other areas in addition to academics.

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

Presented on:



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

1.) 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 12 de septiembre para una transmisión especial en español presentada por Kindering para padres de niños con necesidades especiales. Durante este programa, hablaremos con Vianny Daniels, maestra de la primera infancia en Kindering, y con Carla Benitz, terapeuta del terapeuta del habla y del lenguaje en Kindering. Hablaremos acerca de como, desde casa, podemos preparar a nuestros hijos para el mundo escolar. Charlaremos de la importancia de prepararlos en muchas áreas además de lo académico. 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.) Informing Families tiene una gama de recursos TODOS relacionas en la Discapacidad del Desarrollo y los servicios a los que pueden acceder.  
No todos los volantes o el material esta traducido, pero le pueden ayudar con la información!  
<https://informingfamilies.org/about-us/>

3.) [Espanol Recursos](#)



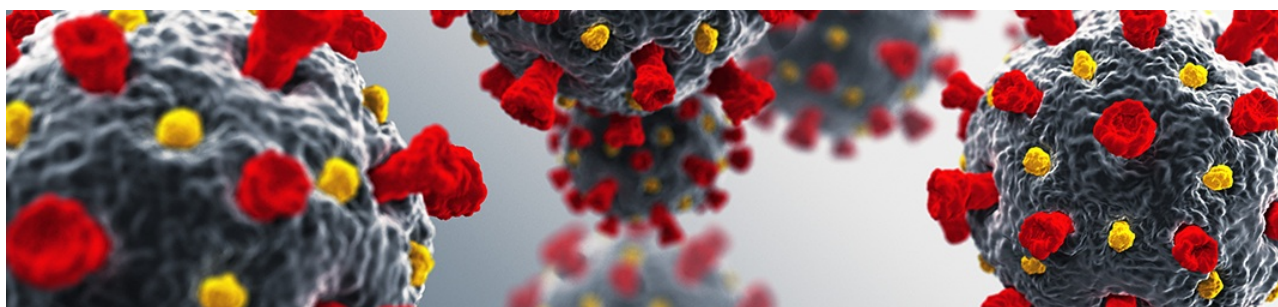
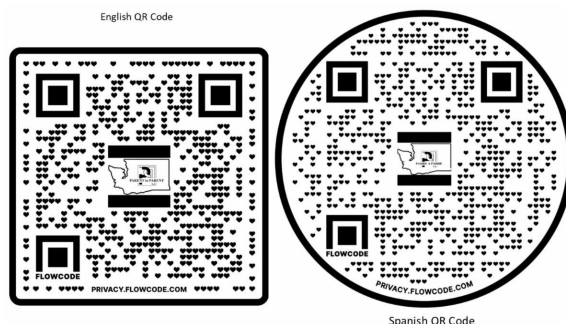
4.) *Presione en el siguiente enlace para acceder a las publicaciones del grupo*

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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>

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## 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.

"Start where you are.

Use what you have.

Do what you can.

It will be

Enough."

-Theodore Roosevelt



*[Back to School 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



PARENTtoPARENT  
USA

Committed to Parent to Parent USA  
Endorsed Practices

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