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## WA State Parent to Parent (P2P) Newsletter: June 2024

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QuotesIdeas.com

May was a very special month for the Parent to Parent Network! We had 35+ Parent to Parent Coordinator's from across Washington gather together for training, networking and a major REFRESH! We met at Rainbow Lodge in North Bend... a beautiful setting that promoted connection between Coordinators and personal reflection!

We're so very thankful for the support of Washington State Department of Health/Children and Youth with Special Health Care Needs Program, Washington State Developmental Disabilities Administration and the Washington State Developmental Disabilities Council for making this event possible. Our 'pitchers' were filled so that we can continue to pour out into the lives of Washington families raising children with disabilities!

One Coordinator shared what she enjoyed most about the training: 'Being together, sharing ideas, laughing, sitting by the fire, problem solving and so much more!'

This Network is AMAZING!

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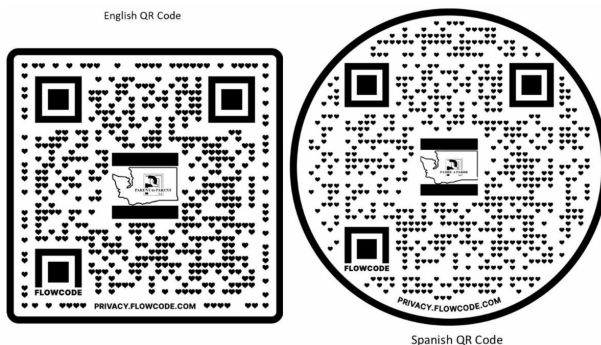
Welcome Filiberto Ontiveros as our new P2P Coordinator for Klickitat/Skamania Counties and Brenda Zacapu, King County Parent to Parent Coordinator for Spanish Speaking Families.

~~~Tracie, Theresa and Jackie

**TAKE OUR SURVEY!** Please tell us how we're doing! Click on a link below or scan the QR code.

<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

### DDA Guiding Values

A collection of videos created by Colibri Facilitation, Children of the Setting Sun Production, and The Arc of Washington, thanks to the Dan Thompson Memorial Community Service Account, share the unique stories that bind us together.

*To watch the full playlist of videos click here.*

*[DDA Guiding Value Health and Safety \(youtube.com\)](#)*



### Harborview Abuse & Trauma Center

**Friday (see months below)**

**10:00 - 11:30 am PST**

*[Click here for 2024 save the date flyer \(washington.edu\)](#)*

FREE online trainings are offered by the Harborview Abuse & Trauma Center. Designed for social services and mental health providers, topics are related to abuse, violence, trauma, treatment, cultural competency and prevention. For OCVA-funded programs, these trainings satisfy the requirements for sexual assault and/or crime victims training. Proof of attendance will be provided. All on Friday from 10-11:30 PST.

SAVE the DATES

**June 14th**

**September 13th**

**November 8th**

**December 13th**



**Navigating SSI Applications: Children Under 18  
NW Access Fund**

## **CLASSES ARE HELD ON THE FIRST WEDNESDAY OF EACH MONTH**

### ***Navigating SSI Applications: Monthly Classes - NW Access Fund***

Bring your questions! Monthly classes are led by a Certified Benefits Planner and provide an overview of the SSI application process. Get tips and strategies for the application and redetermination process and leave with a clear idea of the next steps to take. These classes are recorded and shared with the people who registered.

ASL interpretation is available for these classes upon request. Spoken language interpretation is not available for these classes.

If you need spoken language interpretation, please [\*schedule a free one-on-one session\*](#) and request interpretation services.

### **Under Age 18 Applications**

[\*Click here to register\*](#)

**CLASSES ARE HELD ON THE FIRST WEDNESDAY OF EACH MONTH**



## **2024 Fatherhood Summit!**

**When: 7:30 a.m. to 4:30 p.m., Friday, June 7, 2024**

**Where: The Greater Tacoma Convention Center**

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

## **Counting Fathers Because Kids Matter**

Join us in person for the 2024 Fatherhood Summit where we will release findings from the [\*State of Fathers in Washington Study\*](#) and roll up our sleeves together to accelerate system transformation for fathers and families.

This year's event theme is Counting Fathers Because Kids Matter. We highly value the voices of fathers in this work, and some support for travel costs is available for dads to attend the event, including mileage, hotel, childcare expenses, meals for overnight attendees and compensation for lived experience for a limited number of fathers ([\*contact us\*](#) to learn more).

Overview:

- This event is free.
- Doors open with continental breakfast at 7:30 a.m.

- Event begins at 8:30 a.m.
- Continental breakfast, lunch and refreshments will be provided.  
*Visit our website for more details.*



## SURVEYS

### DDA-Bridging Gaps in Dental Services for Individuals with Intellectual and Developmental Disabilities

Please help us identify the gaps and barriers to accessing dental services for individuals with intellectual and developmental disabilities.

Click the link below to take a short survey.

[\*Survey Link\*](#)



### Department of Health Discovery Survey

[\*Discovery Survey - Maternal and Child Health in Washington State \(surveymonkey.com\)\*](#)English

Click below to access this survey in alternative languages:

[Spanish](#), [Vietnamese](#), [Korean](#), [Russian](#), [Ukrainian](#), [Arabic](#), [Punjabi](#), [Khmer](#), [Somali](#), [Traditional Chinese](#), [Simplified Chinese](#), or [Tagalog](#)

Thank you for taking the time to share your perspective on the needs of families in your community and around Washington State!

Survey submissions are anonymous. Names are not collected during the survey process and there will be no attempt to associate an individual's responses with their identity or use responses to identify individuals.

## RESOURCES

### 1.) **New Summer Camp Resource** -Prepare your child for success this summer!

Come join us for Friendship Builders Camp, a kid-approved 7-week summer program that offers action-packed fun for 1st - 5th graders.

This program is specially designed for neurodivergent learners, or any learner who could use a little extra support to engage socially with peers, problem-solve, or successfully manage their emotions. Friendship Builders Camp offers a safe and inclusive learning environment. We welcome neurodiverse children, with or without diagnoses, and their siblings.

Campers enjoy fun engaging activities that are carefully crafted to naturally facilitate communication and connection between peers. Activities include building projects, STEM-based adventures, artsy escapades, refreshing water play, legos, outdoor fun, and a whole lot more! Designed using principles of Applied Behavior Analysis (ABA), campers learn essential skills for building healthy friendships. Small group learning will offer meaningful experiences, related to their personal interests.

You may notice significant improvements in your child's friendship-making, problem-solving, and emotional regulation-skills that give them a leg up for the coming school year.



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## 2.) Department of Health launches 988 Suicide & Crisis Lifeline Campaign website

The Washington State Department of Health launched a new 988 Suicide & Crisis Lifeline *website* that is specifically designed for people living in Washington state.

[988 | Suicide & Crisis Lifeline \(wa988.org\)](#)

988 is the nationwide, three-digit dialing code that connects anyone experiencing a mental health or substance use crisis with a trained counselor. The 988 Lifeline is free, confidential, and available 24/7/365 via phone call, text or *online chat*. [988 Lifeline Chat and Text - 988 Suicide & Crisis Lifeline](#)

DOH's new website is part of the state's larger 988 Suicide & Crisis Lifeline Awareness Campaign and is designed to build upon and complement the existing national *988 Suicide & Crisis Lifeline* website. Click *here* read the full article from the DOH and click the link below to see the new website.

[988 Suicide & Crisis Lifeline - Call. Text. Chat. \(988lifeline.org\)](#)

[988 Suicide & Crisis Lifeline Website](#)

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## 3.) Washington SUN Bucks Summer Electronic Benefit Transfer Program

In December 2022, the federal government authorized a new permanent, nationwide Summer EBT program - also known as SUN Bucks - to support children who lose access to free and reduced-price school meals during the summer months.

SUN Bucks is separate from Supplemental Nutrition Assistance Program and provides \$120 in food benefits to each eligible child. This amount may be adjusted annually. Similar to SNAP, SUN Bucks is a flexible food benefit that families can use to buy food to help offset rising food costs. Click *here* to learn how your child can receive SUN Bucks.

Click the Washington Sun Bucks Summer EBT Program link below for more information on:

- How do children receive SUN Bucks?
- What else should I know about SUN Bucks?
- When will children get SUN Bucks?
- Do these benefits expire?

[Washington SUN Bucks Summer EBT Program | DSHS](#)

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## 4.) NASDDDS Hosts New Trauma Focused Podcast

Check out the newest podcast released from the National Association of State Directors, Director of Cross-Systems Strategies, Stacy Nonnemacher. This podcast discusses the importance of social connections in mitigating the effects of trauma.

This quarterly podcast series titled, A Supporter's Toolbox, features tips and strategies for state I/DD systems to share with providers. The topics are targeted for the direct support professional workforce and full of information for these professionals to use daily in their work.

Click link - [NASDDDS Podcasts - Nasddd](#)

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## 5.) ADULT COMMUNITY RESIDENTIAL SERVICE VIDEOS

Have you ever wondered what adult Community Residential Services DDA may be able to offer? We have created four short videos to help explain some of the similarities, differences and experiences in Supported Living, Group Training Home, Companion Home and Alternative Living services. Individuals and families, please contact your DDA Case Manager for further information and access to these services.

[DDA Community Residential Services - YouTube](#)

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6.) HearMeWA has launched and is ready to support Washington youth with a new website, helpline, and mobile app (coming soon!). To meet youth safety and well-being needs, HearMeWA is a new resource that helps connect Washington youth and young adults to systems of support. For those experiencing stress, anxiety, bullying, violent threats, sexual abuse—or anything that makes life hard—HearMeWA crisis counselors can help with secure, free support.

[Home | HearMeWA](#)

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More Resources...

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





Know someone that would benefit from receiving our Parent to Parent newsletter and is not on our mailing list? Share our new QR Code for signing up to receive our monthly Washington State Parent to Parent newsletter.



## SPANISH RESOURCES

### Misión

Caminamos junto con los padres de niños con discapacidades del desarrollo y / o necesidades especiales de atención médica, conectándolos con el apoyo y la información con el compañerismo para que puedan dar *el siguiente paso*.

### Visión

Todas las familias de niños con discapacidades del desarrollo y / o necesidades especiales de atención médica merecen el ánimo, la inclusión y las conexiones significativas que apoyen el bienestar familiar.

### Valores

**Creemos que** los padres y cuidadores quieren lo mejor para sus familias y tienen la creatividad y la capacidad para superar los desafíos y celebrar los éxitos.

**Nos comprometemos a** crear espacios seguros de reflexión, vulnerabilidad, fuera de cuestionamiento y de aprendizaje continuo para padres y cuidadores.

**Practicamos** la inclusión y el respeto por todos con el compromiso de escuchar atentamente y aprender de los diversos puntos de vista de las familias a las que servimos.

**Honramos** el trabajo gratificante y desafiante de los padres, cuidadores y aliados comunitarios.

**Participamos en** asociaciones comunitarias a través de la publicidad, escuchando para fomentar la educación con inclusión en las comunidades donde las familias pueden prosperar.

**Promovemos** la construcción de comunidades que sean equitativas, sin prejuicios sociales y saludables donde todas las familias y los niños puedan vivir vidas con inclusión, seguras y satisfactorias.



1.) Spanish Informing Families resources and links [spanish | Informing Families](#)

2.) Seis de nuestros boletines informativos están ahora disponibles en Español. Haga Clic en un tema a continuación para descargar su copia hoy (en PDF).

Six of our informational bulletins are now available in Spanish. Click a topic below to download your copy today (in PDF).

[Oficina de Discapacidades del Desarrollo Ombuds](#)

Office of the Developmental Disabilities Ombuds

[Deberes de la Persona Encargada: Mantener buenos registros](#)

Guardianship Duties: Keeping Good Records

[Entendiendo Aviso de Acción Planificada \(PANs\)](#)

Understanding Planned Action Notices (PANs)

[Discapacidad Empleo Servicios Apoyo](#)

Disability Employment Services and Support

[Abuso Neglencia Explotacion: Conozca las Señales](#)

Abuse Neglect Exploitation: Know the Signs

[Organicese Para La Vida](#)

Get Organized for Life

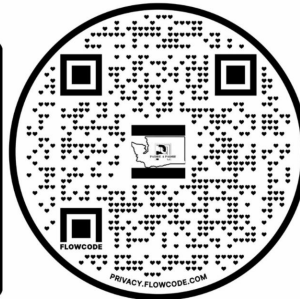
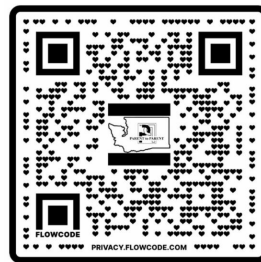
3.) [Espanol Recursos](#)



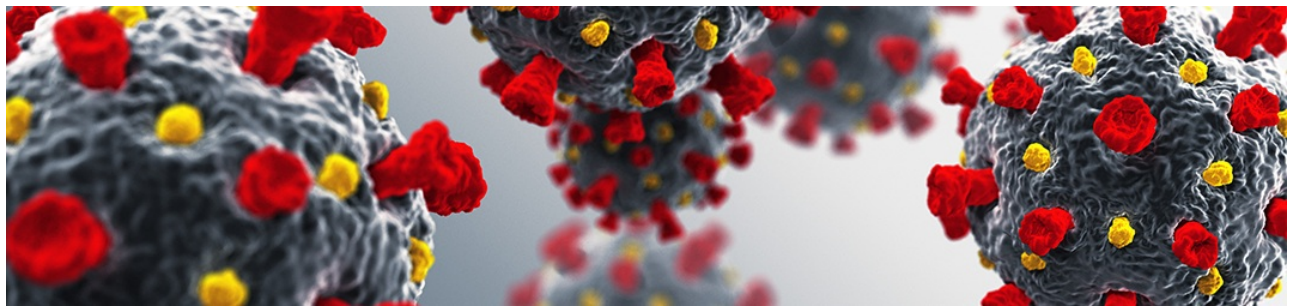
Para compartir sus comentarios o historias participación en el programa de Padre a Padre, acceda al enlace o código QR que aquí les compartimos!

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

English QR Code



Spanish QR Code



## COVID - 19 Resources

For immediate release: March 18, 2024 (24-030) Contact: DOH Communications

Department of Health announces updated guidance for COVID-19 and other respiratory illnesses

***THE NEW RECOMMENDATIONS STREAMLINE GUIDANCE ACROSS MULTIPLE ILLNESSES***

OLYMPIA - *The Washington State Department of Health (DOH) announced updated guidance for what to do when someone is sick with COVID-19, flu, respiratory syncytial virus (RSV), and other respiratory viruses.* While much of DOH's new guidance is similar to recent updates announced by the Centers for Disease Control and Prevention (CDC), DOH's new guidance offers additional recommendations on how to prevent spreading respiratory illnesses after someone becomes infected, as well as how to protect people with weakened immune systems and others at higher risk of severe illness.



“This updated respiratory virus isolation guidance reflects that we’re in a better place now in the COVID-19 pandemic,” said Dr. Tao Sheng Kwan-Gett, Chief Science Officer, DOH. “But while life is returning to normal in many ways, we must remember that for many in our community with chronic conditions and weakened immune systems, respiratory virus infections such as COVID-19, flu, and RSV remain a deadly threat. Each week, more than a dozen people in our state lose their lives to COVID-19 each week. We must not rest until that number is zero.” One of the most significant guidance changes is how long someone should stay home and away from others after contracting COVID-19, flu, RSV, or other respiratory viruses. While previous COVID-19 guidance recommended people isolate for at least 5 full days after symptoms appeared, the new guidance recommends people return to normal activities when their symptoms are getting better overall, and they have not had a fever (without having to use fever-reducing medication) for at least 24 hours. It is important to remember people can still be contagious even when their symptoms have improved:

- People with COVID-19 can be contagious for 5-10 days after their illness begins.
- People with flu can be contagious for up to 5-7 days after their illness begins.
- People with RSV can be contagious for 3-8 days after their illness begins.

Because people can remain contagious even after they feel better, DOH recommends taking extra precautions during the first 5 days of returning to normal activities after COVID-19, flu, RSV, or other respiratory viruses. This includes *wearing a mask*, taking steps to *improve air flow and filtration*, frequent *hand washing*, *regular cleaning*, *physical distancing*, and, if possible, *testing* when you will be around other people indoors.

DOH’s new respiratory illness guidance also offers recommendations to prevent spreading infection to *people at higher risk of getting very sick*, such as older adults and people with weakened immune systems. These recommendations include staying away from high-risk people:

- For 10 days after symptoms of infection start, or for people who never develop symptoms, for 10 days since testing positive for COVID-19, OR
- Until receiving a negative result from a COVID-19 *antigen test*, (for COVID-19.)

While DOH’s new COVID-19 and respiratory illness guidance is meant to provide baseline recommendations, Washington residents are asked to follow any local health jurisdiction, workplace, business, or school policies that may provide more protective guidance specific to their setting or community. Employers must follow *Washington State Department of Labor & Industries COVID-19 requirements* in the workplace. Additionally, the new DOH guidance does not apply to health care settings. People who are staying, working, or visiting in a health care setting, long-term care facility, or residential care setting should follow the guidance in *COVID-19 Infection Prevention in Health Care Settings*, and the flu guidance for health care settings and long-term care facilities provided by the *CDC*.

The *DOH website* is your source for a healthy dose of information. Find us on *Facebook*, *Instagram*, and follow us on *X (formerly Twitter)*. Sign up for the DOH blog, *Public Health Connection*.



## 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*



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.*

# *A Beautiful Life*

**“DOES NOT** just happen....

It's built daily with **LOVE,**  
**DEVOTION, LAUGHTER,**  
**SACRIFICE, PATIENCE,**  
and **FORGIVENESS.”**

*Loving Wellness Mind and Body*

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***The Arc of Washington State***

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Committed to Parent to Parent USA  
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