



# Washington State Parent to Parent (P2P) Monthly Newsletter



*The Arc has been the proud host of the Parent to Parent Network in Washington State since 1988, partnering with local agencies to bring community based programming to families raising children with disabilities.*

## September 2024

[Find your Local  
P2P Group](#)

[Join The Arc of  
WA State](#)

[Join our P2P  
Facebook  
Group](#)

**Give Us A Call: (360) 357-5596 option 2**



In 39 counties across Washington State, Parent to Parent provides emotional support, information and navigation assistance to thousands of parents and caregivers each year. In addition to parent support, many programs also provide special programming for siblings, as well as children and youth with disabilities through social and recreational programming. Parent to Parent provides FAMILY SUPPORT because we recognize that when a child is diagnosed with a disability/special health care need, the

entire family benefits from social/emotional support and connection. One family in Yakima said it like this:

***I am very grateful to Parent to Parent for all the support they have given me, what a blessing it has been to have them listen to me and help me find resources. I have two children in activities every second Thursday of the month and they are also very happy with all the support. Thank you so much P2P for always helping me. Blessings!***

.....  
Goodbye Kaylee Richmond with Whitman County P2P.  
~~~Tracie, Theresa and Jackie

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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. ([\*\*Spanish\*\*](#))



### **Mission of Parent to Parent**

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.



## **RESOURCES**

### **1.) Special Education Resource Library from OSPI**

The Special Education Resource Library is intended to provide guidance and professional development resources on behalf of students with disabilities. [\*\*Click here for link.\*\*](#)

**2.) Learning Advocacy in Special Education** - Article by Rachel Nemhauser from The Arc of King County

As the new school year approaches and you and your family start getting ready, be sure to check out "Guide to Learning Advocacy in Special Education" by Rachel Nemhauser from The Arc of King County. It's packed with valuable tips for advocating for your child.

To read the full article visit <https://informingfamilies.org/a-guide-to-learning-advocacy-in-special-education/>.

**3.) Social Security Income Changes Coming Fall 2024**

In May of 2024, the Social Security Administration (SSA) finalized three Supplemental Security Income (SSI) rules that aim to reduce the barriers and expand access to SSI. The changes for in-kind support and maintenance (ISM) will reduce SSI benefits reductions for individuals receiving food or shelter from others. These changes are aimed at helping older adults and individuals with disabilities in low-income households qualify for SSI, receive full benefits, and reduce reporting burdens. **These rules will go into effect on September 30th, 2024.**

Visit <https://informingfamilies.org/ssi-changes-coming-fall-2024/> to learn more.

**4.) Division of Vocational Rehabilitation (DVR)**

Are you interested in learning more about the Division of Vocational Rehabilitation (DVR)? Visit the new informational page at <https://informingfamilies.org/division-of-vocational-rehabilitation-dvr/> to learn about what DVR is, what services are available, and more!

**5.) Wildfire Safety 2024**

As wildfire season continues, preparing yourself and your loved ones for wildfire safety and smoke preparedness is important. Click link below for resources from the DSHS' Developmental Disabilities Administration and the Department of Health. <https://informingfamilies.org/wild-fire-safety-2024/>

**6.) The Ultimate Back-to-School Guide for Families of Children with Disabilities - The Arc of the United States**

The Arc of the United States has created a list of nine practical tips to help you and your child start off the school year right. To read the full blog post visit the link below.

To learn more [click here](#).

**7.) Washington State Developmental Disabilities Council Newsletter**

The Washington State DDC now has an email newsletter! Subscribe to the DDC's newsletter to receive up-to-date news and information straight to your inbox.

Sign up at <https://www.ddc.wa.gov/waddc-newsletter>.

**8.) Free Benefits and Housing Review Available! - Partners4Housing**

Thanks to a generous grant from the Developmental Disabilities Council's Dan Thompson Memorial Fund, Parents4Housing can now provide free Residential Assessments to families in Washington state. 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 members will define your housing goals.

To learn more [click here](#).

**9.) Children's Trust of Washington**

The Children's Trust of Washington is housed within the Department of Children, Youth & Families

(DCYF) and administered by Strengthening Families WA ([Click here for their Summer Newsletter](#)). Strengthening Families WA focuses on helping families strengthen family bonds, understand childhood development and cope with the challenge of parenting through building the five Protective Factors that are known to help reduce child abuse and neglect. By reaching out to parents and encircling them with support, we can help strengthen families, which protects children and builds strong communities overall. Preventing child abuse and neglect is an important way to promote healthy child and family development.

[Click here for Children's Trust of WA Fact Sheet](#)

#### 10.) **Regal and AMC Theaters**

Both Regal and AMC Theaters provide a range of accessibility features for guests with disabilities. Each theater offers assistive listening devices, closed captioning, descriptive audio, and accessible seating.

To learn more about their accessibility programs visit <https://www.amctheatres.com/assistive-moviegoing> and <https://www.regmovies.com/captioning-and-descriptive-video>.

#### 11.) **HearMeWA**

**Launched and ready to support Washington youth with a new website, helpline, and mobile app.** 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.

[Click here to learn more ... HearMeWA](#)

#### 12.) **How to Care for People in Your Life with Intellectual Disabilities**

practical guide to navigating a fractured support system.

...If you're one of the millions of Americans preparing to take on the care of an adult with IDD, odds are you're asking some of the same questions and facing some of the same challenges I am. Here are some resources to start you down the path toward answers....

[Click here for the rest of the article](#)

#### 13.) **How to find a DDA personal provider**

##### **Individual Providers**

Consumer Direct Washington (CDWA):

Email: [infoCDWA@ConsumerDirectCare.com](mailto:infoCDWA@ConsumerDirectCare.com)

Phone: 866-214-9899 M-F 7 a.m. to 7 p.m.

Text: 877-532-8568 M-F 8 a.m. to 5 p.m.

Carina:

855-796-0605

[contactus@carina.org](mailto:contactus@carina.org)

[Click here for a List of Homecare Agencies:](#)

#### 14.) Free IEP documents you can download from Understood.org

<https://www.understood.org/en/articles/how-to-organize-your-childs-iep-binder>

[Click here for more Info & Resources - Washington State \(arcwa.org\)](#)



#### **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](http://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](http://988lifeline.org))**

[\*\*988 Suicide & Crisis Lifeline Website\*\*](#)



## **CONFERENCES / SEMINARS & SPECIAL EVENTS**



**2024 Chef Hameed's Washington State Fathers Network Kickoff Breakfast RSVP**

Saturday, September 7th, 9:00am – 12:00pm

The Annual Kickoff Breakfast will be held at the Kindering Bellevue Campus at 16120 NE 8th St, Bellevue, WA 98008. If you have any questions, please reach out to me at [Matthew.Rickmon@Kindering.org](mailto:Matthew.Rickmon@Kindering.org)

[Start now](#)

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**Every Day Counts:  
Community Conversations on School Attendance**  
A Listening Session Series Addressing Chronic Absenteeism

**DESCRIPTION:**

In this series of interactive discussions, we bring together subject matter experts from various communities and child-serving agencies, to delve into innovative community-based solutions that address chronic absenteeism and promote regular school attendance.

Our aim is to uncover actionable insights and co-create strategies that foster improved attendance and engagement among youth. By fostering collaboration and amplifying the voices of those directly impacted, we seek to address the underlying causes of chronic absenteeism and empower communities to implement effective solutions.

Through engaging conversations and data-driven presentations, we strive to generate tangible outcomes that will shape the future of attendance practices in our communities.

**OBJECTIVES:**

- Foster collaboration among diverse stakeholders.
- Identify and share best practices for addressing chronic absenteeism.
- Empower communities to implement effective solutions.
- Amplify youth and family voices in school attendance discussions.
- Generate actionable insights to improve attendance rates.

**Request No-Cost Training or Technical Assistance from NTTAC <https://bit.ly/request-nttac-tta>**

*[Click here for more information and registration](#)*



## **Webinar: Centers for Independent Living Connecting People With Disabilities to Competitive, Integrated Employment**

In September, we mark the 51st anniversary of the passage of the Rehabilitation Act of 1973. To commemorate the first civil rights legislation for people with disabilities, the Disability Employment Technical Assistance Center welcomes two disability-led national organizations to discuss employment — the National Council on Independent Living and the Association of Programs for Rural Independent Living.

These organizations will highlight how their work increases access to competitive, integrated employment nationally and how they collaborate with centers for independent living across the country to do so.

This webinar is intended for CILs but applies to other Administration on Disabilities stakeholders, self-advocates and family members who want to learn about additional resources to boost employment outcomes.

**Webinar date and time:**

**Sept. 10, at noon.**

**[Register for the webinar.](#)**



## **Speaking Up for Yourself as a Parent with I/DD: Being Part of Your Child's Life at School**

**The Association for Successful Parenting (TASP)  
September 12th at 9:00AM - Zoom**

"Your kids will spend many hours at their local school and it's important for you as their parent to be connected and involved. Learn tips to communicate with school staff and other parents more easily; simple ways you can support your child's education at home; and ideas for how you can volunteer or

participate in activities at your child's school. This webinar is intended for parents with disabilities, as well as the people who support them."

To learn more [click here](#).



## Sharing Information from DVR: Order of Selection for serving customers - public forum

DSHS Division of Vocational Rehabilitation is planning to close some priority of service categories and follow an Order of Selection for serving customers. This has to do with high requests for services and limited resources. As a result, some customers will have to go on a waiting list.

DVR is holding a public forum to hear community feedback about this change. Washington State Rehabilitation Council and DVR invite you to comment on Order of Selection and the transition to a waiting list for some customers in a public forum on **Monday, Sept. 16, 2024 from 1 - 2:30 p.m.** The forum will be held virtually.

Please submit your comments on the transition to a waiting list starting Friday, Aug. 16 to Monday Sept. 16. Email your comments to [DVRStatePlan@dshs.wa.gov](mailto:DVRStatePlan@dshs.wa.gov).

To view the current 2024-2027 DVR State Plan and proposed amendment with Order of Selection information, go to the DVR website: [www.dshs.wa.gov/dvr/dvr-state-plan](http://www.dshs.wa.gov/dvr/dvr-state-plan)

### Meeting Details

**Date: September 16, time: 1 - 2:30 p.m.**

**Meeting Link: [Join Zoom Meeting](#)**

**Meeting ID: 851 9267 2852**

**Passcode: 485069**

**To join by phone:**

**253-215-8782 (Tacoma)**

**Meeting ID: 851 9267 2852**

**Passcode: 485069**

For reasonable accommodation requests, please email [DVRStatePlan@dshs.wa.gov](mailto:DVRStatePlan@dshs.wa.gov) or call 866-252-2939 by Friday, August 30, 2024. If you have questions or need more information, email [DVRStatePlan@dshs.wa.gov](mailto:DVRStatePlan@dshs.wa.gov).



# Hands & Voices 20th Annual Leadership Conference

## Weaving the Threads of Leadership

Sep 20 – 22, 2024 07:00 AM

Spokane, Washington - United States

*Registration Information [Click here](#)*



### 2024 Parent/Caregiver Weekend Training September 20th - September 22nd, 2024

Please complete this [application to be considered](#) for our 2024 Parent/Caregiver Weekend Training, "Louder Together ~ Amplifying Family Voice," held in Wenatchee at the Hilton Garden Inn.

This **FREE** event is for full-time parents and caregivers of children, youth, and young adults with behavioral health needs. It includes meals, lodging, and all the amazing weekend content at no cost.

*[Click here for more information and to REGISTER](#)*



### Creating Connections: All About Section 8

The Arc of King County - Zoom  
**September 21st**  
**from 10:00-11:30 AM**  
To learn more [\*\*click here\*\*](#).

*Creating Connections:  
All About Section 8 : Community Calendar  
: The Arc of King County*



**The Arc  
King County**

## Creating Connections

A virtual series for parents and caregivers of loved ones with intellectual and developmental disabilities. Saturdays from 10:00-11:30am via zoom.

Sept. 21st **All About Section 8** with Thomas Bethea, Housing Program Manager with The Arc of King County

Oct. 19th **Understanding the Difference Between IEPs and 504 Plans** with attorney Heather Kolby

Nov. 16th **Transitioning Into Adulthood** with The Arc of King County's Rachel Nemhauser, Dir. of Info & Fam. Support

No RSVP is required. Contact Jae Kim at [JKim@arcoktingcounty.org](mailto:JKim@arcoktingcounty.org) with questions or accommodation requests.

To join: <https://us02web.zoom.us/j/9609329227?pwd=SzV0bWR4OGlmMVFrZhdNfEyMDRNdz09>  
Password: TheArc!



## Blueprints to Special Education Online Workshop

[www.washingtonautismalliance.org](http://www.washingtonautismalliance.org)

**WASHINGTON AUTISM ALLIANCE**

### *Blueprints to Special Education*

Join us on October 12th for our fall Virtual Blueprints to Special Education Workshop from 9:00 am -2:30 pm!

Some of the state's most prominent Special Education attorneys will be teaching you to better understand your child's Special Education program and rights. Our training workshop on October 12th will be held virtually over Zoom Webinar.

Scholarships are available for low-income families.

Please contact us at [office@washingtonautismadvocacy.org](mailto:office@washingtonautismadvocacy.org) to request a scholarship or language services.

Sign up now to secure your spot for Blueprints to Special Education.

Please email [office@washingtonautismadvocacy.org](mailto:office@washingtonautismadvocacy.org) if you have questions.

**Register today to secure your spot.**



## SURVEYS

### The BenefitU.org website just got a makeover!

With the new site, you can:

- Access 40+ pages of content to help you manage your Social Security cash and medical benefits.
- Create a user profile, track your income, and use calculators for SSI insights.
- Import benefit details if you've used BenefitU's planning services.
- Explore WA state and national resources and benefits.
- Use a new translation tool, view benefit term definitions, and more.

Check it out and see how we're making managing public benefits easier!

**BenefitU is seeking volunteers to provide feedback on the new site. As a volunteer, you will:**

- Explore the redesigned website.
- Review content that interests you.
- Complete a survey about your experience.

The entire process will take about 10 to 15 minutes. Your feedback is valuable and will help BenefitU enhance the website to better serve you.

The survey can be found here. [\*\*BenefitU New Website Survey \(Page 1 of 5\) \(office.com\)\*\*](#)



**TAKE OUR P2P SURVEY!** Please tell us how we're doing! Click on a link below.

[\*\*\(English\)\*\*](https://www.surveymonkey.com/r/2KCJHF2)

[\*\*\(Spanish\)\*\*](https://www.surveymonkey.com/r/M5JZWW8)



***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.**



#### **Misión de Padre a Padre**

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.



## **RECURSOS EN ESPANOL**

### **1.) Research to help programs and policies better serve Hispanic children and families with low incomes**

**Click link here for - [Hispanic Research Center](#)**

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2.) Propósito: ¡La registración está abierta! El Taller del Bosquejo de Educación Especial será el Septiembre del 2024

Nos complace anunciar que la inscripción está abierta para nuestro taller virtual del Bosquejo de Educación Especial. Entre en el enlace para ver los detalles de este taller **[Virtual Blueprints to Special Education workshop!](#)**

Venga a conocer a nuestro equipo legal y a algunos de los abogados de educación especial más prominentes de nuestro estado para que respondan sus preguntas. Nuestro taller de capacitación es el 25 de septiembre y se llevará a cabo mediante Zoom en un seminario vía web.

Para garantizar que todos tengan la oportunidad de conocer sus derechos de educación especial, ofrecemos becas a familias de bajos ingresos y servicios de interpretación para quienes los necesiten. Comuníquese con nosotros en [training@washingtonautismadvocacy.org](mailto:training@washingtonautismadvocacy.org) para solicitar una beca o servicios de interpretación.

Registrese en entre enlace para asegurar su lugar [\*\*Register today to secure your spot.\*\*](#)

Por favor mande un mensaje a este correo electrónico: [training@washingtonautismadvocacy.org](mailto:training@washingtonautismadvocacy.org) si tiene alguna pregunta.

En conjunto,  
Programa Legal de Washington Autism Alliance

Tenga en cuenta: si necesita servicios de intérprete o de lenguaje en seña (ASL), debe registrarse e informarnos antes del 25 de agosto. Esto nos brinda la oportunidad de asegurar los servicios. Gracias de antemano por su comprensión.

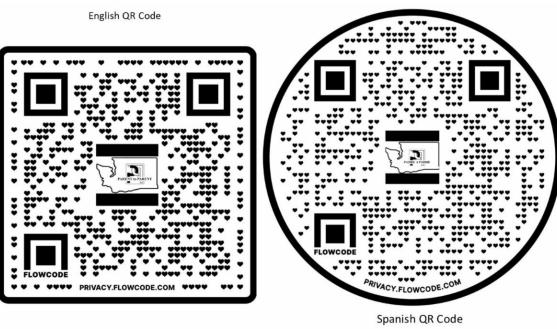
¿Está interesado en patrocinar nuestro taller Bosquejo o explorar otras oportunidades de patrocinio?  
¡Póngase en contacto con [training@washingtonautismadvocacy.org](mailto:training@washingtonautismadvocacy.org) hoy!

(Haga clic aquí para obtener más información...) [\*\*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\*\*](https://www.surveymonkey.com/r/M5JZWW8)



## 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](#)**

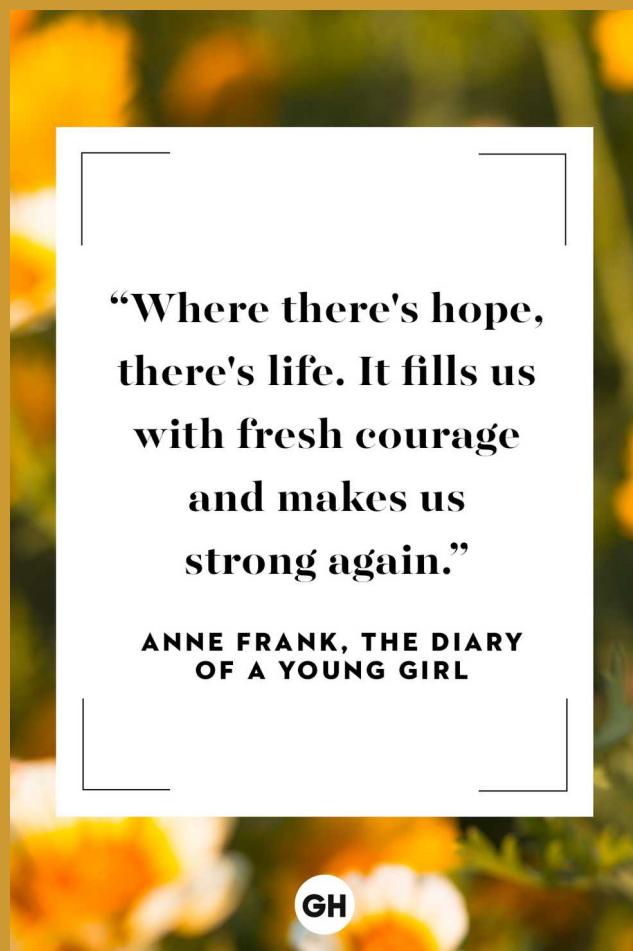
(Supporting each other through meditation and communication.)



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

- **National Parent & Youth 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.**



School again...Memories and fun treats to make with your family.

***click here!***



PARENT TO PARENT  
USA

Committed to Parent to Parent USA  
Endorsed Practices

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Email  
P2P



For people with intellectual and developmental disabilities

The Arc of Washington State advocates for quality services and necessary funding to meet the needs of people with intellectual and developmental disabilities and their families.

The Arc has been the proud host of the Parent to Parent Network in Washington State since 1988.

Become a Member of the Arc today for free and ensure that your voice is heard!

Find your Local  
P2P Group

Join The Arc of  
WA State

Join our P2P  
Facebook  
Group

**Give Us A Call:** (360) 357-5596 option 2

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

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