



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.

December 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*



As 2024 comes to an end, Washington Parent to Parent is reflecting on many accomplishments, including:

- **Completion of Dan Thompson Community Grant funding-** Parent to Parent was able to provide enhancements that filled vital gaps in family support programming across Washington State. We increased multicultural and language access services, enhanced support in large geographic regions and rural communities, and supported the technology needs of individual programs.
- **Funding increase from DDA-** During the 2024 legislative session, DDA provided additional funding to WA P2P that allowed programs to maintain (and in some areas enhance) supports and services for families raising children with disabilities.
- **We welcomed several new Coordinators to the Network**
- **Served thousands of families** raising children with disabilities throughout Washington State, providing peer support, resource information and linkages, parent training and more! Ensuring families have the support they need to take the *next step*!

Happy Holidays! Wishing you all peace and kindness in the New Year!

"At The End, It's Not About What You Have Or Even What You've Accomplished. It's About Who You've Lifted Up, Who You've Made Better. It's About What You've Given Back"

-Denzel Washington

Welcome Martha Alonso, Multicultural Outreach Coordinator for Grant/Adams County.
Goodbye Erin Maher, P2P Coordinator for Clark County and Lynnea R with Snohomish County P2P
...so glad you two are not going far. Congratulations on both of your new positions with PEACE NW and
The Arc of Snohomish County.

~~~Tracie, Theresa, Maria 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.) New Research on Improving Behavioral Health and Developmental Disabilities**

#### **Services**

#### **Washington State Developmental Disabilities Council and National Leadership Consortium Release Findings and Plan Statewide Event**

Earlier this year, the WADDDC posted a request for proposal (RFP) for a research paper focused on what is currently happening nationally and in Washington state around evidence-based practices for individuals who experience both behavioral health and developmental disabilities. The project was awarded to the National Leadership Consortium (NLC). NLC is a consortium that provides training, support and research for leaders in the field of disabilities. The research was completed on September



30<sup>th</sup>, 2024. The research has four (4) parts:

1. Information about what Washington state is doing to make services better and how more people can get services.
2. People who receive developmental disability and mental or behavioral health services took part in a virtual focus group, interviews, or a survey. The participants shared what was good and what was bad with their services and gave recommendations about how to make their services better and increase accessibility.
3. Researchers from the NLC gathered information about what other states were doing to make their services better and get services to more people. Researchers from the NLC also interviewed experts from different states to find out what was working to make services better.
4. NLC created a report and two plain language documents about what people in Washington said and about what was learned from other states. The NLC also created a plan for a statewide event to continue this work to try and make developmental disability and mental health services better.

Stay tuned for more information as the Council has voted on a statewide event for summer 2025 around the intersection of Behavioral Health and IDD. The event will bring together subject matter experts, stakeholders and other resources to focus and plan around this topic.

Click below for document:

[67081c7f2e30eb81bebd71d6\\_Behavioral Health Report and Supplemental Materials Merged.pdf](#)

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## 2.) Snohomish County Launches Essential Guide to Strengthen Public Health for IDD Community

**New resource boosts communication and support.** Check out this guide created by Snohomish County Health Department to help increase and improve public health communication and supports with our IDD community members. This project was funded, in part by our federal partner, the Administration on Community Living. The guide has the potential to help other public health systems improve how they serve our community on a daily and emergency basis.

[Guidance for Improving Accessibility of Public Health Communications | Snohomish County Health Department, WA](#)

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## 3.) Assistive Technology through DDA Waivers

The Developmental Disabilities Administration offers Assistive Technology (AT) on all home and community-based services waivers. AT helps people accomplish everyday tasks and be more independent.

Visit <https://informingfamilies.org/assistive-technology-2/> to learn more.

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## 4.) Guardianship and Supportive Decision-Making

Are you looking for information on how to support your loved one in making decisions? Informational bulletins on Guardianship and Supported Decision-Making are now available.

Visit <https://informingfamilies.org/guardianship-and-sdm-information/> to learn more.

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## 5.) DDA Enrollment Criteria

House Bill 2008 was passed in June 2022, requiring the Washington State Department of Social and Health Services Developmental Disabilities Administration to stop using intelligent quotients, better known as IQ, to determine DDA enrollment. Beginning Oct. 7, 2024, they will no longer use IQ to determine enrollment. DDA will rely on diagnosis and adaptive functioning only for enrollment eligibility.

[Click here](#) to learn more.

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## 6.) School Bus Information

School bus rights for children with disabilities aim to ensure that students with disabilities receive equal access to transportation and educational opportunities. While specific transportation regulations may

differ by county, federal laws such as the Individuals with Disabilities Education Act (IDEA) and Section 504 of the Rehabilitation Act offer important protections for your student.

[Click here](#) to learn more.

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### **7.) Did you know counties in Washington State provide travel training through their transportation departments?**

Travel training programs help individuals with disabilities learn to use public transportation. These programs typically start with a meeting to assess the individual's strengths and skills, which informs the training needed for safe, independent travel.

To learn more and see if your county offers travel training visit:  
<https://informingfamilies.org/travel-training/>

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### **8.) Genetic healthcare doesn't start with a test. It starts with you.**

Genetic testing technology changes rapidly, and the number of genetic testing options keeps growing. Finding accurate, up-to-date information and resources can be overwhelming.

At GSF, we're here to help you sort through the wealth of information in this new age of genetics and get all the facts you need to make informed decisions about your health.

GSF provides genetic counseling nationwide via secure, HIPAA-compliant video conferencing. Our team will review the appointment request and send you a link to schedule an appointment within 72 business hours. If you need immediate assistance, please call (844) 743-6384.

[Click here for Patients • Genetic Support Foundation](#)

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### **9.) Lettercase National Center for Prenatal and Postnatal Resources**

Website for new and expectant parents learning about a prenatal or postnatal diagnosis. All materials are available free online and include not just the medical information but also the life outcomes and available supports and services. Resources currently cover Down syndrome, Spina Bifida, Klinefelter syndrome, Turner Syndrome, Prader-Willi syndrome, and Jacobsen syndrome. Click link below for more information:

<https://resources.lettercase.org/>

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### **10.) DVR Order of Selection Information:**

DVR is in the process of amending the 2024-2027 DVR State Plan to implement an Order of Selection. This means we are in the process of closing some service categories. Visit the *DVR State Plan page* to view the State Plan Amendment draft and link to the Washington Administrative Codes. Please review the information below to learn more about Order of Selection and how it may affect Washingtonians with disabilities who seek Division of Vocational Rehabilitation services to obtain, maintain, or advance in employment.

**\*\*Important Information for Students and Families about Transition Services\*\***

<https://www.dshs.wa.gov/dvr/order-selection-information>

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### **11.) Spread the Word: Inclusion Works and it is Our Future!**

We continue engaging with families and education system partners to advance meaningful inclusion in our state's public schools for all students, especially students with intellectual and developmental disabilities. We are excited to share new resources highlighting how we can all collaborate to build inclusive schools.

- Watch the new four-minute video *Inclusionary Practices*, produced by the Office of Superintendent of Public Instruction. The video featuring students, families and educators in schools in Washington state making inclusion work.
- To advance inclusion where you are, check out the new guide *Comprehensive Inclusive Education in Washington*. It is designed to support teams in developing inclusive Individual Instruction Plans and setting students up for success in school and beyond.
- To learn more about the *Inclusionary Practices Technical Assistance Network*, visit the IPTN

website.

Please share your experience with inclusion in schools with us. Email or call Rose Spidell, DDA Educational Liaison Program Manager, at [Rose.Spidell@dshs.wa.gov](mailto:Rose.Spidell@dshs.wa.gov) or 360-229-4697.

### **Comprehensive Inclusive Education in Washington State**

**Watch the Video:** <https://youtu.be/nmrRBs8a-wQ>

Learn more about inclusive practices:

- Facts and Myths About Inclusive Practices: <https://ospi.k12.wa.us/sites/default/files/2022-12/Myths-Facts-Inclusionary-Practices.pdf>
- Inclusive Education Practices Manual: <https://ospi.k12.wa.us/sites/default/files/2024-10/comprehensive-inclusive-education-washington.pdf>

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**12.) Self-Advocates in Leadership (SAIL)** SAIL is a coalition of over 200 people in Washington state with intellectual and developmental disabilities that focuses on legislative advocacy.

Participation in SAIL is voluntary and free to join. Members do not get compensated for their time; however, they can get a travel reimbursement for going to the meetings in person. There is also a zoom option to attend meetings as well.

As a SAIL member you will also receive the monthly newsletter with updates.

Click here for the [Welcome to Self Advocates In Leadership Home Page](#)

[Click here for the contact form](#) if you want more information about becoming a member.

Click here for the [Legislative Advocacy brochure](#)

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



## **Department of Health 988 Suicide & Crisis Lifeline**

988 Suicide & Crisis Lifeline Website includes information and guidance as well as a 988 Suicide & Lifeline Partner Toolkit. In addition to the general line, 988 has services/support for specific groups, including:

- Veterans Crisis Line
- Spanish Language Line
- LGBTQI+ Youth Subnetwork Line
- American Indian and Alaska Native Line
- People who use America Sign Language (ASL)

### **[988 Suicide & Crisis Lifeline | Washington State Department of Health](#)**

988 Suicide & Crisis Lifeline [website](#) 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](#)

[988 Suicide & Crisis Lifeline Website](#)



# CONFERENCES / SEMINARS & SPECIAL EVENTS



## Parenting While Rising to Child Developmental Challenges

A Family to Family Real Talk Conversation

September 9 & 23,  
October 21, November 4,  
December 16, 2024  
3 - 4 pm ET / 12 - 1 pm PT



### SUPPORTING FAMILIES OF CHILDREN WITH DEVELOPMENTAL DIFFERENCES

**Dec. 16, 12-1 p.m.** Click registration for more information.  
<https://www.brazeltontouchpoints.org/family-talk/child-developmental-challenges/>



### My Child with Medical Complexity is Turning 18, Now What? Guardianship and More

**Wednesday, December 11, 2024**  
**Noon to 1:00 PM EST**

When a child with medical complexity becomes an adult, there are new and complicated systems to navigate. In this Firefly Chat, PPCC moderator, Dana Dombrowski, and presenter, Jennifer Shuckrow, will highlight what her family faced during the guardianship application

process and transition out of pediatric based services. In addition, they will explore decisions, sources of support / resources and identify challenges that families may face.

We invite you to register for what will be an informative and enlightening conversation.

**The Firefly Chat is free of charge, but registration is required.**

### **Webinar Registration - Zoom**



**Dear Community Summit Steering Committee, Advocates, Counties, and Partners,**

Since 2013, the Department of Social and Health Services Developmental Disabilities Administration has been proud to sponsor the Community Summit. This annual conference brings together self-advocates, families, friends, allies, and organizations to work together to create more inclusive communities in Washington state. It is a much-anticipated annual conference, and we appreciate the enthusiasm and support in producing such an impactful event.

Budget projections for the next four years require DSHS to take immediate actions to reduce expenditures and preserve

our core services to Washington residents. Among these actions are a freeze on travel and new contracts.

**Therefore, we must cancel the in-person Community Summit conference we had planned to host June 3-4, 2025, at the Wenatchee Convention Center.**

We are exploring options to host the Community Summit as a virtual event in 2025, as we did for 2020-2022 during the COVID-19 pandemic. Your enthusiasm and commitment to this project are greatly appreciated, and I am profoundly grateful for your support.

As plans materialize, we will update you on how we are moving forward with the Community Summit and how you can be involved. In the meantime, if you have questions, comments, or concerns you would like to share, you can contact Ronald Bryan the Coordinator of the Community Summit Steering Committee at [ronald.bryan@dshs.wa.gov](mailto:ronald.bryan@dshs.wa.gov)

Sincerely,

Tonik Joseph / Assistant Secretary

**DSHS Developmental Disabilities Administration**





# Harborview Abuse & Trauma Center

## 2025 EDUCATION FORUM

### Save the Dates!

These 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.

#### DATES

FRIDAY, JANUARY 10  
FRIDAY, FEBRUARY 7  
FRIDAY, MARCH 14  
FRIDAY, MAY 9  
FRIDAY, JUNE 13  
FRIDAY, SEPTEMBER 12  
FRIDAY, NOVEMBER 14  
FRIDAY, DECEMBER 12

#### TIME

10:00 - 11:30 AM PST

#### MORE INFO

All education forums are held on Zoom Webinar. Registration info will be announced on our listserv. For more information, contact: [bharvey1@uw.edu](mailto:bharvey1@uw.edu)



[HTTPS://DEPTS.WASHINGTON.EDU/  
UWHATC/EDUCATION-FORUM/](https://depts.washington.edu/uwhatc/education-forum/)

UW Medicine  
HARBORVIEW  
MEDICAL CENTER

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SURVEYS

# Take the Developmental Disabilities Ombuds (DD Ombuds) Survey

<https://www.surveymonkey.com/r/J36VSK6>



OFFICE OF DEVELOPMENTAL DISABILITIES SOLICITATION

## Commerce seeks feedback on Office of Developmental Disabilities Ombuds solicitation

The Department of Commerce oversees the funding of the Office of Developmental Disabilities Ombuds, also known as the DD Ombuds. The DD Ombuds help people experiencing developmental disabilities when they are not receiving the treatment or services they feel they deserve.

This winter, we will be putting the DD Ombuds contract out for solicitation and will select the next contractor to run the DD Ombuds. To help us write our solicitation, we are seeking feedback from communities who might be impacted by the ombuds. By completing the below survey, you'll be providing us feedback that we can use to inform our solicitation process and select the best contractor to serve communities experiencing developmental disabilities in Washington State.

To provide feedback, please feel free to email us at [CSP@commerce.wa.gov](mailto:CSP@commerce.wa.gov) or complete the following survey [here](#).

Agency contact

**Zachary Clayton**

OMBUDS PROGRAM MANAGER

Community Services Division

[CSP@commerce.wa.gov](mailto:CSP@commerce.wa.gov)

Email us your feedback at [CSP@commerce.wa.gov](mailto:CSP@commerce.wa.gov).

Learn more about the Office of Developmental Disabilities Ombuds here: <https://ddombuds.org/>


COMMUNITY SUPPORT PROGRAMS



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


<https://www.surveymonkey.com/r/2KCJHF2> (English)

<https://www.surveymonkey.com/r/M5JZWW8> (Spanish)

  
**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.
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**RECURSOS EN ESPAÑOL**





The Lewis County Autism Coalition invites you to join us for our upcoming event.



## Enhancing Cultural Understanding In Autism Diagnoses for Hispanic Families Workshop

This workshop aims to deepen providers' understanding of cultural nuances in the autism diagnostic process and provide practical tools to improve communication and support for Hispanic families navigating autism diagnosis and treatment.

### Workshop Overview



#### Understanding

Our Workshop is designed to enhance cultural understanding in autism diagnoses within the Hispanic community, addressing key linguistic and cultural barriers.



#### Communication

Learn strategies to improve interaction with Hispanic families and how to navigate common challenges faced during the autism diagnostic process.



#### Toolkit

The Toolkit includes resources to build cultural competence and specific communication strategies for effective family engagement.

### Workshop Details

**Date: Tuesday, December 10th, 2024**

**Time: 12:00 pm**



**Platform: Zoom**

**Registration: send an email to [outreach@lcautism.org](mailto:outreach@lcautism.org)**



**Upon completion, all attendees will receive the full Provider Toolkit, which includes guidelines, best practices, and resources for culturally sensitive care in autism diagnoses.**



*Haga clic aquí para obtener más información...*

### 1.) **Espanol Recursos**

2.) **Ben's Fund** brinda apoyo financiero a familias y adultos jóvenes en el estado de Washington para ayudar con los costos de los servicios y equipos relacionados con un diagnóstico de autismo. Subvenciones de hasta \$1,000 están disponibles cada año por niño o adulto joven que califique.

***Ben's Fund pdf***



3.) ¿Sabía Usted que el **Housing Finance Commission** tiene un Programa de préstamos de asistencia para el pago inicial de Home Choice?

### ***WA Finance Commission pdf***

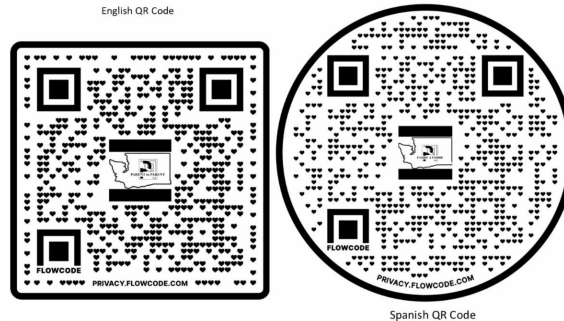
4.) Sabia usted que el **OIC** de Washington puede ayudar con lo siguiente si califica?

### ***OIC.pdf***



**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>**



## **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 & 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**



when  
you  
CHOOSE  
joy

You feel good  
& when you feel  
good, YOU do good  
& when YOU do good  
it Reminds others  
of what joy feels like  
& it just ♥  
might inspire  
them to do  
the same.

**Christmas and Holiday Memories are the best...  
fun treats to make with your family.**

***click here!***

ALLIANCE MEMBER



PARENT<sup>TO</sup>PARENT  
USA

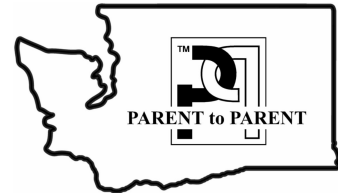
Committed to Parent to Parent USA  
Endorsed Practices

### Mission of Parent to Parent (P2P)

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### 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*.



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 1980.

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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