



Washington State Parent to Parent (P2P) Monthly Newsletter



The Arc has been the proud host of the Washington State Parent to Parent (P2P) Network for over 35 years, partnering with local agencies to bring community-based programming to families raising children with disabilities.

February 2025

[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 we start 2025, we wanted to recognize the amazing community partners that make Parent to Parent programs possible! Twenty-four agencies across Washington State sponsor Parent to Parent programs at the local level:

The Brave Warrior Project (Chelan/Douglas Counties)
Moses Lake Community Health (Grant/Adams Counties)
Kittitas Valley Opportunities (Kittitas County)
Multicare Yakima Memorial (Yakima County)
Asotin County Public Health District (Asotin County)
The Arc of The Tri Cities (Benton/Franklin Counties)

The Arc of Spokane (Spokane County)
The Arc of Spokane (Ferry/Stevens/Pend Orielle Counties)
RCAM/Boots and Brushes (Lincoln County)
Okanogan Behavioral Healthcare (Okanagan County)
Walla Walla Valley Disability Network (Walla Walla/Columbia/Garfield Counties)
Boost Collaborative (Whitman County)
Island County Human Services (Island County)
Joyce L. Sobel Family Resource Center (San Juan County)
SPARC (Skagit County)
The Arc of Snohomish County (Snohomish County)
The Arc of Whatcom County (Whatcom County)
Clallam Mosaic (Clallam/Jefferson Counties)
The Arc of Grays Harbor (Grays Harbor/Pacific Counties)
South Sound Parent to Parent (Thurston/Mason/Kitsap Counties)
The Arc of King County (King County)
PAVE (Pierce County)
PEACE (Clark County)
PEACE (Klickitat/Skamania Counties)
Lifeworks (Cowlitz/Wahkiakum Counties)
Reliable Enterprises (Lewis County)

Along with this local agency support, we're also grateful for many County Developmental Disability programs that support Parent to Parent programs. This support is vital to our success!

In the words of parents (translated from Spanish):

'I am very grateful to the program because I have learned a lot about how to take care of my daughter, thank you very much'.

'It is wonderful, useful, informative, enjoyable and empowering'.

Welcome to Peter Jung, Pierce County P2P Youth Program Specialist and Karen Cady with Lincoln County P2P.

Goodbye Tara Lee Ellis, Native Families Coordinator for Pierce County P2P and Chanita Stone with King County Parent to Parent.

~~~Tracie, Theresa, Maria and Jackie

---

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.



# INFORMATION & RESOURCES

**1.) The Washington State Developmental Disabilities Council (DDC) is gathering feedback to better understand the barriers and challenges faced by people with intellectual and developmental disabilities (IDD) and their families in Washington State. This input will directly influence our The Council’s 5 Year State Plan, which guides our work.**

We need your help to ensure voices from all communities are heard, especially those in underserved or underrepresented areas. Here’s how you can support this effort:

- Take the survey – Share your own insights and experiences by completing the survey here: [bit.ly/WADDCSurvey](https://bit.ly/WADDCSurvey)
- Share the survey – Help spread the word by sharing our posts on [Facebook](#) and [LinkedIn](#) with your networks.
- Distribute the flyer – Share the PDF flyer in your newsletters, social media pages, or community meetings, available here: [5 Year State Plan Survey \(Flyer\)](#). Direct people to our website – More information is available at [DDC 5 Year State Plan Survey | WADDC](#).

**The survey closes on July 21, 2025, and is available in multiple languages** to ensure accessibility for diverse communities. We encourage you to share it widely, so all voices can contribute to shaping the future of IDD services and advocacy in Washington State.

Your outreach is vital in reaching individuals who may not otherwise have access to this survey.

Together, we can ensure that all voices are heard and represented in our work to build a more inclusive and supportive Washington.

.....  
**2.) Mandatory Reporter Roles and Responsibilities eLearning for Washington State.** DCYF has updated its Mandatory Reporter training to highlight the distinction between families in need of support versus child abuse and neglect, and the importance of connecting families to resources. To learn more, visit the updated [reporting abuse and neglect](#) and [mandatory reporting](#) webpages or begin the [eLearning](#) today.

.....  
**3.) Child Care Action Council** offers in-person, live online, and self-paced classes for free or low cost. The primary audience is early learning providers, but many have relevance for family support.

## 4.) NO-COST GRAB BARS APPLICATION

A new DSHS/ALTSA grant will provide at no cost to Fire/EMS and hospitals, or community-based organizations that are partnering with Fire/EMS or hospitals on this project. Grab bars are to be installed in the homes of low-income adults 60+ yrs., this grant doesn’t cover the cost of installation. To apply for bars, please download and complete [Grab Bar Application Form](#). Submit to: [findingourbalance@doh.wa.gov](mailto:findingourbalance@doh.wa.gov)

.....

5.) **WIC mobile app now available in 22 languages - New language options enhance WIC access for families across Washington state**

OLYMPIA – The **Washington State Department of Health (DOH)** is pleased to announce that **WICShopper**, the free smartphone application for families in the **Women, Infants, and Children (WIC) Nutrition Program**, is now available in 22 language options for Washington state participants. This expansion provides a better shopping experience for non-English speaking families enrolled in the program by offering real-time translations of WIC benefits, along with other resources like recipes, lists of participating retailers, and more. It is estimated that 90% of WIC participants in Washington use the WICShopper app.

“Washington state’s WIC program serves a diverse population who speak a variety of languages,” said Michele Roberts, Assistant Secretary for Prevention and Community Health, DOH. “Supporting WIC participants in their preferred language is a crucial way we can work towards eliminating accessibility barriers. Our hope is that this expansion makes it easier for participants to access vital nutrition benefits and support healthy choices for themselves and their families.”

Since its 2018 launch in Washington, the WICShopper app has been a valuable tool for WIC participants, offering a range of benefits including:

- **Shopping Assistance:** The app helps participants identify WIC-eligible foods and locate nearby stores, farmers markets, and farm stores that accept WIC.
- **Convenient Access to Benefits:** Participants can easily check their WIC benefits and balance at any time.
- **Educational Resources:** The app provides nutrition education and healthy recipes using WIC foods.

The languages selected for the Washington WICShopper app expansion were based on the state’s population demographics, and include Amharic, Arabic, Burmese, Chinese (traditional), Chinese (Simplified), Dari, English, French, Haitian Creole, Kiswahili, Korean, Lingala, Nepalese, Oromo, Pashto, Portuguese, Russian, Somali, Spanish, Tigrinya (Eritrean dialect), Ukrainian, and Vietnamese. The WIC program improves the health and nutrition of pregnant people, new parents, infants, and children under five by providing access to healthy foods like milk, fruits, and vegetables. WIC also offers health screenings, nutrition education, breast and chest feeding support, and referrals to other health and social services. Today, there are more than 200 WIC clinics in Washington state serving approximately 200,000 people. This includes nearly half of all babies born, 33% of pregnant people, and almost 25% of children under the age of 5 in the state.

To apply for WIC, Washington families can **contact their local WIC clinic**, submit a **WIC interest form**, and learn more about **eligibility** online.

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

.....  
**6.) School Health & Nursing Services**

**Health Services Sample Forms**

Educational guide with recommendations, forms, resources, and other information necessary to provide a safer learning environment at school and during non-academic activities for students with health conditions. (for the rest of the article/resources click below)

**School Health & Nursing Services**

.....  
**7.) SNAP-Ed (Supplemental Nutrition Assistance Program Education)**

SNAP-Ed (Supplemental Nutrition Assistance Program Education) is a program that supports the health and food security of people who are qualified to receive SNAP food benefits (Supplemental Nutrition Assistance Program). Click below for more information.

**<https://doh.wa.gov/community-and-environment/snap-ed>**

**New Funding Fiscal Years 2024-2026 Washington State SNAP-Ed Goals**

Click here for more information: **Washington State SNAP-Ed Providers | Washington State University**

.....  
**8.) BreatheWell Inspiration**

Medically complex patients need caregivers who have been educated with an adequate amount of hands-on practice, but this kind of education has been hard to find—until now. At BreatheWell Inspiration, our classroom and simulation lab delivers an in-person experience that will help any caregiver of medically complex patients become competent with routine and emergency care.

Click below for more information:

**BreatheWell Inspiration | The best place for hands-on tracheostomy and ventilator education in a simulation lab environment..**

.....

## 9.) January 2025 Waiver Amendment

On Dec. 31, 2024, the Centers for Medicare and Medicaid Services approved waiver amendments effective Jan. 1, 2025, for DDA's Home and Community Based Services waivers.

### The HCBS waiver amendments provide the following changes to waiver services :

- Specialized Habilitation has been renamed to Life Skills. All service eligibility requirements and limitations remain the same.
- Stabilization-Specialized Habilitation has been renamed to Stabilization-Life Skills. All service eligibility requirements and limitations remain the same.
- Transportation was modified to include the purchase of a bus pass. Taxis and public transit were added as qualified provider types of transportation and travel time is included in rate for transit businesses (does not include independent contractors.)

### Other updates to DDA's five waiver applications include :

- "Foster Care" group was added as a new group to financial eligibility for waivers.
- The updated assessment tool name was changed from "SIS-A" to "SIS-A 2nd Edition."
- The point-in-time capacity for the Basic Plus waiver increased from 13,000 to 13,400.
- The qualifications for Case Resource Managers and Social Service Specialists have been updated to remove the Bachelor's degree requirement in accordance with RCW 41.06.157.

The University of Washington is added as a contracted entity that will administer the National Core Indicators in-person survey.

Our approved waivers are posted [on our website](#).

Webinars to review these changes will be offered later this month. Case Resource Managers and supervisors are strongly encouraged to attend webinars on new service implementation as they become available. GovDelivery notifications will be sent to announce webinar dates as they are finalized.

### [Home and Community Based Waivers \(HCBS\) | DSHS](#)

## 10.) [Seattle Children's On-Demand Conversations About Autism](#) Click here for [Conversations About Autism - YouTube](#)

## 11.) [Children's Enhanced Respite Services now available in Western Washington](#)

We are excited to announce the opening of Infinite Continuous Care's Sunpark Harmony Haven House in Western Washington. This new two-bed staffed residential home in Vancouver, WA, offers Enhanced Respite Services for children and youth.

We are accepting ERS applications for children and youth at the following locations:

- Infinite Continuous Care in Vancouver (two beds).
- Golden Youth Services in Spokane (three beds).
- The Source in Spokane (two beds).

### Enhanced Respite Services Program

**Overview:** Enhanced Respite Services offers short-term stabilization supports for children, youth and families. The service is intended to stabilize a child's behavior, give caregivers a break, and promote life skills development through a personalized plan of care.

#### Eligibility:

- Must be eligible for DDA services.
- Age 8 to 17 years.
- Enrolled in school or vocational program if age 18-20.
- Parents and caregivers must have accessed available services, including those available through private insurance, Medicare, Apple Health and DDA.

**Length of service:** A child or youth may access ERS for 30 consecutive days in a calendar year.

**Funding is available through the waiver program and state-funded resources .** It does not impact a client's allotment of waiver respite hours or IFS aggregate funding.

For more service information, please refer to [DSHS/DDA ERS Fact Sheet](#) and [DDA policy 4.03 Enhanced Respite Services](#).

**For DDA staff:** Please review [DDA policy 4.01 One Referral](#) and [DDA policy 4.03 Enhanced Respite Services](#) for steps on how to refer for the service.

If you have questions, please contact:

Jaimee Scheffler

Children's Stabilization and Respite Services Manager

[jaimie.scheffler1@dshs.wa.gov](mailto:jaimie.scheffler1@dshs.wa.gov)

## 12.) [National Training & Technical Assistance Center](#) for Child, Youth & Family Mental Health offers

trainings and technical assistance to improve skills or capacity for individuals, organizations or agencies who are building comprehensive systems to support the well-being of children, youth, young adults, and families. Offerings include webinars and recordings of past trainings. Topics include: systems of care, community wellness and peer support, building workforce capacity, understanding trauma, and suicide prevention.

.....

### 13.) **Guardianship and Conservatorship Guidebook | The Arc of Washington State**

The Arc of Washington State has compiled a guidebook on Alternatives to Guardianship, Guardianship, and Conservatorship. To learn more visit the link below.

To learn more [click here](#).

.....

### 14.) **Protect yourself from Flu, Pneumonia and RSV**

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

During the fall and winter it is common to get sick from respiratory viruses such as the **flu** and **respiratory syncytial virus**, you can take action to protect yourself and others. Learn more about these viruses and how to prevent them.

The Department of Health offers regular **updates** on flu activity in Washington. Don't forget to get a flu vaccine this season. Go to **Vaccines.gov** to find out where you can get a flu vaccine and the COVID-19 vaccine.

Effective prevention strategies for respiratory viruses include:

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

Care providers can find information on flu and pneumonia in DSHS' Developmental Disabilities Administration **Care Provider Bulletin**. The online publication includes:

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

More Information

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

### 15.) **Choose Your Path: Get help at home and in your community**

This is a menu driven program from DDA that can be used to find out information about different aspects of the waivers. Go through the book and see. The farther you go, the more options you will see housing, community engagement, and more.

<https://www.dshs.wa.gov/sites/default/files/publications/documents/22-2023.pdf>



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



# CONFERENCES / SEMINARS & SPECIAL EVENTS



## ADVOCACY DAYS

The **2025 Legislative Session begins on January 13th**, presenting us with challenges as the legislature anticipates a \$10-12 billion shortfall over the next four years. This could mean significant cuts to services, service 'freezes', rate changes, eliminating programs that don't receive federally-matched funds, and a push to increase state revenue to resolve the fiscal issues our state is experiencing. What does this mean for developmental disability services? We need to advocate for the protection of our essential services!

### What Can You Do?

Join us for **Advocacy Days!** [Register here](#) to learn more about the issues at hand and how you can help. **Advocacy Days will take place weekly on Wednesdays from 10:00 AM to 11:30 AM.**

We will also be coordinating with several organizations who will be holding live rallies. Watch for further details.

#### Rally Days

February 5th– Community Residential Services Association (CRSA) @ noon

February 19th– The Community Employment Alliance (CEA) @ 1:00

March 5th– Self-Advocates in Leadership (SAIL) @ 1:00

[Click here to view the Advocacy Day schedule and register to attend a session!](#)

### To view the 2025 Advocacy Days Schedule Visit and Register:

<https://arcwa.org/advocacy/advocacy-days/>

### Connect with Your Legislator:

Many new legislators may be unfamiliar with developmental disability (DD) issues, so now is the time to educate them. Your long-standing legislators also need to hear that DD services must be a priority. Share how important these services are and urge them to protect DD services.

- Find your legislator's contact information here: [Legislator Finder](#).
- For information on new legislators, visit our candidate site: [2024 Elections](#).

### DD Legislative Notebook:

For issue papers and information, check out our DD Legislative Notebook: [2025 Legislative Notebook – The Arc Washington](#).

### Sign up for our Action Network here:

- [Action Network Sign-Up](#). The Arc of Washington Action Network keeps you informed about important legislative budgets and policy issues that require immediate attention, connecting you directly to your legislators.
- You can also subscribe to “**News to Know**” to receive updates on critical issues affecting individuals with I/DD and their families. Subscribe here:

Sign up for **The Arc of the United States** to receive information about Federal issues at <https://thearc.org/>.

Check out our new **"Tools You Can Use"** webpage. This webpage offers examples of ways to become a trusted resource for legislators and other elected officials on issues that affect your life.

Thank you for your continued support. Together, we can make a difference!  
Cathy Murahashi, Public Policy Specialist, The Arc of Washington [cathy@arcwa.org](mailto:cathy@arcwa.org)

Advocacy Days, part of The Arc's Advocacy Partnership Project, provide individuals with intellectual/ developmental disabilities (IDD), their families, and service providers the opportunity to engage in the legislative process, make their voices heard, and influence policy and budget decisions that impact the services and support they receive.



## Immigrant Safety Plan Training

Legal Counsel for Youth and Children (LCYC) and Northwest Immigrant Rights Project (NWIRP) are partnering to host trainings and answer questions about the *Immigrant Safety Plan*, a community resource to help parents plan for the care of their child(ren) (with or without status) in the event that a parent is unable to care for their child, particularly if the parent is detained or deported.

- **February 5, 6:00 pm – 7:30 pm will be for parents and other community members**

Please see the attached flyer for more information. You may also access the Immigrant Safety Plan and registration links here: <https://lcywa.org/resources/immigration>



## Project ECHO Parent Education Series on Challenging Behavior

In partnership with the Haring Center for Inclusive Education, we are offering a remote parent education series for parents and caregivers of children ages 3-12 years old. This series focuses on joining a community that is a safe space for parents and caregivers to share their experiences, offer support to one another and develop strategies together to support challenging behaviors at home.

In this series, we will take a strengths-based approach to identify behavioral skills and strategies to support challenging behavior as well as strategies to teach new skills and behaviors. The series welcomes a behavior analyst, special education teacher and mental health provider as well as a family advocate. Participants will have opportunities to discuss behaviors and problem-solve strategies and supports, and will get weekly handouts focused on behavioral skills and strategies.

This 12-week series runs **11 a.m. to noon on Fridays via Zoom**, beginning **Feb. 7** and ending **April 25**.

[Click here to register](#). This series is free and translation is provided through subtitles if needed.

## Navigating Parenting in Times of Crisis

Parenting is challenging under the best circumstances, but for many families, financial strain, health concerns, and social isolation make it overwhelming. The urgency of addressing these challenges has never been clearer.

That's why we're so excited to announce our **2025 Learning Series: Navigating Parenting in Times of Crisis**. This 5-day virtual event will bring together community leaders, advocates, and



innovators to address critical health issues and explore strategies for improving outcomes for families across Washington state.

**Event Details:**

- **When: February 24–28, 2025**
- **Time: Noon–1 p.m. (Pacific Time)**
- **Where: Virtual**

**Registration Information:**

- Early Bird Registration: \$50 (Jan 7–31)
- Regular Registration: \$75 (Feb 1–21)

Don't miss this opportunity to connect with thought leaders, share best practices, and champion a future where every family has the resources to thrive.

Register for the Learning Series here: [\*\*\*WithinReach WA\*\*\*](#)



# **W FOREFRONT SUICIDE PREVENTION**

**University of Washington Forefront Suicide Prevention trainings.**

**The cost is \$10/person**

**April 29<sup>th</sup> at 12pm**

<https://www.eventbrite.com/e/forefront-suicide-prevention-learn-training-webinar-tickets-948235486867?aff=oddtcreator>

**Need help?**

**Call or text 988 or chat online ([988lifeline.org](https://988lifeline.org)) to be connected to trained counselors 24/7.**



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

## 2025 EDUCATION FORUM

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. <https://depts.washington.edu/uwhatc/education-forum/>

.....

# Transition IEP and Portfolio Trainings

February 5, 12, 19, & 26

March 5 & 12

Cost: \$35 per training



[Register Now for One or All Six!](#)

**Feb. 5 11:30 a.m. – 1:00 p.m.**

**Transition IEP and Transition Portfolio Intersections – Present Levels**

Discusses the foundational elements of the Transition IEP, including alignment across all sections.

**Feb. 12 11:30 a.m. – 1:00 p.m.**

**Transition IEP and Transition Portfolio Intersections – Transition**

**Assessments and Postsecondary Goals**

Reviews information and examples on creating quality Transition Assessments and Postsecondary Goals in the Transition IEP, including alignment across all sections of a quality Transition Portfolio.

**Feb. 19 11:30 a.m. – 1:00 p.m.**

**Transition IEP and Transition Portfolio Intersections – Transition**

**Services and Activities**

Provides information and examples on creating quality Transition Services and Activities in the Transition IEP, including alignment across all sections of a quality Transition Portfolio.

**Feb. 26 11:30 a.m. – 1:00 p.m.**

**Transition IEP and Transition Portfolio Intersections – Annual Goal**

**Statements**

Includes the development of quality Transition IEPs and strategies to improve relationships with families and students.

**Mar. 5 11:30 a.m. – 1:00 p.m.**

**Quality Transition Portfolio Format, Uses, and Examples**

Reviews examples and information from previous sessions that illustrate effective formats, practical uses, and benefits for students.

**Mar. 12 11:30 a.m. – 1:00 p.m.**

**Transition IEP and Transition Portfolio Work Session Breakout Rooms**

Participants will have time to join breakout rooms to ask questions and gather feedback on IEPs and/or Portfolios.

**Who should attend:** Special education educators, coordinators, and administrators; employment professionals; agencies; and individuals and their families working together to support students with quality IEPs and portfolios leading to a full life after high school.

**What to expect:** This comprehensive 6-session series, each 1.5 hours long, delves into the nuances of crafting high-quality transition IEPs and portfolios. You will learn how to use these tools as powerful gateways to competitive, integrated employment and a fulfilling life.

Each virtual session will:

- Unpack the key components of each transition IEP section.
- Explore the connections between IEP goals and portfolio objectives.
- Provide practical strategies for effective implementation.
- Facilitate interactive breakout sessions for Q&A and peer support.

The **Indiana Secondary Transition Resource Center** at the **Center on Community Living and Careers** offers expert training to prepare you to meet your transition education needs. For more information on these trainings and other expert transition resources, [visit the INSTRC website](#).



INDIANA INSTITUTE ON DISABILITY AND COMMUNITY

**CENTER ON COMMUNITY LIVING AND CAREERS**

Indiana Secondary Transition Resource Center

[Click Here to Register for any of the above classes.](#)

**SURVEYS**



# WADDCC

The Washington State Developmental Disabilities Council (DDC) is gathering feedback to better understand the barriers and challenges faced by people with intellectual and developmental disabilities (IDD) and their families in Washington State. This input will directly influence our The Council's *5 Year State Plan*, which guides our work.

We need your help to ensure voices from all communities are heard, especially those in underserved or underrepresented areas. Here's how you can support this effort:

- **Take the survey** – Share your own insights and experiences by completing the survey here: [bit.ly/WADDCCSurvey](https://bit.ly/WADDCCSurvey)
- **Share the survey** – Help spread the word by sharing our posts on [Facebook](#) and [LinkedIn](#) with your networks.
- **Distribute the flyer** – Share the PDF flyer in your newsletters, social media pages, or community meetings, available here: [5 Year State Plan Survey \(Flyer\)](#).
- **Direct people to our website** – More information is available at [DDC 5 Year State Plan Survey | WADDCC](#).

**The survey closes on July 21, 2025, and is available in multiple languages** to ensure accessibility for diverse communities. We encourage you to share it widely, so all voices can contribute to shaping the future of IDD services and advocacy in Washington State.

Your outreach is vital in reaching individuals who may not otherwise have access to this survey. Together, we can ensure that all voices are heard and represented in our work to build a more inclusive and supportive Washington.



**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



## National Core Indicators In-Person Survey

DSHS' Developmental Disabilities Administration is working with the University of Washington to do the National Core Indicators-Intellectual and Developmental Disabilities In-Person survey. This survey asks people about our services.

A surveyor from the University of Washington will contact some adults enrolled with DDA and their guardians. They will ask the person if they want to take part in an interview. Participation is voluntary and won't affect services in any way.

The University of Washington will keep all information confidential. No personal details will be included in any reports, and no one will know how people answered the survey questions.

Interviews will be scheduled at a time and place that works best for the person. Interviews can be in person or on Zoom. The interview will last about 60-90 minutes. The person can ask other people to join if they want.

Please see the [NCI-IDD website](#) for more information. If you have any questions, contact the University of Washington surveyors at 206-593-8277.



**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.




# RECURSOS EN ESPAÑOL

## SUS DERECHOS CON LA MIGRA




### NO ABRA LA PUERTA

COMUNÍQUESE POR LA VENTANA O POR LA PUERTA CERRADA.  
LA MIGRA SOLO PUEDE ENTRAR A SU CASA CON UNA ORDEN DE ARRESTO FIRMADA POR UN JUEZ.




### GUARDE SILENCIO Y NO FIRME NINGÚN DOCUMENTO

USTED TIENE EL DERECHO DE GUARDAR SILENCIO  
DIGA EN VOZ ALTA QUE NO VA A CONTESTAR PREGUNTAS  
O FIRMAR NINGÚN DOCUMENTO SIN UN ABOGADO PRESENTE.




### NO DE PERMISO QUE ENTREN O REVISEN SU CASA, AUTO, O PERSONA

USTED TIENE EL DERECHO DE NO DAR PERMISO  
A QUE ENTREN, REVISEN SU CASA, AUTO O PERSONA  
AL MENOS QUE TENGAN UNA ORDEN FIRMADA POR UN JUEZ.




### TOME FOTOS, VIDEOS Y APUNTE TODOS LOS DETALLES

INFORME AL AGENTE QUE VA A USAR SU DERECHO DE GRABAR.  
TOME FOTOS Y GRABE EL ENCUENTRO.  
ANOTE TODOS LOS DETALLES.




### REPORTE LA ACTIVIDAD DE LA MIGRA A LA LÍNEA DIRECTA

TENEMOS EQUIPOS DE RESPUESTA RÁPIDA QUE IRÁN  
A VERIFICAR Y DOCUMENTAR LA ACTIVIDAD DE LA MIGRA  
Y OFRECER APOYO A PERSONAS AFECTADAS.



### ¡MANTÉNGASE CONECTADO!

REGÍSTRESE PARA RECIBIR MENSAJES DE ALERTA  
MANDA LA PALABRA MIGRA AL 509-300-4959  
SIGANOS EN FACEBOOK.COM/WAISNORG  
Y INSTAGRAM @WAISN\_ORG



WASHINGTON IMMIGRANT SOLIDARITY NETWORK

# 1-844-724-3737

WAISN.ORG

VERSIÓN 11/2021



## 1.) SUS DERECHOS CON LA MIGRA

## 2.) Immigration-related Resources for Supporting Patients and Families

- The **Immigrant Legal Resource Center (ILRC)** has **Red Cards**, summarizing rights in many situations, such as when ICE agents go to a home. Cards are available at the ILRC website in Arabic, Chinese, English, French, Haitian, Hmong, Korean, Punjabi, Russian, Tagalog, Tigrinya, Ukrainian and Vietnamese. ILRC also offers a **guide for using red cards** in your organization, and an illustrated, **multilingual guide** for how clients can use red cards. They are available free of charge for organizations.
- The **Immigrant Defense Project** has created **Know Your Rights with ICE** flyers in English, Spanish, French, Portuguese, Tagalog, Haitian Creole, Hindi, Bangla, Punjabi, Arabic, Urdu, Simplified and Traditional Mandarin, Korean, Russian, and Hebrew.
- The **International Rescue Committee (IRC) CARRE Center** has **guidance for providers responding to election stress and discriminatory rhetoric with psychological first aid and Talking with Clients Expressing Fear and Distress Related to Potential Immigration Enforcement Actions**, as well as **What You Need to Know if You Do Not have a Green Card or U.S. Citizenship** tipsheets for families, in Arabic, Burmese, Dari, French, Haitian Creole, Pashto, Russian, Spanish, Swahili, Ukrainian, and Kinyarwanda.
- Boston Medical Center has **Family Preparedness Plans** available with consideration to young children and children with disabilities.
- The **American Immigration Lawyers Association (AILA)** has **quick guides for families warning against the dangers of false promises of Notarios**. Also available in Spanish. You can personalize them for your organization.

.....

**3.) El Consejo de Discapacidades del Desarrollo del Estado de Washington (DDC, por sus siglas en inglés)** está recopilando comentarios para comprender mejor las barreras y los desafíos que enfrentan las personas con discapacidades intelectuales y del desarrollo (IDD, por sus siglas en inglés) y sus familias en el estado de Washington. Este aporte influirá directamente en **el Plan Estatal de 5 Años** del Consejo, que guía nuestro trabajo. Haga clic en el botón del monito que se encuentra abajo en la página en el lado derecho y esto abrirá un lugar en donde puede elegir el idioma que necesita.

Necesitamos su ayuda para garantizar que se escuchen las voces de todas las comunidades, especialmente las de las áreas desatendidas o subrepresentadas. A continuación, te explicamos cómo puedes apoyar este esfuerzo:

**Responda la encuesta:** comparta sus propios puntos de vista y experiencias completando la encuesta aquí: [bit.ly/WADDCSurvey](https://bit.ly/WADDCSurvey). En el lado derecho arriba le puede cambiar al Lenguaje necesario.

**Comparte la encuesta:** ayuda a correr la voz compartiendo nuestras publicaciones en Facebook y LinkedIn con tus redes.

**Distribuya el folleto** - Comparta el folleto en PDF en sus boletines informativos, páginas de redes sociales o reuniones comunitarias, disponible aquí: [Encuesta del Plan Estatal de 5 Años \(Folleto\)](#).

**Dirija a las personas a nuestro sitio web:** hay más información disponible en la [Encuesta del Plan Estatal de 5 Años de DDC | WADDC](#). (la información está en Ingles)

**La encuesta cierra el 21 de julio de 2025 y está disponible en varios idiomas** para garantizar la accesibilidad para diversas comunidades. Le animamos a que lo comparta ampliamente, para que todas las voces puedan contribuir a dar forma al futuro de los servicios y la defensa de los IDD en el estado de Washington.

.....

**4.) Por los últimos 38 años, Angel Flight ha transportado miles de personas para atención médica—y ahora estamos ansiosos para ayudar a usted.** Haga clic aquí para ver el documento y obtener más información. [Angel Flight document](#)

.....

5.) Haga clic aquí para ver el documento y obtener más información.

[Seattle's Children Hospital and OSPI \(Spanish\)](#)

.....

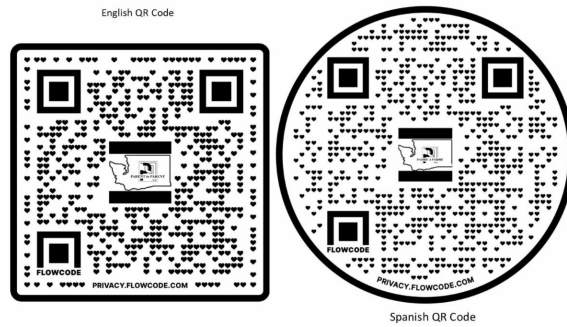
*Haga clic aquí para obtener más información...*

## 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!**





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.*



**36 Easy Valentine's Day Treats for Kiddos**

***[click here!](#)***

ALLIANCE MEMBER



PARENT<sup>TO</sup>PARENT  
USA

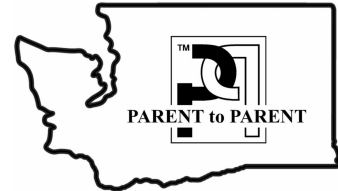
Committed to Parent to Parent USA  
Endorsed Practices

### Mission of Parent to Parent (P2P)

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*.

### 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 Washington State Parent to Parent (P2P) Network for over 35 years, partnering with local agencies to bring community-based programming to families raising children with disabilities.

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

Find your Local  
P2P Group

Free  
Memberships  
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

[Unsubscribe](#) | [Update Profile](#) | [Constant Contact Data Notice](#)



Try email marketing for free today!