



# 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 1980, partnering with local agencies to bring community based programming to families raising children with disabilities.*

## January 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



Saying Goodbye and Hello!

In 2024 Parent to Parent said goodbye to several coordinators, while also welcoming some new ones to the Network! We also completed the Dan Thompson Community Grant contract which provided needed program enhancements, especially in the areas of serving multicultural and rural families and

providing needed technology updates in programs.

In 2024 Parent to Parent said hello (and thank you!!) to additional funding from DDA that allows us to meet the ongoing and GROWING support needs of families living in Wenatchee, Walla Walla, Mt. Vernon, Pullman, Seattle, Spokane, Coupeville, Aberdeen, Olympia, Centralia, Longview, Yakima, Omak, Everett, Moses Lake, Ellensburg, Richland, Ritzville, Friday Harbor, Colville, Bellingham, Port Angeles, Tacoma, Vancouver, and every community in between!

We're excited to see what 2025 brings as we continue to support families as they **take the next step** in the journey of raising a child with developmental disabilities and/or special health care needs.

I recently heard from a Care Navigator with a Managed Care Organization who shared this reflection after referring a family to Parent to Parent:

'Thank you so much for your help. My members who have connected with P2P staff rave about the assistance they receive and how they feel more empowered after P2P involvement'.

This sums up our work (and passion!) beautifully!

Happy 2025 everyone!

~~~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.) State Plan Residential Services - Adult family homes informational video

Did you know **adult family homes** are a residential service in the community that may provide the supports you need? We have created a **video** showcasing three different adult family homes that support people with intellectual and developmental disabilities to live the life they each want.

Adult family homes are privately owned or rented by licensed providers within community-based neighborhoods. They are licensed to care for two to eight residents who are 18 years or older. Adult family homes offer many services, including shared or single rooms, meals, laundry, supervision, medication administration and different levels of assistance tailored to individual support needs.

We expect all adult family home providers and their caregivers to support each resident by focusing on the following areas:

- Health and safety.
- Assistance with daily activities and pursuing personal goals.
- Empowerment through choice.
- Recognition of status and contributions, both individually and collectively.
- Inclusion in the physical and social life of their communities.
- Maintaining relationships with relatives and friends.

**For more information on how to begin the referral process, please contact your case manager.**

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## 2.) There are many things you can do to help keep your family celebrating through the winter season

OLYMPIA – When holiday parties and respiratory diseases combine, nobody feels like celebrating. The Washington State Department of Health (DOH) wants to share these tips to help keep you healthy and safe this holiday season.

Health is not one-size-fits-all, which is why DOH's *Be Well WA effort* is about you taking steps to improve personal wellness, whether that be *emotionally* or through *movement, nourishment, or social connection*. Find which steps work best for you so you can be well, too.

- Give yourself a hug. Many people struggle while others celebrate. Holidays often bring new pressures, expenses, and other stressors. If you're feeling overwhelmed, the **988 Suicide & Crisis Lifeline** is here to help.
  - The Centers for Disease Control and Prevention offers **additional mental health resources online**.
  - The National Alliance on Mental Illness offers tips on **protecting your mental health during the holidays**.
- Getting gifts is nice; getting sick isn't.
  - Wash your hands often and avoid touching your eyes, mouth, and nose, where viruses easily enter your body. If you can't find soap and water, use hand sanitizer.
  - Be especially careful around infants, the elderly, and people with chronic conditions who are at higher risk of severe illness.
  - Make sure your family's immunizations are up to date, including COVID-19, flu, and RSV vaccines. Staying up to date helps protect your community.
  - If you feel sick, give yourself the gift of staying home. (Not spreading illness is a gift to loved ones, too.)
  - Find more ways to protect yourself against getting sick on DOH's **respiratory illness website**.
- Spend time with nature and loved ones. Physical activity and social connection are great for health. They improve sleep, reduce anxiety, and lower blood pressure. Regular physical activity also lowers the risk for chronic conditions like heart disease, type 2 diabetes, and some cancers.
  - Moving your body is the idea, but how you do that and how much fun you have is up to you. **Go for a group walk** or hike. Hit the courts: tennis, basketball, pickleball. Stand at the sink and wash the dishes by hand instead of using the machine. Volunteer. Find ways to have meaningful connections with others.
  - The Department of Health and Human Services offers ways to build and strengthen your relationships and inspire others with the **Surgeon General's 5-for-5 Connection Challenge**.

- Eat and be merry! Holiday meals and treats are a highlight for many people. Special foods should be enjoyed. Eat what you love, savor each bite, and listen to your body to know when you're full. [DOH's healthy eating website](#) has more information.
- Keep foodborne illness off the menu. Holiday meals can mean more chances to get sick. You can reduce the risk by [taking simple precautions](#). Prevent cross contamination by keeping raw meats, like poultry, pork, seafood, and beef, separate from other foods. Wash hands and surfaces. Cook foods to safe internal temperatures and refrigerate leftovers right away to keep harmful bacteria at bay.
- Is the weather outside frightful? [Get ready for winter weather](#) before the snow and ice arrive. Make sure your family has warm layers, gloves, hats, scarves, and waterproof boots. Also make sure pets are safe during the winter season.
- Be warm but beware. Winter is when most house fires happen. They are often caused by cooking accidents, smoking, or unsafe use of woodstoves or space heaters. [Protect your home against fires](#) and have an emergency plan that you practice regularly.

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](#).

### 3.) New from Informing Families:

Many great groups in Washington state exist for families and caregivers to find support, information, and community.

- [Family Resource Groups](https://informingfamilies.org/family-connection-groups/)
- [Moving to Washington State?](https://informingfamilies.org/moving-to-washington-state/)
- [School Bus Information](https://informingfamilies.org/school-bus/)
- [Informing Families Coordinators](https://informingfamilies.org/informing-families-coordinators/)

### 4.) Roots2Wings Family Group (R2WFG) is a dedicated resource hub for families with neurodiverse members.

Our mission is to provide resources, connections, and a nurturing community to assist families as they navigate the journey from high school to post-secondary education and beyond. We recognize the unique challenges faced by neurodiverse individuals and their loved ones, and we're here to lend a helping hand.

Click links below for:

- [More Roots2Wing Family Group \(R2WFG\) information](#)
- [Roots2Wing brochure](#)

### 5.) DDA has a new website! Check in out at: <https://www.dshs.wa.gov/dda>

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





## 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.**

#### Kick-off Event: January 15th

Join us at United Churches in Olympia for our LIVE kick-off event. The morning program will be live-streamed, and the afternoon will allow you to schedule appointments with your legislators. Following the kick-off, the rest of the Advocacy Days will be virtual, making it easier for individuals across the state to participate. We are also coordinating with several organizations that will host live rallies in conjunction with our virtual events. Stay tuned for more details!

**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:  
<https://arcwa.org/news-to-know-sign-up/>

**Town Hall: “Medicaid Matters”**

Join us for a virtual town hall on Wednesday, January 8th at 6:30 PM to learn how Medicaid impacts individuals with disabilities and the potential threats to these services. You’ll discover how to advocate effectively for essential services. [Register 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.



# **W FOREFRONT SUICIDE PREVENTION**

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

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

**January 23rd at 6pm**

<https://www.eventbrite.com/e/forefront-suicide-prevention-learn-training-webinar-tickets-948226790857?aff=oddtcreator>

**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](http://988lifeline.org)) to be connected to trained counselors 24/7.



**Canceling the in-person  
Community Summit conference**



# June 3-4, 2025, at the Wenatchee Convention Center.

We are exploring options to host the Community Summit as a virtual event in 2025.



**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.

|                  |                                                                                                                                                                        |
|------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>DATES</b>     | FRIDAY, JANUARY 10<br>FRIDAY, FEBRUARY 7<br>FRIDAY, MARCH 14<br>FRIDAY, MAY 9<br>FRIDAY, JUNE 13<br>FRIDAY, SEPTEMBER 12<br>FRIDAY, NOVEMBER 14<br>FRIDAY, DECEMBER 12 |
| <b>TIME</b>      | 10:00 - 11:30 AM PST                                                                                                                                                   |
| <b>MORE INFO</b> | All education forums are held on Zoom Webinar. Registration info will be announced on our listserv. For more information, contact:<br>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.



## **RECURSOS EN ESPANOL**



1.) Tip Sheets for Family and Care Partners <https://www.dshs.wa.gov/altsa/stakeholders/tip->

2.) [Ayuda Legal | Northwest Justice Project](#)

3.) [Acceso al Idioma | Washington State Governor's Office of the Education Ombuds](#)

4.) <https://www.colorincolorado.org/washington-ell-resources>

5.) <https://www.cha.wa.gov/community-organizations>

6.) <https://www.dshs.wa.gov/dda/publications/dda-brochures>

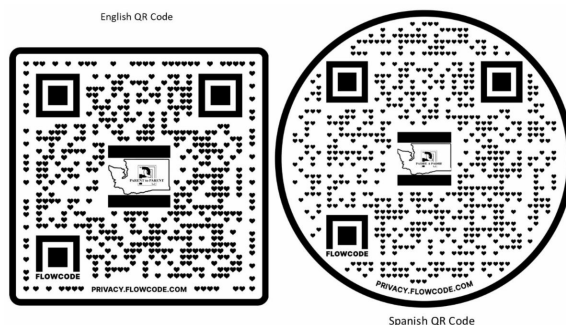
Haga clic aquí para obtener más información...

## 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>



## Archived Mental/Behavioral Health

*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.



A new year means a new chapter.  
I hope 2025  
is an incredible part of your story.

**New Years Eve Snacks and Finger foods to make with your kids.**

***click here!***

ALLIANCE MEMBER



PARENTtoPARENT  
USA

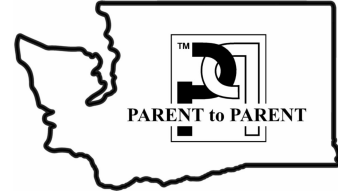
Committed to Parent to Parent USA  
Endorsed Practices

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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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