



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.

July 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



We're so sad to say goodbye to a long-time P2P Coordinator, Angie Witt in Walla Walla. Angie wrote this beautiful letter below that captures so well the impact of Parent to Parent, not only for the families we serve but for the Program Coordinators, as well. We wish Angie the very best in her next venture and know our paths will cross as she continues to serve the disability community in a new way!

Angie Witt – A Reflection on 24 Years with Parent to Parent

My name is Angie Witt, and I've had the privilege of being part of the Parent to Parent organization for the past 24 years—first as a parent, then a volunteer, and for nearly 19 years, as a Coordinator. When I first joined, I was a shy parent who lacked confidence, searching for support and understanding. I still remember the day in 1999 when I made that first call to Teri Hough, the Parent to Parent Coordinator in Walla Walla. I was seeking resources, but what I found was so much more—I felt heard, understood, and no longer alone.

Through support meetings and events, I learned so much from Teri and the other parents. I made lifelong friends. More importantly, my children found peers who understood them—siblings who could share their feelings and simply be themselves. At Parent to Parent events, I could finally breathe. I didn't have to worry about how my family would be perceived—we were accepted exactly as we are. Raising a child with disabilities in a rural community can feel incredibly isolating. The stares, the sideways glances, the endless questions—it's exhausting. Often, it felt like I was educating not just neighbors, but even the professionals and service providers around us. Parent to Parent changed that for my family. It gave us support, inclusion, and a sense of belonging.

Through this organization, I've met the most incredible people and have had the honor of working alongside dedicated advocates who inspire me daily. Now, as I take the next step in my journey—moving into employment services for people with disabilities—my heart remains deeply connected to Parent to Parent.

I have loved working with so many amazing Coordinators across the state. I will miss you all deeply. This organization is about so much more than support—it's about raising strong leaders, both in our communities and in our homes. While the work can be exhausting, the impact we make and the support

we give one another makes it all worthwhile.

I never imagined this would be the path my life would take, but I am profoundly grateful—for the triumphs, the challenges, and especially for all the people who have touched my life and the lives of my children. Thank you, from the bottom of my heart.

~~~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.) New App for Parents & Preschool-Age Siblings**

A new, bilingual sibling support app...

Does your child with a disability or health concern have a sibling, age 3-6?

You may be eligible to use the SibTime app in an 8-week pilot study. Participating families receive \$200.

If your family is eligible and you decide to participate, we'll invite you to:

- Complete two online surveys that ask questions about family relationships.
- Download the SibTime app onto your smartphone or tablet.
- Use SibTime in English or Spanish, at the times and places that work best for you. Space is limited!



- [See the flyer to sign up here.](#)
- [See the Spanish flyer to sign up for SibTime here.](#)

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## 2.) We Are Listening...Reimagine DSHS

These changes reflect a focus on making it easier for people to access the supports they need. Organizational shifts are just the beginning. Real change is going to take time and input from people who are most impacted.

Please visit Reimagine DSHS to learn more. You can send us questions, comments or feedback at [Reimagine@dshs.wa.gov](mailto:Reimagine@dshs.wa.gov). If you have comments or questions specific to services for people with developmental disabilities, please email us.

Home and Community Living Administration, Developmental Disabilities Community Services

Sign up here: <https://public.govdelivery.com/accounts/WADSHSDDA/subscriber/new>

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## 3.) MyWABenefits

Health and Human Services Enterprise Coalition launched [MyWABenefits](#), a new mobile-friendly website where people in Washington state can track their benefits for multiple programs like food and cash assistance as well as Apple Health.

My WABenefits allows people who receive benefits and their authorized representatives to:

- Check their benefit status anytime, including food assistance, cash assistance and Apple Health Classic Medicaid.
- Access their account information 24/7 via smartphones, tablets and computers.
- Receive important updates and notifications about their benefits, reducing the need for in-person visits to busy offices or calls for assistance.
- Access the website in English, Spanish or Russian.

See the DSHS [news release](#) for more information.

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## 4.) Developmental Disabilities Community Services: Home and Community Living Administration

We are excited to share powerful new inclusion tools created by a group of Washington state students with disabilities. Visit the [Designing Inclusion with Students with Disabilities](#) website to find links to these resources that can be used to support inclusion efforts in staff meetings, classrooms, newsletters and beyond:

### Accessible Posters:

[Disabilities Myths, Realities and How to Help.](#)  
[Ableism and How to Repair.](#)

### Reflection Videos:

[A six minute video,](#) and  
[A one minute highlight reel.](#)

Over five weeks this winter–spring, nine Washington state students (ages 15–22) partnered with Co-Design Works, Washington State's Office of Superintendent of Public Instruction and the [Inclusionary Practices Technical Assistance Network](#) to co-create inclusion tools using liberatory design.

Learn more [here](#).

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## 5.) Service, Therapy, and Emotional Support Animals

Dogs and other animals are great aids and supports to people for a variety of reasons. Service dogs, therapy animals, working dogs, and emotional support animals assist their owners in daily tasks while helping maintain their health and safety. While each of these animals provides critical support, they are not the same, and the terms are not interchangeable. Each role is specifically defined by the tasks performed and the legal protections offered.

Click here for more information. [ServiceAnimals.pdf](#)

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## 6.) Medicaid Matters: How to Take Action & Stay Informed

The Washington State Developmental Disabilities Council, The Arc of Washington State and Self Advocates in Leadership (SAIL) have created a campaign to help people understand and participate in potential changes coming to their Medicaid services.

[Informing Families for the rest of the story.](#)

## 7.) SOARing in Washington

The “SOAR Across Washington” initiative is sponsored by the Division of Behavioral Health and Recovery (DBHR) and partners with the Community Services Division in the Washington Department of Social and Health Services.

The SOAR Across Washington initiative is a multi-agency effort at both the state and local levels. It includes collaboration with Region 10 of the Social Security Administration and staff in the local SSA offices, the DSHS Disability Determination Service staff, DSHS Community Service Office staff, service providers for adults experiencing homelessness, local government, and behavioral health and medical providers.

The goals of “SOAR Across Washington” include:

- Serve as a leader in developing high-quality SOAR-assisted SSI/SSDI applications;
- Educate community partners across the state and secure support for SOAR implementation;
- Work closely with local and regional planning teams to implement SOAR and to ensure the quality and consistency across the state that will result in approval on initial application;
- Build on the foundation of strong supportive relationships with SSA and DDS and encourage participation in local steering committees and training sessions;
- Increase the number of SOAR-trained and certified staff committed to maintaining fidelity to the SOAR model and providing the intensive work to develop a complete application;
- Increase the number of successful SSI/SSDI claims approved on initial application and decrease waiting times for claims to be adjudicated;
- Collect data on SOAR applications through the SOAR Online Application Tracking (OAT) system.
- Assist local communities with developing strategies for funding ongoing sustainability and growth.

Please see the [Washington SOAR Orientation document](#) and the [Washington SOAR Process document](#) in the State Documents tab.

Local Leads are working with steering committees in several communities across the state to implement SOAR.

***For more information about the Local Leads and the efforts in local communities, please see the contacts listed here.***

## 8.) FASD United

Sharing a new opportunity in partnership with the Washington State Healthcare Authority for parents and caregivers of children with Fetal Alcohol Spectrum Disorders (FASD), launching in Washington State.

These **free, virtual, 10-week curriculum-based support groups** are facilitated by individuals with deep personal and professional experience with FASD and are designed for caregivers **exclusively** in Washington State. The groups offer a safe, welcoming space to connect, feel heard, and while receiving practical strategies from others who understand the journey of raising a child with FASD. We kindly ask that you share this opportunity with your networks or anyone who may benefit from it. Below I have attached a flyer for the support group which can be shared to spread the word about this opportunity.

**Learn more and register:** <http://bit.ly/fasdnwregistration>

The link to register can also be found under the Support Group tab on [www.FASDFocusNW.org](http://www.FASDFocusNW.org)

## 9.) Free webinar series focus on transition resources from the National Technical Assistance Center on Transition: The Collaborative (NTACT:C):

Join us for a two-part webinar experience featuring the greatest hits of NTACT:C’s most powerful resources to support youth with disabilities as they prepare for life after high school. Designed for all stakeholders, including educators, VR professionals, families, youth, and community partners, this series will provide a guided tour through key tools and strategies available on the NTACT:C website.

Each session will spotlight how these resources are being used across roles to promote collaboration, informed planning, self-determination, and successful outcomes. Through real examples and insights participants will learn how to apply these tools in practice, build strong partnerships, and ensure that youth are at the center of transition planning. Whether you’re new to NTACT:C or a returning fan, this

series will help you make the most of what's available.

Further information can be found here - [Pathways to Possibilities: NTACT:C Transition Planning Series](#)

## 10.) Call The Family Help Line: 1-800-932-4673 – Parent Trust

The Family Help Line is a **quick and easy way for parents/caregivers to get support**. Any parent, caregiver, and professional in Washington state can **call 1-800-932-HOPE(4673) or email [familyhelpline@parenttrust.org](mailto:familyhelpline@parenttrust.org)** to receive the support they need for their family or a child in their community, and get connected to local resources. Our mission is to equip parents and caregivers to raise safe, healthy, and strong children.

More About The Family Help Line:

- We are available **Monday-Friday, 9am-5pm**

- **Parent Coaching:**

Parents/Caregivers can schedule virtual sessions with our parent coaches to discuss a topic that they would like to learn more about and/or receive additional support on. Sessions can be scheduled by call/email.

- We also have on-demand translators at all times and for all languages

- Examples of how we have helped parents:

Connected parents to financial assistance programs, Provided emotional support and a listening ear to parents navigating stress, Helped parents brainstorm ways to support their child, and more

- **It's all free!**



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



## CONFERENCES / SEMINARS & SPECIAL EVENTS



You are invited to our next webinar to learn more about housing options, finding roommates, and important benefits like Section 8 Housing Choice vouchers!

Here are the details:

**Tuesday, July 15th at 10 am PST / 1 pm EST**

Via Zoom

Click below to register, then gather all your burning questions. We will have lots of time for Q&A!

[Registration form](#)

The Zoom link will be emailed to you the day before the webinar, so if you don't see it, check your spam or junk folders.

[Partners4Housing](#) | [Partners4Housing](#)



## Bridge Forward Virtual Event

You're invited to **Bridge Forward** – a free, virtual event for anyone working to improve support for people impacted by Washington's developmental disabilities and behavioral health systems. This free gathering brings together individuals with experience, families, providers, policymakers, and community partners from across the state and beyond to raise awareness, share challenges and successes, and chart a path forward together.

The first two days (**7/24 and 7/25**) of the gathering will be conference-style and include presentations and breakout sessions. The second part of the conference will be interactive. Attendees will join one of two sessions (**7/31 or 8/1**) to plan the future of behavioral health and developmental disability supports in Washington.

If you have questions or need support to register, please contact the Council at [info@ddc.wa.gov](mailto:info@ddc.wa.gov) or (800) 634-4473.

**[Click here to Register \(Zoom\)](#)**

*Featured speakers include a Washington state leaders panel; Anita Cameron, Disability Justice Advocate; a national leaders panel and Whit Downing, mental health and intellectual and developmental disability leader*



## Youth Empowerment Summit

Join the Governor's Committee on Disability Issues and Employment for a virtual Youth Empowerment Summit from **1 - 4 p.m. on Friday, Aug. 1, 2025**. Connect with peers, celebrate disability pride, and learn how to advocate and get involved. Learn more and **[register](#)** by **July 18, 2025**, for the **Youth Empowerment Summit**.







# DCYF EARLY CHILDHOOD COMPLEX NEEDS TRAININGS

**FREE REMOTE PROFESSIONAL DEVELOPMENT,  
IN-SERVICE (STARS) HOURS IS OFFERED FOR ALL  
TRAININGS!**

DCYF is offering trainings to support childcare providers who support infants, toddlers, and preschoolers with complex needs. These trainings will be facilitated by the UW Haring Center and focus on deepening the provider's knowledge in several areas related to individualizing instruction, social-emotional learning, and understanding and supporting challenging behavior!

**Target Audience:** Infant & Toddler Providers (ages Birth-3yr), and Preschool Providers (ages 3-5 yr) - see training descriptions for the focus of each training

**Training Languages:** Trainings are offered in English, Spanish, and Somali!

**Register here:**

<https://tinyurl.com/DCYF-EngSp>



For questions or more information, contact  
Phoebe Yeung at [pcyeung@uw.edu](mailto:pcyeung@uw.edu)

**W** HARING CENTER  
FOR INCLUSIVE EDUCATION





# REFRAMING RIGIDITY\*

Part of a pay-what-you-can  
webinar series for families  
on neurodiversity-affirming  
approaches to understanding  
behavior



Wednesday July 30, 2025



5:00-6:00 pm PT

## In this webinar, we'll explore:

- What's happening neurologically when individuals appear rigid, and how these behaviors can be typical responses to anxiety, cognitive overload, or unmet needs for predictability
- How shifting to a neurodiversity-affirming lens can reshape support
- Practical solutions that center the concerns of the individual, create safety and support flexibility over time



Tabitha Ellison \* Joanna Brodziak




 [Register Here!](#)




**SHIFTED  
PERSPECTIVES**

Register Here: <https://www.shiftedperspectives.com/for-families/courses>




**EPILEPSY**  
FOUNDATION  
WASHINGTON




**MARINERS EPILEPSY  
AWARENESS GAME**




Come out to T-Mobile Park for Epilepsy Awareness  
Game on Saturday, August 2

With this special offer, you can help raise awareness for  
those battling Epilepsy and enjoy tickets for as little as  
\$10. Don't forget to wear purple!



VS



 **August 2, 2025**  **1:10 pm**  **T-Mobile Park**

**BUY TICKETS HERE**

## Going to bat against Epilepsy.

Join us on **August 2** for Epilepsy Foundation Day at T-Mobile Park! We're partnering with the organization to support its mission in addressing the challenging health problems associated with seizures and promoting systemic change that will lead to sustainable improvement for all people living with epilepsy.

Please be aware that as part of our game presentation, there may be flashing lights and loud noises. These elements may occur during pre-game, in-game, and/or during post-game programming.

**EVERY  
WEDNESDAY**  
1 to 2 PM  
(PACIFIC TIME)

DCYF PUBLICATION PPS\_0091 (01-2025)



## Washington State resource for homeless youth & young adults

### Housing resources

#### OHY providers

**OHY resources for youth and young adults** (Washington Department of Commerce)

A guide to help you understand the programs funded by the Office of Homeless Youth (OHY) and where they are located across Washington.

#### Coordinated entry sites

CE aims to guide households experiencing a housing crisis through the crisis response system by providing access to the most appropriate housing through a standardized assessment, prioritization, and referral process.

#### LifePoint Excelsior Wellness (Spokane, WA)

Helps young people 17-21 leaving homelessness, foster care, or psychiatric care get back on track. The program offers support in many areas in the community. It also provides housing.

#### Beth's place (Longview, WA)

Provides a safe place and support for youth ages 13-17 who are experiencing homelessness. Fill out the [form](#) and email [Beth's Place](#) to learn more.

#### Washington Youth Academy (Kitsap, WA)

An educational setting which includes a 22-week intensive residential phase and a two-year post-residential phase where the youth receive intense mentoring and follow-up.

#### Level Up Seattle (Seattle, WA)

Young adults ages 18-24 who are leaving foster care or are housing insecure. They offer safe, sober housing, life skills classes, and mentoring.

#### Ritz Family Ranch (Yacolt, WA)

A home for young men ages 18-24 from all different backgrounds and life experiences. Residents can build life skills, work on school or job goals, and live in a supportive, respectful environment.

#### Housing opportunities in SW Washington

#### AmeriCorps State and National

Eligible to 17 years or older US citizens.

#### Washington Homeless Shelter Directory

### Education resources

#### Homeless Education Liaisons

### Behavioral Health Resources

#### Kids Mental Health Washington

**Youthnet** (Housing support services, independent living programming, Lifeset case management)

#### Home page - Discharge Planner's Toolkit

This tool assists with identifying other housing programs, some of which have behavioral health supportive service components.

#### Mobile Crisis Response Phone Numbers

#### Mobile Response & Stabilization Services for Youth

For youth diagnosed with developmental or intellectual disabilities before the age of 18, there may be housing options available through the [Washington Developmental Disabilities Administration](#).

#### Medicaid (Managed Care Organizations MCOs)

Washington State (Apple Health) Medicaid Managed Care Organizations (MCOs) requires the MCOs to provide and coordinate physical and behavioral health care for their enrollees.

#### Apple Health Managed Care

#### Homeless youth and young adult Medicaid application process

Individuals enrolled in an MCO and needs assistance coordinating their health care services and accessing medically necessary treatment, the individual can request Care Coordination from their MCO. The following can be used to request Care Coordination:

- Molina Healthcare of Washington, Inc (MHW)
- Community Health Plan of Washington (CHPW)
- Coordinated Care of Washington (CCW)
- UnitedHealthcare Community Plan (UHC)
- Wellpoint

MCO Care Coordinators can also assist with referral to Foundational Community Supports (FCS) which provides supportive housing and employment services.

### Other Washington State programs & services

#### Family Reconciliation Services

**Youth and Young Adult Housing Response Team**  
(Office hours Wednesdays 1 to 2 p.m.)

- YYAART office hours flyer

**SNAP benefits**, Youth and young adults considered homeless are eligible. Apply for SNAP and other public benefits at [Washington Connection](#).

#### Washington 211 Resource directory

**Youth Ride Free** (myORCA), Transit is free for riders 18 and younger with Move Ahead Washington



Washington State Hands & Voices

2025

# SUMMER FAMILY SOCIALS

Meet WA State Agencies and Families  
of Children who are Deaf, DeafBlind,  
or Hard of Hearing

**Saturday, July 26**

**11 am - 1 pm**

**Kelsey Creek Farm  
Picnic Shelter**

410 130th Pl SE,  
Bellevue, WA 98005

For Kelsey Creek Farm: To help ensure  
parking is available for all visitors, please  
consider carpooling or meeting off-site and  
arriving at the park in a single vehicle.

**Tuesday, July 29**

**5:30 - 7:30 pm**

**Manito Park  
South Upper Shelter**

1702 S Grand Blvd,  
Spokane, WA 99203

- BBQ and Food
- Games and Activities

Bring your own picnic blankets and chairs

For questions, please email  
[info@wahandsandvoices.org](mailto:info@wahandsandvoices.org)



## 2025 EDUCATION FORUM

FREE online trainings are  
offered by the Harborview  
Abuse & Trauma Center.  
Designed for social services

**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

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/>



## Exploring the Intersectionality of Substance Use Disorders, Mental Health, and Social Justice

We are excited to announce that registration is now open for the **6th Annual Re-Imagining Behavioral Health: Race, Equity & Social Justice Conference!**

The two half-day virtual conference is designed to empower individuals and teams who want to advance health equity and support diversity and inclusion in behavioral health.

The conference is an opportunity to connect with others and join in a meaningful conversation about healing racial trauma, dismantling racism, combating systemic racism and social injustices through the lens of mental health and substance use issues.

### Dates & Times\*

**Thursday, September 25, 10:00 AM - 3:00 PM (PT)**

**Friday, September 26, 8:00 AM - 1:00 PM (PT)**

\*The virtual conference platform will be accessible 30 minutes before and after each day's program. This time will provide an opportunity for attendees to connect and network with each other.

### Place

Virtual (Registration link below)

### Cost

The conference is free to attend.

\*CEUs will be available for behavioral health care professionals.

**Don't miss this opportunity to connect with colleagues, share best practices, and learn how to create a more just and equitable behavioral health system.**

We look forward to seeing you there! Registration Link below.

<https://www.airmeet.com/e/b9936370-3af8-11f0-8f66-e1442694d80c>



# SURVEYS



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.



I am currently working on an interdisciplinary team based in Portland, OR conducting research to help create educational resources for building more integrated housing communities where people with and without intellectual and developmental disabilities (IDD) live together. Your input would be incredibly valuable.

Who should take this survey:

- Individuals living with IDD
- Family members and close friends of people with IDD
- Service providers and professionals who work with the IDD population
- Property managers, developers, and housing professionals

What it involves:

- 5-10 minutes of your time
- Anonymous responses
- Questions tailored to your experience and role

**Why it matters:**

**Your insights will directly inform the development of educational curricula to help communities become more accessible and inclusive. We're working to bridge gaps between housing providers and the IDD community.**

Take the survey here:

[https://urldefense.com/v3/\\_\\_https://forms.gle/DsAx3NgX5eYem5ZbA\\_\\_;!!Mi0JBg!LoTUGrt1HDe7j5xst\\_nxsoQTjSjLD7tv0CTKtNda\\_b-8jq3NhNp3vAeaJnzi4kyz\\_sW2NbctGwTAiEmL5nNgGw\\$](https://urldefense.com/v3/__https://forms.gle/DsAx3NgX5eYem5ZbA__;!!Mi0JBg!LoTUGrt1HDe7j5xst_nxsoQTjSjLD7tv0CTKtNda_b-8jq3NhNp3vAeaJnzi4kyz_sW2NbctGwTAiEmL5nNgGw$)

Thank you for helping us build more integrated communities. Please feel free to share this with others who might have valuable perspectives to contribute.



**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**

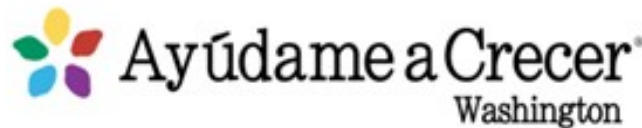
- Creemos que los padres y cuidadores quieren lo mejor para sus familias y tienen la creatividad y la capacidad para superar los desafíos y celebrar los éxitos.
- Nos comprometemos a crear espacios seguros de reflexión, vulnerabilidad, fuera de cuestionamiento y de aprendizaje continuo para padres y 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



## RECURSOS EN ESPAÑOL



<https://www.smart911.com/>



Ayúdame a Crecer tiene los siguientes Cuestionarios:

Conteste el cuestionario gratuito de edades y etapas (ASQ) para descubrir las habilidades que su hijo está aprendiendo y las maneras de apoyar su crecimiento.

Comience un cuestionario

<https://www.asqonline.com/family/31f358>

¿Le interesa aprender más sobre comportamientos como los berrinches y compartir? Conteste el cuestionario sobre habilidades sociales y emocionales.

Comience un cuestionario socioemocional

<https://www.asqonline.com/family/0fbf98>

<https://helpmegrowwa.org/es/>

### Parent Trust

Equipamos a los padres y cuidadores para criar niños seguros, sanos y fuertes.

Puede solicitar una cita telefónica con la Línea de Ayuda Familiar. Un asesor para padres de la Línea de Ayuda Familiar le llamará lo antes posible. Si no puede hablar cuando el asesor llame, puede programar una cita para otra hora.

Envíenos un correo electrónico a [@familyhelpline@parenttrust.org](mailto:@familyhelpline@parenttrust.org) o llámenos al +1-800-932-4673

En caso de emergencia:

Conexión de Crisis: 866-427-4747

Línea Nacional de Salud Mental Materna: 1-800-852-6262

Línea de Ayuda para Suicidios y Crisis 988: Llame o envíe un mensaje de texto al 988



Estás invitado a Bridge Forward

un evento virtual gratuito para cualquier persona que trabaje para mejorar el apoyo a las personas afectadas por las discapacidades del desarrollo y los sistemas de salud conductual de Washington. Esta reunión gratuita reúne a personas con experiencia vivida, familias, proveedores, formuladores de políticas y socios comunitarios de todo el estado y más allá para generar conciencia, compartir desafíos y éxitos y trazar un camino a seguir juntos.

Los dos primeros días (24 y 25 de julio) del encuentro se desarrollarán como una conferencia e incluirán presentaciones y sesiones paralelas. La segunda parte de la conferencia será interactiva. Los asistentes se unirán a una de las dos sesiones (31 de julio o 1 de agosto) para planificar el futuro de los apoyos para la salud conductual y las discapacidades del desarrollo en Washington.

Si tiene preguntas o necesita ayuda para registrarse, comuníquese con el Consejo al [info@ddc.wa.gov](mailto:info@ddc.wa.gov) o (800) 634-4473.



Northwest Justice Project

¿Está enfrentando el desalojo?  
¡Obtenga ayuda!

**Ayuda durante un desalojo**  
Llame al 1-855-657-8387  
Aplique por internet en  
[nwjustice.org/apply-online](http://nwjustice.org/apply-online)  
Para obtener información sobre  
ayuda para pagar el alquiler, visite  
[WashingtonLawHelp.org](http://WashingtonLawHelp.org)

### **Ayuda para Inmigrantes:**

LCYC Abogados para Jóvenes y Niños

Tienen un Plan de Inmigrantes para la Seguridad de los Jóvenes y los Niños  
Por favor visite su página web:

***[Safety+Plan+Spanish.pdf](#)***

***[Apply Online | Northwest Justice Project](#)***



## **Transición:**



Northwest Access Fund

Northwest Access Fund  
PO Box 55759  
Shoreline, WA 98155  
Voice: [206-328-5116](tel:206-328-5116)  
Toll Free: [1-877-428-5116](tel:1-877-428-5116)  
Fax: [206-328-5126](tel:206-328-5126)  
Email: [info@nwaccessfund.org](mailto:info@nwaccessfund.org)

### **Tiene Recursos para:**

Ceguera y Pérdida de Vista  
Pérdida de Audición  
vehículos Adaptados  
Modificaciones al Hogar  
Computadora e Internet  
Comunicación Aumentativa  
Deportes y Recreación  
Prestamos de Equipamiento médico  
Juguetes para Niños y Juego  
Educación Financiera

***[Northwest Access Fund – NWAF](#)***



El Departamento de Salud tiene información sobre  
La Planificación de una transición saludable  
Plan de Transición Familiar: <https://doh.wa.gov/sites/default/files/legacy/Documents/8340/970-155-CSHCN-parent-es-L.pdf>



Manos y Voces del estado de Washington

**2025**

# REUNIONES

## FAMILIARES DE VERANO

Conozca agencias y familias del estado de WA de niños que son Sordos, Sordo-ciegos o con Pérdida auditiva

**Sábado, 26 de Julio**  
11 am - 1 pm  
Kelsey Creek Farm Picnic Shelter  
410 130th Pl SE,  
Bellevue, WA 98005

Para el parque de Kelsey Creek: para asegurar que todos los visitantes tengan estacionamiento disponible, por favor considere compartir carro, o encontrarse en otro lugar y llegar al parque en un sólo vehículo.

**Sábado, 29 de Julio**  
5:30 - 7:30 pm  
Manito Park  
South Upper Shelter  
1702 S Grand Blvd,  
Spokane, WA 99203

- Parrillada y comida
- Juegos y actividades

Triaga sus propias sillas y tapete de picnic  
Para preguntas, por favor escriba a  
[info@wahandsandvoices.org](mailto:info@wahandsandvoices.org)

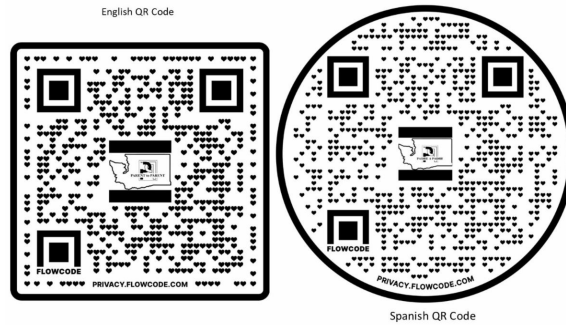


*Haga clic aquí para obtener  
más información...*

**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>



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.***



SOME  
Super Heroes  
Don't have  
CAPES...  
They are  
called DAD

© 2012 www.thatswhatchesaid.net

***25 Fun Father's Day Food Ideas  
Kids Can Help Make...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

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