



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.

September 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*



Parent to Parent, serving every county in Washington state, is a trusted program, providing vital family and peer support programming to thousands of Washington families each year.

But did you know ... that in addition to parent and caregiver support, programs help families build **COMMUNITY**! Parenting a child with a disability can feel lonely and isolating at times. Parent to Parent comes alongside families and connects them to others so they can feel welcome, included and celebrated.

This story was shared recently by our Island County Parent to Parent Coordinator:

'We recently partnered with the new owners of the local movie theater. We offered our first sensory friendly movie, Lilo and Stitch on June 7th. I had my whole family dress up as Stitch and Angel. Kiddos and adults loved having their picture taken with us. There were a few hiccups but all in all seemed like everyone had a good time. There was one mama, she has 5 kids under the age of 7, and one with autism. This was their first event they attended with us. The "goosebumps" moment was when the mom came out of the movie, trying to wrangle all her kids, and said "My daughter just told me this was the best day ever". They have never gone anywhere as a family where she could be herself. Mom was almost in tears.'

One family at a time, Parent to Parent is making a difference!

Goodbye to Catalina Guzman and Martha Alonso (Grant/Adams Counties).

~~~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!



### **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.) Children and Youth Short-Term Stabilization Videos**

If your child has developmental disabilities and behavioral health needs, and you need a break in caregiving while you and your child learn new skills, we have the programs for you! DDCS offers two short-term out-of-home stabilization services to help families reset, learn new skills and return home to a more typical level of support.

Enhanced Respite Services [ <https://www.youtube.com/watch?v=tCHgHJ8vrC4> ] and Intensive Habilitation Services [ [https://www.youtube.com/watch?v=T6lyOw\\_ZU4E](https://www.youtube.com/watch?v=T6lyOw_ZU4E) ] are 30- and 90-day out-of-home programs designed to help youth with a range of behavioral needs. IHS adds family involvement to their service delivery, supporting caregivers to learn new skills and maintain progress when youth return home. ERS and IHS are available to children and youth aged 8-20 who are on a DDCS waiver.

Watch our new videos to hear from two families who share how these services helped them stabilize their lives and re-connect with each other. If you have questions about how to get these services, please talk to your developmental disabilities case resource manager.

### **2.) Following is a summary of provisions related to Medicaid, SNAP, Private School Vouchers, ABLE Act, and a few additional provisions.**

Click link below for the Final Reconciliation Summary document.

[\*\*\*Final-Reconciliation-Summary-7-14.pdf\*\*\*](#)

### **3.) 60 years of Medicaid: A legacy of care in Washington State**

On July 30, we celebrated 60 years of Medicaid, known in Washington as Apple Health. Since 1965, Medicaid has expanded access to health care, supported families in crisis, and helped Washingtonians thrive. From the Affordable Care Act expanding coverage to nearly 2 million people receiving Apple Health (Medicaid) today, the program continues to grow and adapt to our state's needs.

[Learn more about the impact of Medicaid in Washington](#)

Read our [new blog post](#) to see staff reflections and how Medicaid has evolved over the decades.

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#### 4.) About the Health Care Authority (HCA)

Functioning as both the state's largest health care purchaser and its behavioral health authority, the Washington State Health Care Authority (HCA) is a leader in ensuring Washington residents have the opportunity to be as healthy as possible.

There are three pillars of our work: Apple Health (Medicaid); the Public Employees Benefits Board (PEBB) and School Employees Benefits Board (SEBB) programs; and behavioral health and recovery. Under these pillars, HCA purchases health care, including behavioral health treatment for more than 2.7 million Washington residents and provides behavioral health prevention, crisis, and recovery supports to all Washington residents.

For more information, [visit the HCA website](#), where you'll also find contact information.

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#### 5.) Transition Hub - Your Future Your Way

Life changes after high school. It's a time of new opportunities and yes, some challenges too. That's why we built the Transition Hub – to help students with extra support needs (like an IEP or 504 plan) navigate what's next. If you live in Washington, Oregon, Alaska, Hawaii, or the Pacific Territories, learn more about how we can help (click on link below).

<https://transitionhub.org/>

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#### 6.) HR1 Medicaid Cuts: What Happened and What's Next

On July 4, the President signed into law HR1—"The Big Beautiful Bill Act," a sweeping budget reconciliation package that makes historic cuts to healthcare, nutrition, and disability services. These revisions represent some of the most impactful and harmful changes to Medicaid and SNAP (food assistance) in recent history. They deeply affect people with disabilities, families, and communities nationwide, jeopardizing decades of progress and advocacy in disability rights.

##### What Does HR1 Do?

###### **Massive Cuts to Healthcare and Nutrition**

- **17 million people are projected to lose their healthcare coverage by 2034**
- Cuts Medicaid funding to states by 20%
- **Largest cut to SNAP in U.S. history—a 20% reduction in state funding**
- Enacts **work requirements** for individuals age 19-64, who must work, or volunteer 80 hours a month
- Requires more frequent eligibility verification- every 6 months rather than every 12 for adults
- It limits how states can raise money to match their Medicaid responsibilities.

These cuts target core programs that support health, independence, and basic needs for millions of Americans—including people with intellectual and developmental disabilities (IDD).

##### **It Shifts Costs to States**

States will now be responsible for administering these changes without funding to implement them. They will then be forced to make difficult decisions about where cuts are made.

##### **What Does It Mean for People with Disabilities?**

While some **work requirement exemptions** exist:

- Individuals **on SSI or Medicaid waivers are exempt** from work requirements
- But **35% of Medicaid expansion enrollees have disabilities and do not receive SSI**—they may still be subject to work rules

Even more troubling:

**Medicaid waiver services** (such as supported living, employment supports, and personal care) are **considered "optional"**, making them especially vulnerable under budget pressure.

State Legislators could respond by:

- Narrowing eligibility for services
- Lowering provider rates
- Not funding new Waiver slots, which would create waitlists for services
- Cutting services like Dental, Physical, Occupational, and Speech-language services

Click to Watch the August Medicaid Matters webinar

<https://www.youtube.com/watch?v=TGVasOyqONc>

## 7.) Apple Health (Medicaid) Language Access fact sheet for providers

The Health Care Authority (HCA) has published a new fact sheet with information about language access.

Providers should refer to this resource to learn about:

- Working with clients with limited English proficiency (LEP)
- Provider regulatory requirements
- Provider responsibilities to individuals with disabilities
- Interpreter services for Apple Health (Medicaid) providers
- and more

Read the language access fact sheet

<https://www.hca.wa.gov/assets/billers-and-providers/apple-health-language-access-provider-fact-sheet.pdf>

### More information

For more information about language access and interpreter services, view the following resources:

- HCA language access page <https://www.hca.wa.gov/about-hca/language-access>
- HCA interpreter services provider page <https://www.hca.wa.gov/billers-providers-partners/program-information-providers/interpreter-services-providers>
- Nondiscrimination statement <https://www.hca.wa.gov/about-hca/nondiscrimination-statement>

## 8.) Bullying Can Make Kids Anxious to Start a New School Year—Here's How Parents Can Help.

### Create a safe space to talk.

It's important to rebuild trust through communication. Have regular check-ins with your child and create a safe space at home to talk about how school is going. It can be helpful to ask open-ended questions and listen carefully to their response.

### Prepare your child emotionally.

You should acknowledge your child's feelings by validating your child's fear, anger, or anxiety. Say things like, "It makes sense you're nervous about going back" instead of minimizing their experience

### Reaffirm your child's worth.

Praise your child's effort, courage, and kindness, not just outcomes. Remind them that what happened to them doesn't define who they are.

### Model resilience.

As a parent, it could be helpful to share your own experiences of overcoming age-appropriate difficult situations and show them that asking for help and setting boundaries are normal and healthy behaviors. Additionally, you could role-play scenarios so that your child feels prepared to respond to teasing or exclusion.

### Involve the school as soon as possible.

Schedule a meeting with key staff early on – speak to your child's teacher and principal before the new school year starts. Together, you should create a safety/ support plan.

Read More at Parents Magazine (click link)

<https://www.parents.com/starting-new-school-year-after-bullying-11776630>

## 9.) Back to School Tips for Parents

### □ 1. Establish Routines Early

Why it matters: Consistency creates a sense of security and helps children transition more smoothly.

Tips:

- Start the school-year bedtime and wake-up schedule 1–2 weeks before school starts.

- Set up a morning and evening routine chart for younger children.
- Practice school morning routines (packing lunches, getting dressed, leaving the house on time).

## □ 2. Prepare School Supplies & Clothes in Advance

Why it matters: Avoiding last-minute stress helps everyone feel more ready.

Tips:

- Review the school supply list and shop early.
- Let kids help choose supplies to build excitement.
- Lay out a week's worth of clothes to reduce morning decisions.

## □ 3. Talk About Expectations & Feelings

Why it matters: Children (and teens) may feel anxious—talking it out helps normalize and manage those emotions.

Tips:

- Ask open-ended questions like, “What are you looking forward to?” or “Is anything making you nervous?”
- Share your own positive school experiences.
- Reassure them it's okay to feel a mix of emotions.

## □ 4. Update Calendars & Organize Logistics

Why it matters: Avoid schedule conflicts and ease anxiety about transportation or after-school care.

Tips:

- Mark school start dates, holidays, and events on a family calendar.
- Arrange carpools or after-school programs in advance.
- Practice the school route if it's new.

## □ 5. Plan Healthy Meals & Snacks

Why it matters: Nutrition impacts focus, energy, and mood.

Tips:

- Prepare a list of easy, balanced lunch and snack ideas.
- Involve kids in packing lunches or choosing meals.
- Stock up on grab-and-go items for busy mornings.

## □ 6. Handle School Paperwork Promptly

Why it matters: Missing forms or permissions can cause delays and stress.

Tips:

- Create a designated “school paperwork” spot at home.
- Complete forms (health, emergency contact, etc.) as soon as you receive them.
- Track passwords and logins for online portals.

## □ 7. Connect with Teachers & Support Staff

Why it matters: Builds a partnership and shows your child that school is important.

Tips:

- Attend back-to-school night or orientation if offered.
- Send a brief email to introduce yourself and your child.
- Learn about support services (special education, mental health, counselors).

## □ 8. Prioritize Sleep & Screen Time Boundaries

Why it matters: Sleep affects learning, behavior, and emotional regulation.

Tips:

- Create a calming bedtime routine.
- Power down devices at least 30–60 minutes before bed.
- Use parental controls or time limits if needed.

## □ 9. Encourage a Learning-Friendly Home Environment

Why it matters: A calm, organized space can help build good study habits.

Tips:

- Set up a dedicated homework area, free of distractions.
- Keep school materials easily accessible.

· Celebrate learning by reading together or exploring educational games.

#### □ 10. Model Positivity & Resilience

Why it matters: Kids mirror adult attitudes toward school, stress, and change.

Tips:

- Avoid negative talk about school or teachers.
- Use challenges as teachable moments.
- Remind your child that mistakes are part of learning.

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#### 10.) **Find Resources Near Me | AS360**

Find the right resources for your individual needs. Use the filters below to search by your location, type of services, insurance coverage, language spoken by the provider, and age group served. AS360 is adding new resources to our database daily. Check back for updates or contact us if you'd like your resource to be added! [www.as360.org](http://www.as360.org)

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#### 11.) **Recreational Guide - AS360**

Pathways to Play Taking part in community recreation is great for kids! These activities and experiences boost confidence, increase physical activity, and enhance play and social interactions. There are many community programs and activities to choose from. Deciding on the best activities for your child and family can take time and access to the right information.

You can make informed choices ...[www.as360.org](http://www.as360.org)

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#### 12.) **Heading Forward: Community Connections**

- **Supporting Veterans and Military Families?**
- **TBI InfoComics (educates and inform about common symptoms of TBI and ways to manage them.) also in Spanish Emergency Preparedness Expo in Lynnwood**
- **Survey on Employment and Disability**
- **Safety and Fun with Safe Kids!**
- **TBI Virtual Support Groups and Support Group Guide!**
- **Struggling with Caregiver Burnout? Need Someone to Relate?**
- **Designing Inclusion for Students with Disabilities**
- **What is Partner-Inflicted Brain Injury? (English and Spanish)**
- **Do You Know About the National Indigenous Women's Resource Center (NIWRC)?**
- **Learn More about TBI in Corrections and Justice Systems? (A.H.E.A.D.)**
- **Need More Training Resources on Brain Injury?**
- **Your Voice Matters!**

Click for the articles: [\*\*Heading Forward: Community Connections\*\*](#)

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#### 13.) **Information and Referral (I&R) provides information about services and assists in connecting people with resources and services.**

WA211 provides free and confidential Traumatic Brain Injury (TBI) I&R Services.

□ Dial 2-1-1 or (877) 211-9274 for support.

□ Watch WA211 Information & Referral - Help is just a contact away to learn more.

□ Dial 9-8-8 for the Suicide and Crisis Lifeline for help during a crisis, emotional support, referrals, and resources.

□ Link in with Teen Link, a program of Crisis Connections that serves youth in Washington State. For teens by teens, volunteers are trained to listen to your concerns and talk with you about whatever's on your mind. Dial (866) 833-6546 for Teen Link!

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#### 14.) **The Office of Equity and Washington for All!**

Explore the [\*\*Office of Equity and Washington for All\*\*](#) - a collaborative site across Washington State agencies and community organizations - your number one stop for resources that serve everyone in Washington state.

□ We're here for anyone who calls this state home. We understand that access to resources is often confusing, or hard to find. We want to make it easy. Here you will find resources that help you get answers to questions, find documents and guides, and generally provide you with tools and information to support

your needs. We look forward to adding to these resources and staying true to our commitment to public service.

□ [WA for All](#) - Resources to help you thrive!

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### 15.) Looking for Safe Kids Events & Resources?

□ Free Car Seat Clinic!

Join us at Kadlec Regional Medical Center in the parking garage on the 4th floor to learn how to safely harness your child in their seat and how to install the seat in your vehicle. Takes place from 10am-2pm on the fourth Saturday of every month- No appointment needed! Contact *Benton-Franklin Health District* at [InjuryandViolencePrevention@bfhd.wa.gov](mailto:InjuryandViolencePrevention@bfhd.wa.gov) or 509-460-4200 for more info.

□ Kids Fire Camp!

Learn with South County Fire about how to stay safe while at home, at play, or on the road with free and fun activities for the whole family! Tour a fire engine and meet the firefighters! Learn hands-only CPR! No registration required. Find the camp schedule and more info *here*! Can't make it in person? Check out the *Online Fire Camp*! Online camp is free, but please register *here*.

□ Check Out the *Safe Kids Washington online learning modules*!

Topics include pedestrian safety, brain injury guide for parents, emergency preparedness, fall prevention, winter safety, farm safety, child passenger safety, playground safety, sports safety, traffic safety gardens, water safety, and bike safety, and more!

\* Activate Learning about Traffic Safety!

Check out the *Traffic Garden Toolkit*, a resource guide for pop-up and permanent traffic gardens, developed in collaboration by community partners and the TBI Council. Add a *traffic safety garden* to your spring and summer events!

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### 16.) Spread the Word About Free & Low-Cost Child Care

Many families living in Washington state qualify for free or low-cost child care, but they may not know about it. You can help by sharing information with parents, caregivers, and your community.

The Washington state Department of Children, Youth & Families (DCYF) has put together a toolkit with ready-to-use materials that make spreading the word easy!

Visit [www.dcyf.wa.gov/childcare/toolkit](http://www.dcyf.wa.gov/childcare/toolkit) to access printable flyers, sample social media posts, and email templates. Whether you work directly with families or want to help your community stay informed, these resources make it easy to connect families to the support they need.

Want to know more about the Working Connections Child Care Subsidy Program?

Visit [www.dcyf.wa.gov/childcare](http://www.dcyf.wa.gov/childcare) or call 844-626-8687. Help is available by phone in multiple languages.

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### 17.) Discover Pass

Check Out Washington is a program that allows individuals to check out a special Discover Pass at their local library. Library cardholders can reserve a limited-edition Discover Pass for a week at a time and can experience day visits at Washington State Parks or land owned by the Washington Department of Fish and Wildlife (WDFW) and the Department of Natural Resources (DNR) free of charge.

To learn more, visit <https://www.discoverpass.wa.gov/148/Check-Out-Washington>



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



## CONFERENCES / SEMINARS & SPECIAL EVENTS

The



Kindering embraces children of diverse abilities and their families by providing the finest education and therapies to nurture hope, courage, and the skills to soar.



### 2025 CHEF HAMEED'S WASHINGTON STATE FATHERS NETWORK KICKOFF BREAKFAST

**Date:** Saturday, September 6, 2025

**Time:** 9am-12pm

**Location:** Kindering Bellevue - 16120 NE 8<sup>th</sup> St., Bellevue, WA 98008

The Washington State Fathers Network Kickoff Breakfast is coming up soon. Join us for a free meal of pancakes, eggs, sausage, hashbrowns, coffee, and juice. This is a great way to meet other families and enjoy wonderful food prepared by a team of Network dads.

Please let us know if you're coming so that we can make sure we have enough food. RSVP by September 4 by filling out this [RSVP Form](https://forms.office.com/r/95SgevYcVC) (forms.office.com/r/95SgevYcVC).

We hope to see you there!

Questions? Contact Matthew Rickmon at [MATTHEW.RICKMON@KINDERING.ORG](mailto:MATTHEW.RICKMON@KINDERING.ORG).

*This event is sponsored by the Washington State Fathers Network, a program of Kindering.*



BELLEVUE | BETHELL | REDMOND | SEATTLE  
[WWW.KINDERING.ORG](http://WWW.KINDERING.ORG) | (425) 747-4004

# Annual Chef Hameed's 2025 Kickoff Breakfast is Kicking Off Soon (Sept 6th)!

Click below to Register

<https://fathersnetwork.org/time-to-rsvp-for-the-fathers-network-kickoff-breakfast/>



## Blueprints to Special Education

**September 13th  
9 am to 2:30 pm**

This in-depth training workshop will teach participants how to utilize the Individuals with Disabilities Education Act (IDEA) to develop appropriate services for their child or student. Register today!

<https://washingtonautismalliance.org/events/blueprints-to-special-education-2025-sept/?occurrence=2025-09-13>

# The Steven Williams Memorial – Fathers United Weekend

Sept 12-14, 2025

Calling ALL Dads, grandfathers,  
and male caregivers

Are you a father or male caregiver that is  
seeking a community who can support you in  
your journey?

**Soundview Camp**  
**8515 Key Peninsula Hwy, S**  
**Longbranch WA, 98351**

Bring your bedding, pillow, and all your questions!

**Scan to Register**



Dads MOVE is a 501c3 organization that provides peer support, training,  
advocacy, and resources to the families of special needs children of  
Washington State.

Call us at: 1-800-736-0979

## REMEMBER TO REGISTER!!!

<https://secure.givelively.org/event/dads-move/the-steven-williams-memorial-fathers-united-weekend>

Members of Dads MOVE have traveled a road similar to yours and can help! We have worked towards recovery with our kids, and have learned about IEPs, parenting techniques, de-escalation, reward systems, sibling issues, navigating schools, etc. Let us share this with you!

This weekend event is open to Dads, grandparents, and male caregivers, who have children with special needs or children struggling in their family, or extended family.

There is a \$ 35 registration fee for the weekend and includes lodging and meals.

**This fee is 100% refundable at check-in! You show up, we refund you the registration. Its that simple.** We want you to be there!

Friday evening (4pm check in) to Sunday checkout (noon). We can arrange travel to get you there.

If you are struggling financially and would like a scholarship to attend, please reach out to Jessica Kellam at: [jkellam@dadsmove.org](mailto:jkellam@dadsmove.org)- we will get you sorted!



## **Navigating IDD:**

### **What to Watch For During IEP Meetings and Evaluations**

**The Arc of King County**

**September 10th**

**7:00-8:30 pm via Zoom**

What to Ask, What to Watch For During IEP Meetings and Evaluations, with Heather Kolbly, esq.  
Register Here:

***[Navigating IDD: What to Watch For During IEP Meetings and Evaluations : Community Calendar : The Arc of King County](#)***



## **Information Education Opportunities: IED/504 Plans**

### **The Brave Warrior Project**

**September 12th**

**10:00-11:30am**

Register Here: ***[Schedule Appt with The Brave Warrior Project](#)***



**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

June 2025



## 2025 EDUCATION FORUM

FREE online trainings are offered by the Harborview Abuse & Trauma Center.

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



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

**UW Medicine**  
HARBORVIEW  
MEDICAL 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/>



**Celebrate Dads on the Continuing Journey**

**Creating Our Path Forward**

**Register Now for the Seventh Annual Fatherhood Summit  
and Second Annual Dad Allies Awards**

**Sept. 18, 2025**

**Bethaday Community Center  
605 SW 108<sup>th</sup> Street, Seattle, WA 98146**

Join us in person for the 2025 Fatherhood Summit. This year's theme celebrates fathers and invites us

to create our path forward for the Washington Fatherhood Council. The afternoon promises to be full of powerful insights and thoughtful discussion.

We value the voices of fathers! Some support for travel costs is available for dads to attend the event, including mileage, child care expenses and compensation for lived experience for a limited number of fathers. [Contact us](#) for questions.

## Registration is limited to 120 attendees so register ASAP

**Click Here to Register: [2025 Fatherhood Summit - Celebrate Dads the Continuing Journey Tickets, Fri, Sep 19, 2025 at 12:00 PM | Eventbrite](#)**

### Overview:

- This event is free.
- Doors open at noon with a light lunch and refreshments.
- The event begins at 1 p.m.
- Closing remarks begin at 4 p.m.

### Highlights:

- Keynote Presentation: The Unspoken Truth of Fatherhood - Needed but Not Nurtured
- 2025 Dad Allies Awards - See below for details
- Award Winner Dads Panel discussing their experiences with our keynote speaker.
- Group discussions to develop the next steps for the Washington Fatherhood Council

***Let's Keep Momentum Going for Fathers in Washington!***

In these times of state and federal budget cuts and program changes, it is more important than ever for us to make sure fathers' voices are at the table. The Washington Fatherhood Council will present our 2nd annual Dad and Dad Allies Awards at our Seventh Annual Fatherhood Summit on Sept. 19, 2025. The awards will be given to recognize fathers and allies who promote the positive impact fathers have on their children, family and communities.



## 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>



# Rooted & Resilient

**Starting Sept 23rd!**

## A 6-Week Emotion Regulation Group for Parents

Created with care to support parents in building calm, connection, and confidence—one week at a time.

**Register here!**



- Weekly Reflection Prompts
- Skills Worksheets
- Personal Growth Exercises
- Mindful Parenting Tools

**Tuesdays 5:00 PM to 6:30 PM**  
**Virtual on MS Teams**

*"When we are no longer able to change a situation, we are challenged to change ourselves."—Viktor E. Frankl*

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

## ARE YOU A PARENT LOOKING FOR SUPPORT?

Dads M.O.V.E. seeks to provide parents and caregivers of children with mental and behavioral health challenges the tools, support, and trainings to be fully engaged in their child's recovery.



Scan the QR code to fill out our referral form!




We can connect you with support and resources, **fill out the form below** and one of our staff members will be in touch with you to learn more about you and your family's needs.

**Did you know- Dads MOVE also offers Youth Peer Support? If you are or have a Teen that could use support- please have a conversation together and have them complete the self-referral below!**

<https://dadsmove.my.site.com/referrals/s/>

New Group Coming Soon...



## SURVEYS



Division of Vocational Rehabilitation

Washington State Department  
of Social and Health Services

*"Transforming Lives"*

DVR and the Washington State Rehabilitation Council are collaborating with San Diego State University's Interwork Institute to gain a deeper understanding of the employment needs of individuals with disabilities in Washington.

**Could you please invite those you serve to take the survey?** The link below is specific for participants of VR and youth/student services. It will take about 20 minutes. Participation is entirely voluntary, and answers will be anonymous – no names or personal information will be collected.

To complete the survey, youth/students/families can follow this link:

[https://sdsu.co1.qualtrics.com/jfe/form/SV\\_bplaoQpUbRL1v4a](https://sdsu.co1.qualtrics.com/jfe/form/SV_bplaoQpUbRL1v4a)

For questions or to get the survey in a different format, students and families can email Dr. Andrew Karhan at [akarhan@sdsu.edu](mailto:akarhan@sdsu.edu) or DVR staff at [stateplan.dvr@dshs.wa.gov](mailto:stateplan.dvr@dshs.wa.gov). You may also call DVR at 800-637-5627.

**Thank you** for helping us share this message with students, youth, and families. Your help is greatly appreciated.

Pablo Villarreal, M.Ed (he/him)  
Assistant Director, Workforce and Youth  
509-220-3963 Cell [Pablo.Villarreal@dshs.wa.gov](mailto:Pablo.Villarreal@dshs.wa.gov)

Division of Vocational Rehabilitation  
**Washington State Department  
of Social and Health Services**



**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



### Oficina de Educación y Resolución de Quejas

*Escuchamos. Informamos. Ayudamos a resolver problemas.*

#### Sobre Nosotros

¿Tiene alguna pregunta o inquietud sobre la educación pública K-12? Comuníquese con la Oficina del Mediador de Educación y es posible que podamos ayudarle.

Podemos responder preguntas, compartir recursos y facilitar la comunicación. Los servicios son gratuitos y confidenciales, y se ofrecen adaptaciones lingüísticas y para discapacitados. Seleccione su idioma en el selector de idiomas para completar una solicitud en línea de servicios de la OEO:

<https://services.oeo.wa.gov/oeo>

X @EdOmbuds

f /WAEducationOmbuds

📷 /WA\_Education\_Ombuds

#### Oficina de Educación y Resolución de Quejas

**Escuchamos.**

**Respondemos preguntas.**

**Ayudamos a Resolver Problemas.**

Oficina de Educación y Resolución de Quejas  
de la Oficina del Estado de Washington.

**Education  
ombuds**

Tel: 1-866-297-2597  
Web: [www.oeo.wa.gov](http://www.oeo.wa.gov)  
Spanish

[oeoinfo@gov.wa.gov](mailto:oeoinfo@gov.wa.gov) / [www.oeo.wa.gov](http://www.oeo.wa.gov) / 1-866-297-2597

## Ver recursos y eventos adjuntos - Haga clic aquí

### DEL SUBSIDIO PARA CUIDADO INFANTIL WORKING CONNECTIONS

#### Kit de herramientas para la campaña

Muchas familias que viven en el estado de Washington califican para recibir cuidado infantil gratuito o de bajo costo, pero es posible que no lo sepan. Puede ayudar compartiendo información con los padres, los cuidadores y su comunidad.

Este kit de herramientas incluye materiales listos para usar (folletos, publicaciones en redes sociales y plantillas de correo electrónico) para facilitar la difusión de la información. Ya sea que trabaje directamente con familias o que quiera ayudar a su comunidad a mantenerse informada, estos recursos facilitan conectar a las familias con el apoyo que necesitan.



#### MENSAJES IMPORTANTES

Los puntos más importantes que queremos compartir cuando hablamos sobre el programa del subsidio para cuidado infantil:

- Muchas familias de Washington califican para recibir cuidado infantil gratuito o de bajo costo.
- Las familias pueden recibir ayuda para presentar la solicitud en varios idiomas.
- Las familias pueden comprobar su elegibilidad y presentar la solicitud en línea o por teléfono.
- Los copagos con el subsidio para cuidado infantil no superan los \$165 por mes. Algunas familias incluso podrían no pagar nada.



#### Cómo promocionar el programa del subsidio para cuidado infantil:

- Comparta información en sus canales de comunicación usando los materiales de este kit de herramientas.
- Agregue información sobre el subsidio para cuidado infantil a su sitio web, boletín informativo o cartelera comunitaria.
- Use los volantes, las publicaciones en redes sociales y las plantillas de correo electrónico provistos para difundir la información.
- Exhiba materiales impresos en zonas de gran afluencia para que las familias puedan verlos.
- Conéctese con socios y organizaciones para ayudar a amplificar esta información.

**Materiales listos para usar:**

Visite [dcyf.wa.gov/childcare/toolkit](http://dcyf.wa.gov/childcare/toolkit) para descargar los recursos. Los materiales están disponibles en inglés, español y somalí.

DEL SUBSIDIO PARA CUIDADO INFANTIL WORKING CONNECTIONS...  
**Haga clic aquí para ver el resto de la información**

**¿Qué es Educación Especial?**

(What is special education? - Spanish version)

Esta hoja informativa es un resumen rápido de lo que es la educación especial.

**Servicios**

La educación especial es un conjunto de servicios para estudiantes con discapacidades que resultaron elegibles por medio de una evaluación. Toman lugar en la escuela y están designados para ayudar a su hijo a lograr progreso en su educación.

**Lugar y Tiempo**

Los servicios de educación especial pueden darse en salones de clase o en el salón de educación regular de su hijo junto con sus compañeros con y sin discapacidades. Pueden tomar lugar durante la mayor parte del día o solo unas pocas veces a la semana. La educación especial es diferente para cada estudiante.

**Programa de Educación Individualizado**

Si su hijo recibe educación especial, la escuela escribirá un Programa de Educación Individualizado (IEP) por sus siglas en inglés. Este es un documento que explica qué servicios recibirá su hijo. También tendrá información acerca de en dónde y con qué frecuencia su hijo recibirá los servicios. Usted tiene derecho a discutir el IEP con el equipo del IEP del cual usted también es un miembro, y decirles si usted no está de acuerdo con el Programa.\*

\*Para más información acerca de cómo abordar los desacuerdos con el IEP de su hijo, vea la hoja informativa "¿Cómo puedo estar en desacuerdo con el IEP de mi hijo?"

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PACER Center no es una agencia de servicios legales y no proporciona consejos jurídicos ni representación legal. El contenido de este recurso es solo con fines informativos y educativos, y no debe usarse como un sustituto de asesoría legal.

Este hoja informativa fue creada en colaboración con una subvención del Departamento de Servicios Humanos de Minnesota  
**PACER CENTER**  
CAMPEONES DE NIÑOS CON DISCAPACIDADES

**Haga clic aquí para ver el documento.**

**Parte 1:****¿Qué es un cambio de colocación en educación especial?**

(Part 1: What is a placement change in special education? - Spanish version)

Esta hoja de consejos explica la colocación de educación especial y cómo se decide. La Parte 2 define la configuración de ubicación y lo que puede causar un cambio de ubicación para su hijo.

**¿Qué determina la colocación?**

La colocación de su hijo en la educación especial se decide por los servicios que recibe, la frecuencia con la que ocurren y su derecho a la educación en el Entorno Lo Menos Restrictivo (LRE).

Cuando su hijo califica por primera vez para la educación especial, el equipo del Programa de Educación Individualizado (IEP, por sus siglas en inglés), compuesto por el personal de la escuela y los padres, planifica qué servicios necesita su hijo y con qué frecuencia para ayudarlo a lograr un progreso significativo en su educación. Luego, el equipo determinará dónde pueden recibir estos servicios en el LRE.

**¿Qué es el entorno lo menos restrictivo?**

LRE es una parte importante de la Ley de Educación para Personas con Discapacidades (IDEA, por sus siglas en inglés), la ley de educación especial de EE. UU. Establece que un niño con un IEP debe ser educado en el salón de educación general tanto como sea posible. Un ejemplo de esto es tener un paraprofesional o un maestro de educación especial que venga al salón de educación general para apoyar a su hijo.

Cuando su hijo pasa tiempo en un aula de educación especial, aunque a menudo es necesario, eso se llama un entorno más restrictivo.

IDEA requiere que los equipos del IEP primero consideren proporcionar ayudas y servicios complementarios como tareas escolares modificadas o apoyo paraprofesional para un estudiante en el aula de educación general antes de considerar una colocación más restrictiva.

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CAMPEONES DE NIÑOS CON DISCAPACIDADES

**Haga clic aquí para ver el documento.**

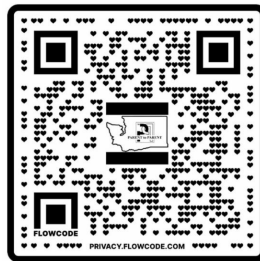
**Haga clic aquí para obtener más información...**

**Espanol Recursos**

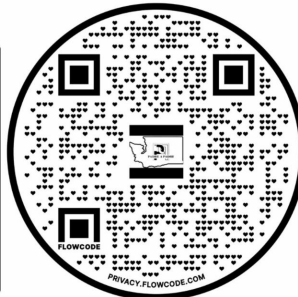
Para compartir sus comentarios o historias participación en el programa de Padre a Padre, acceda al enlace o código QR que aquí les compartimos!

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

English QR Code



Spanish QR Code



**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.**

**"Two roads diverged in a wood,  
and I - I took the one less traveled by,  
and that has made all the difference."**

**Robert Frost**

***Little Chiefs with Mommy...Kids Cooking Fun ...click here!***



USA

ALLIANCE MEMBER

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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