



# 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.

## April 2026

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



For many reading this newsletter, you know firsthand the VALUE and IMPACT of Parent to Parent. We hear story after story about lives changed. Parents and family members who once felt alone and isolated now have connection and community. For those who may be unfamiliar with our work, or haven't been involved recently, did you know that Parent to Parent provides:

- One of a kind **PEER SUPPORT**: Veteran parents and caregivers, who have participated in the 'Helping Parent' training, provide support, information and guidance to NEW parents and caregivers who are just starting the journey. Learn more about the evidence- based matching program here: <https://www.p2pusa.org/research/>
- Information and referral: Parent to Parent provides information about resources and services that can benefit children and families. From navigating the DDOS system, to applying for federal benefits, and sharing information about local services, the 50+ Coordinators (who are also parents and caregivers) connect families to resources on a daily basis.
- Parent/caregiver and sibling groups: Many programs host parent and sibling groups- fostering supportive connections so that family members can learn and grow (socially and emotionally) right alongside their children with disability.
- Inclusive and welcoming family events: Hosting fun family events where all are welcome and included- these can often be the 'first step' for many families who then feel more comfortable accessing more formal support through the program.

To summarize, one Skagit County parent recently said it like this:

*'I really don't know what I would have done without P2P. Even when there are events I can't attend, I feel so good knowing there is a community of parents out there. All the folks that work there know my name and are so kind and welcoming. I feel like I know who I can ask if I have any question (IEP, DDA, resources) and they will point me in the right direction. Sibshops are so amazing for my non-ND kiddo and P2P held a fantastic Wellness Workshop today. It felt good just to be around other parents and do fun stuff! We are so lucky to have this program. It literally makes me cry when I try to talk about it.'*

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Welcome, Shannon Watkins, King County P2P Coordinator: also, Kitsap County P2P Coordinator, Hannah Guzman.

~~~Tracie, Theresa, Maria and Jackie

**'Por informacion en espanol, mirar hacia abajo en la pagina'**



Remember to check out our [Parent to Parent page](#) on The Arc of Washington's website ([P2P Map & Coordinator info](#) here or scan the QR Code to the left). 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.) Participating in Service Planning

Everyone who receives services from us has the right to participate in their own service planning. In this episode of our Client Rights series, Ivanova Smith interviews Michelle Sturdevant-Case and people with lived experience to find out what this right means to them.

If you receive services from us, or support someone who does, this video is for you!

Click the link below to watch Participating in Service Planning, or check out our Client Rights video playlist for more episodes.

<https://www.youtube.com/watch?v=8Z4ZiRuYvWE>

[https://www.youtube.com/playlist?list=PLb1tUPq5ofBGKD8ymHlfngPWu8Ko\\_iajW](https://www.youtube.com/playlist?list=PLb1tUPq5ofBGKD8ymHlfngPWu8Ko_iajW)

## 2.) Do You Have an Individual Provider?

If you've decided to receive in-home personal care through Community First Choice and hire an individual provider through Consumer Direct Care of Washington, CDWA will handle all the administrative duties of hiring and payroll. As the managing employer, it's up to you to select and manage your care so that you are getting the support you want from the caregiver you choose. This video explains caregiver management resources available to help you learn how to select, manage and dismiss a personal care provider.

Click the link below to watch this newest Community First Choice video. For the rest of the series, check out our CFC [video playlist](#).

[Click here for Video: Caregiver Management Resources](#)

## 3.) The Arc's Center for Future Planning

Our center empowers people with disabilities and their families to take charge, plan ahead, and build lives filled with dignity, security, and purpose.

- [Deciding Where to Live - The Arc's Center for Future Planning](#)
- [Financing the Future - The Arc's Center for Future Planning](#)
- [Friends & Social Life - The Arc's Center for Future Planning](#)
- [Making Decisions - The Arc's Center for Future Planning](#)
- [Work & Daily Activities - The Arc's Center for Future Planning](#)

### [Plan for Peace of Mind - The Arc's Center for Future Planning](#)

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#### 4.) National Center for a System of Services for CYSHCN Virtual Cafes.

The National Center for a System of Services for CYSHCN hosts a series of virtual cafés crafted for Title V CYSHCN programs, providing information about a topic of interest or relevant emerging need. Virtual cafés provide space for collaboration and meaningful conversations among Title V CYSHCN programs and professionals. The 2026 café schedule is available on the National Center website.

Please note that the Virtual Café schedule is subject to change; we encourage participants to register through our website to receive the most up to date information.

Find the website here: <https://www.aap.org/en/patient-care/national-center-for-a-system-of-services-for-children-and-youth-with-special-health-care-needs/blueprint-for-change-virtual-cafes/>

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#### 5.) UW Medicine Patient Education: Transition Care Program at UW Medical Center:

The Transition Care Program (TCP) at UWMC supports young adults with complex medical needs, their families, and their healthcare providers as these young adults move from child-centered to adult-centered medical care. Find an informative brochure here:

[https://healthonline.washington.edu/sites/default/files/record\\_pdfs/Transition-Care-Program.pdf](https://healthonline.washington.edu/sites/default/files/record_pdfs/Transition-Care-Program.pdf)

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#### 6.) Get a \$50 match when you open a new ABLÉ account!

By having a Washington State ABLÉ Savings Plan (WA ABLÉ), <https://www.washingtonstateable.com/> you can:

- Save money without impacting benefits
- Invest and spend tax free
- Get more of the things you need

There are already plenty of great reasons to open a Washington State ABLÉ Savings Plan account, but we'll give you another one...

- Get a **\$50 match** when you open a new ABLÉ account through **April 30**

Eligible individuals who make a minimum contribution of \$25 when opening their ABLÉ account will receive a \$50 match. Use the promo code **WAABLE2026** when signing up and jumpstart your savings!

There's never been a better time to start saving for your future.

[See the promotion rules for more details.](#)

#### ENROLL TODAY

<https://connect.vestwell.com/signup/washington-able>

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#### 7.) Transition Collaborative

This project is a collaboration of several partners to improve transition planning for special education students who qualify for services offered by the Developmental Disabilities Community Services (DDCS).

[Click here for Transition Collaborative Project](#)

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#### 8.) UW Employment Program

**Employment for All** - Our mission is to provide resources to individuals with a disability seeking to establish themselves as independent, contributing members of their community.

[Click here for UW Employment Program](#)

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#### 9.) 2025 Film Festival Access Through the Wise Learning Center

Did you know that a **Wise Learning Center** membership includes access to films from the 2025 Community Summit Film Festival?

Through the Learning Center, members can view curated selections from **Sproutflix — Making the invisible visible**. Sproutflix curates award-winning films from around the world that center the stories of people with disabilities.

***Are you in Washington State and new to the Wise Learning Center? - [Click here to Register](#)***

If you already have an account with the Wise Learning Center, simply log in to access the content library, where you can find both the Summit recordings and the Sproutflix films.

***Already have a Wise Learning Center Account? - [Click here to Log into the Learning Center](#)***

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## **10.) Washington Thriving Strategic Plan: A Roadmap to Well-Being for Every Child, Youth and Young Adult**

***[Click here for the WA-Thriving-Strategic-Plan.pdf](#)***

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## **11.) DDCS Choking Caregiver Bulletin**

Do you know the top causes of choking and how to respond if it happens to someone you care for? Check out our care provider bulletin and two short videos on choking prevention and first aid.

Read our ***[Choking Care Provider Bulletin](#)*** to learn more about:

- Common foods that people choke on.
- Common causes of choking.
- How to tell if someone might be choking.
- Choking first aid for adults and infants.

Other resources:

- ***[Aspiration/Choking plan form.](#)***
- Commonwealth of Pennsylvania webpage – ***[Choking Prevention.](#)***

Watch our two-part video series to test your choking knowledge and learn how to do abdominal thrusts, featuring DDCS staff Michael Rogers and Will Nichol. Click the links below to watch the videos.

***[Click here for DDCS Choking Caregiver Bulletin](#)***  
***[Choking Prevention video](#)***  
***[Abdominal Thrust How To video](#)***

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## **12.) The Yellow Dot Program**

The Yellow Dot program is a traffic safety initiative that provides first responders with critical personal medical information necessary to treat victims at the crash site. Because the first hour or the “golden hour,” following an injury is the most crucial, this information can mean the difference between life and death.

Download printable medical information booklet

***<https://wayellowdot.com/wp-content/uploads/2024/11/Washington-State-Yellow-Dot-Program.pdf>***

Order a Yellow Dot decal

***<https://wayellowdot.com/>***

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## **13.) New Informing Families flyers:**

- ***[Resource flyer](#)***
- ***[Informing Families Program flyer](#)***



Find opportunities for your child to grow and develop. Learn about early intervention services and connect with other families.



Transitioning from birth-to-three services to the school system comes with a series of changes and challenges. The road is bumpy, but help is available.



Learn ways for your child to be included in school and your local community. Inclusion is key to your child's social, psychological and cognitive development.



Help your child transition to life as an adult by making the most of high school transition services and be prepared for the day the school bus stops coming.



Adult services, housing, employment, independent living. Find out what's available and how to create a system of support outside the family home.



As your son or daughter gets older, you're faced with a complex set of issues, concerns and emotions to navigate. No longer are your adult child's needs the only ones to consider. As you age, your needs are changing too.

Visit our website at [www.informingfamilies.org](http://www.informingfamilies.org) for the most up-to-date, accurate information on developmental disabilities in Washington State.



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



## Apple Health/Coordinated Care

Coordinated Care's Apple Health Foster Care Overview includes program information, insurance coverage and special benefits for youth in foster care, adoption support, alumni of foster care and families that choose Coordinated Care.

Caregivers may be surprised at the benefits that can help them!

Facilitated by Zia Freeman, MA, LMHC Community Educator with Coordinated Care

**When: Apr 1, 2026 12:01 – 02:30PM**

**Register in advance for this meeting:**

***Meeting Registration - Zoom***



## 2026 ECHO Autism Communities Symposium

At this free symposium event, experts and participants learn together about specific topics to enhance services, access, care, and advocacy within the autism community.

Get ready for an event that will empower, inspire, and connect you with leading autism experts dedicated to advancing high-quality care. The 6th Annual ECHO Autism Communities Symposium is your opportunity to explore best-practice care, effective interventions, and practical strategies in autism advocacy and services—all from the comfort of your home. Click below for more information and registration.

**Register now for this free all-day event!**

**April 2, 2026 8:00 am - 3:15 pm CT**

***<https://echoautism.org/symposium-2026/>***

To become a member use link below...

***<https://wahandsandvoices.org/become-a-member/>***





## Call for Resource Partners

Do you have information or resources you would like to share with the Community Summit Virtual Attendees?

**Please check out the link below and submit the application form by April 3rd.**

Information will be featured on the event website for attendees to browse. Your custom profile can include:

- Contact information and website links
- Brochures or informational flyers
- Videos introducing your organization or services
- Additional resources for attendees

**June 3, 2026**  
**8:30 am - 5 pm PT**

The 2026 Community Summit is a one-day virtual conference bringing together self-advocates, families, friends, partners, and allies to collaborate and strengthen more inclusive communities across Washington.

Stay up to date with the latest announcements at [communitysummit.ws](https://communitysummit.ws).

***Resource Partner Application due April 3rd***



### Naloxone and Fentanyl: A detailed discussion

Naloxone has become a popular item for folks to carry and use in case of an Opioid overdose in users, but many do not really know what it does or the best way to use it. In addition, the Opioid Fentanyl has grown in popularity for adults, and it is often added to other drugs unbeknownst to the user, (often youth), which makes it even more dangerous. Learn more about the history of Fentanyl in this training, details of how to use Naloxone, where to obtain it, and recommendations on how to provide aid to others. Content developed by Mark Varela, SUDP, Addictions Systems of Care Liaison with Coordinated Care.

Facilitated by Zia Freeman, MA, LMHC, Community Educator with Coordinated Care

**When: Apr 3, 2026 12:00 – 02:00pm**

**Register in advance for this meeting:**

**<https://centene.zoom.us/meeting/register/rCgQnH0YQ2SIYLSd-XqEFA>**



## Caregiver Support

### For Adoptive, Kinship, Guardianship and Foster Parents

The Placing Agency you used does not matter. Private agency and DCYF families are welcome.

- Do you ever feel alone, not knowing whom you can talk to about the concerns a child with trauma history can bring to the family? Do you care for a relative child, but are overwhelmed by their issues?
- Do you have experience as a caregiver or adoptive parent and want to support others? *Are you new to fostering and want to hear from those with experience and ask direct or hard questions?*
- Did you adopt a child years ago, but are now struggling with new parenting challenges?
- Do you want to learn how to support the youth in your home as they grow?

Join us to learn and laugh about the joys and challenges of parenting these unique kids!

**NO COST to attend!**  
Group sponsored by Coordinated Care.

**WHEN:** The group is held on the 2<sup>nd</sup> & 4<sup>th</sup> Thursday of each month.

**TIME:** 6:00pm – 7:30pm

**Location:** (Zoom platform) click link below to join at start of group:

<https://centene.zoom.us/j/93339639459?pwd=OCtNMIIIY1pZNWRvZ0Zld0tHM3ZVdz09>

This group is facilitated by Zia Freeman, MA, LMHC, Community Educator for Coordinated Care. She has many years of experience running support groups for caregivers & adoptive parents, as well as currently providing trauma-informed based trainings in the community. She has worked in adoption and foster care for most of her extensive career and is a licensed mental health counselor.

*This is intended to be a supportive group where attendees can openly talk and share ideas with one another! Discussions are driven by who attends each time (common themes include attachment, behavior, academics, grief & loss, identity, cultural & family connections) with support, resources and understanding on being a caregiver for children with a background of trauma. Training certificates are provided for attendees that can be used for licensing.*

**Only adults should log on. Please ensure youth do not hear the discussion so that attendees can feel free to comment openly and take a little break! You deserve it!**

This is an open group, and you can attend any session. For more information contact:

**Zia Freeman, facilitator, at 1-509-202-7894 or**

**[Zia.Freeman@CoordinatedCareHealth.com](mailto:Zia.Freeman@CoordinatedCareHealth.com)**

Click below for Zoom link refrerenced in flyer above:

<https://centene.zoom.us/j/93339639459?pwd=OCtNMIIIY1pZNWRvZ0Zld0tHM3ZVdz09#success>





JOIN US FOR A PANEL  
DISCUSSION/WEBINAR:

# Autism in Indian Country

Featuring:

MADRIENNE WHITE,  
MUCKLESHOOT  
TRIBE



BOBBI DUNCAN-  
ISHCOMER, TSALAGI  
(CHEROKEE) NATION



LeAnn Ishcomer,  
Choctaw Nation



DATE & TIME

**APRIL 14TH, 2026**  
**2:00-3:30PM PST**



To Register, use this QR Code:



FOR MORE INFORMATION EMAIL:

ZSIDDEEK@ARCOFKINGCOUNTY.ORG



**Fetal Alcohol Spectrum Disorders (FASD)  
10th International Conference on  
Adolescents and Adults with FASD  
April 18–21, 2026, Seattle**



FASD affects an estimated **1–5% of school-aged children—making it more prevalent than autism—yet more than 80% of individuals remain undiagnosed.** Many children with FASD are already served within health systems but without identification or FASD-informed supports tailored to their neurodevelopmental profiles.

The **10th International Conference on Adolescents and Adults with FASD (April 18–21, 2026, Seattle)** convenes leaders across maternal-child health, disability services, education, and behavioral health to advance practical solutions: earlier identification, standardized diagnostic frameworks, trauma-informed and brain-based care models, and cross-system coordination that reduces fragmentation and improves long-term functional outcomes.

**Registration information click below link:**

<https://fasdunited.org/fasd2026/fasd-2026-registration/>



## **Help Support Smooth Transitions from School to Adult Life - Your Voice Matters!**

*The Transition Collaborative* wants to hear your recommendations for how to help students with Individual Education Plans move from school to adult life. Your recommendations will help shape a plan due to the Legislature this coming October, as requested under *Senate Bill 5253*

**Listening sessions are scheduled through April.** Everyone must register for this event. Please follow the registration link for the session that applies to you:

### **Students, Families and Advocates**

**Wednesday, April 22nd**

**6–7:30 PM**

*Community Listening Session Flyer*

To Register: *Sign up online.*

### **Educators**

**Thursday, April 23**

**3:30–5:00 PM**

*Education Listening Session Flyer*

To Register: *Sign up online.*

### **Community Rehabilitation Providers**

**Wednesday, April 29**

**1–2:30 PM**

**To Register:** Please email Shelby Satko - [shelby.satko@dshs.wa.gov](mailto:shelby.satko@dshs.wa.gov)  
of the Washington State Rehabilitation Council.

### **Tribal Consultation**

## Dates to be determined.

You can find out more about the Transition Collaborative, register for the appropriate listening session, and request needed accommodations or translations by visiting the [Transition Collaborative Project website](#).

### State agencies and supporting councils that make up the Transition Collaborative include:

- Office of Superintendent for Public Instruction
- Developmental Disabilities Community Services
- Division of Vocational Rehabilitation
- Department of Services for the Blind
- Washington State Rehabilitation Council
- Washington State Developmental Disabilities Council



## Representing the Cross-Disability Community: A Panel Discussion *GCDE is sharing this content from our friends at WASILC.*

Join the Washington Statewide Independent Living Council (WASILC) for an inspiring event where you'll hear directly from members of the cross-disability community.

This panel will highlight the diverse experiences—physical, sensory, intellectual, psychiatric, and developmental—that shape our community. Come listen to powerful stories and innovative ideas that advocate for a more inclusive and accessible future for everyone.

### Event Details

**Date: Wednesday, April 29th, 2026**

**Time: 1:00 PM (PST)**

**Location: Online via Zoom**

### Join the Conversation

Access the meeting on the day of the event using the link below:

Join meeting: <https://bit.ly/3M0r3My>

### About WASILC

The Washington Statewide Independent Living Council (WASILC) is dedicated to promoting advocacy and independence. By sharing these lived experiences, we work together to find thoughtful solutions to the challenges faced by individuals with disabilities every day.





## Families, Physicians, Nurses -Are all welcome-

- Meet local PWS families
- Ask the Expert panel & connect with PWS professionals in your area
- Find out about treatment for hyperphagia (extreme unsatiated hunger)
- Learn how the Soleno PACE team works alongside families during their treatment journey with product support and resources.

### **PWS Roadshow near you!**

Bellingham, Washington  
1-4 pm Sunday, May 3, 2026

Fox Hall~Best Western Plus Bellingham  
3985 Bennett Dr, Bellingham, WA 98225

**For other dates & locations  
and to register: pwsa-or-wa.org**

Olympia/Tacoma, Washington  
Yakima/Richland, Washington  
Spokane, Washington  
Bend, Oregon  
Medford, Oregon  
Salem/Eugene, Oregon

### **Your PWS Village Starts Here!**



## Infant and Early Childhood Conference

The 2026 IECC conference will be held **May 4-8, 2026** virtually via Zoom.

### **Online Registration**

**PLEASE NOTE: All sessions will be held virtually (on line) via Zoom.** There will NOT be any face-to-face (in person) sessions. Sessions are held in PST time zone.



Please consider making a donation toward the Infant and Early Childhood Conference. Any funds received would help us continue to provide high quality training for the 2026 conference.

<https://ieccwa.org/2026/registration/>

# Insights into Animal Behavior and Autism

Dr. Temple Grandin will share practical ways to support different thinking and learning styles, along with helpful insights on animal behavior. You will also see a screening of Temple Grandin: An Open Door and take part in a live Q&A with Dr. Grandin. A book signing will follow.

Explore practical ways to support sensory-based, verbal, mathematical, and auditory learners, learn how schedules help many people on the autism spectrum, and find simple strategies that can make classwork easier to manage.

## Event Details

**Wednesday, May 6, 2026**

**Doors open at 8:00 am**

**Whitworth University campus (building #15)**

300 West Hawthorne Road  
Spokane, WA 99251

Pre-registration discounted price: \$69.95

Ticket cost at the door: \$79.95

**Questions:** Contact Future Horizons at [fhautism.com/about-us/contact-us/](https://fhautism.com/about-us/contact-us/)

**Accommodation Requests:** [carissa@fhautism.com](mailto:carissa@fhautism.com)

[Register Here](#)



WASHINGTON STATE  
**FATHERS  
NETWORK**



*Our planning committee will be putting together a dynamic, forward-looking agenda designed to spark ideas, foster collaboration, and drive meaningful change for Washington families navigating children's behavioral health services.*

**May 4th, 2026**

***Save the Date!***  
***The WA Statewide  
Family Network Children's  
Behavioral Health Summit 2026  
is on the horizon!***

*More details will be coming in the months ahead—stay tuned!*



**41st Annual Father's Day Camp Out**  
**Friday, June 19 - Sunday, June 21**

This free, family-friendly event is open to everyone in the network. Join us over Father's Day weekend at Washington Park in Anacortes for a memorable time together outdoors. Group dinner will be provided on Saturday evening. We hope you'll join us in June as we celebrate all the incredible dads in our community!

If you plan to attend, please take a moment to RSVP here: <https://forms.office.com/r/9jNvAHHqdM>

Feel free to reach out to Jeremy with any questions or if you are interested in learning more about this event.

His contact information is:  
Email: [fathersnetwork@sherwoodcs.org](mailto:fathersnetwork@sherwoodcs.org)  
Cell: (425) 470-7160

You can also check out the website at: [www.fathersnetwork.org](http://www.fathersnetwork.org) for more information.



## **Say it Out Loud Conference**

**Monday, May 18, 2026**

The Say it Out Loud conference is built for peers, providers, advocates, partners, and community members who believe in creating systems of care where everyone is valued, heard, and supported.

This year's theme is unapologetically us! Bold voices, brave futures! The theme reflects Washington State's commitment to centering 2SLGBTQIA+ voices, celebrating lived experience, and strengthening behavioral health supports across Washington State.

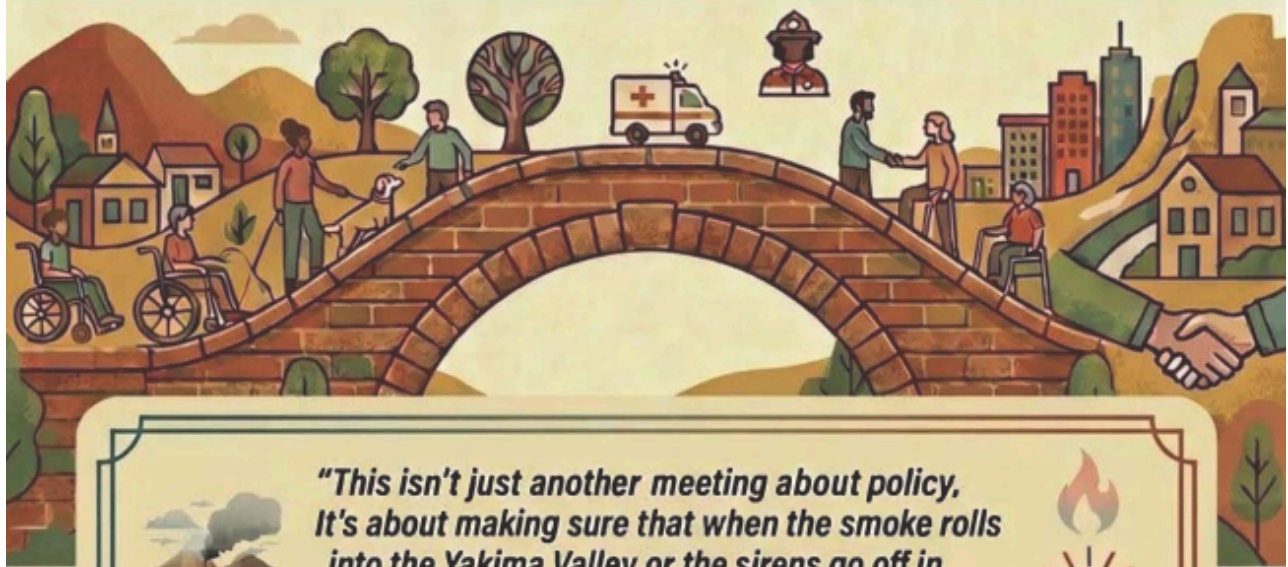
***[Click here to Read the Say It Out Loud conference flyer](#)***

***[Click here to register for the Say It Out Loud Conference](#)***



# SAVE THE DATE: Operational Connection 2026

Building the Bridge Between Responders and the Disability Community



*"This isn't just another meeting about policy, It's about making sure that when the smoke rolls into the Yakima Valley or the sirens go off in Spokane, the connection between our responders and our disability community is already built."*



## EVENT DETAILS



### YAKIMA, Oxford Suites

1701 E. Yakima Ave, Yakima, WA 98901



Wednesday, May 27th, 2026



09:30 AM - 04:00 PM



### SPOKANE, Northeast Community Center

4001 N. Cook St. Spokane, WA 99207



Thursday, June 18th, 2026



09:30 AM - 04:00 PM

## WHO SHOULD ATTEND

[First Responders, Emergency Managers]  
[Disability Advocates, Community Members]  
[Policymakers, Local Leaders]

## KEY TOPICS

[Inclusive Emergency Planning]  
[Accessible Communication Strategies]  
[Resource Coordination]

Registration is limited. Register now!

ASL and Captioning provided



Spokane Registration



Yakima Registration



# SURVEYS



WSCC is partnering with WSU to strengthen how data informs children's behavioral health in Washington State.

What do you wish our state knew about our children, families, and the barriers we face?

Your voice is important!

[Click here for the survey.](#)



**TAKE OUR P2P SURVEY!** Please tell us how we're doing!  
Use the QR Code or 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 (P2P) 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.




## IMMIGRATION SAFETY

DCYF: *In Case of Family Separation: Placement Process Flow Chart* | Washington State Department of Children, Youth, and Families

Desde DCYF: Recursos para familias impactadas por preocupaciones relacionadas con inmigración  
 Diagrama de Flujo de Separación Familiar de Inmigrantes  
<https://youtu.be/EyRF4m7BXMU>




## RECURSOS EN ESPANOL



Community First Choice

**Acerca de los servicios de CFC**

Los servicios que aparece aquí son los que se ofrecen como parte del programa Community First Choice (CFC) a los clientes elegibles.



### Community First Choice Opciones de servicios

#### Cuidado personal

Los servicios de cuidado personal ofrecen asistencia con tareas cotidianas como bañarse, vestirse o administrar sus medicamentos. Si es elegible, usted elige un cuidador calificado. El DSHS paga la verificación de antecedentes y la capacitación básica como cuidador para todos los cuidadores calificados.

Puede recibir servicios de cuidado personal en su hogar o en su comunidad, si vive en:

- ✓ Su casa
- ✓ Un hogar familiar para adultos
- ✓ Una institución de vida asistida

#### Capacitación para supervisión de cuidador

Su cuidador remunerado es una parte importante de su equipo de apoyo. Usted supervisa la rutina diaria de su cuidador. Hay capacitación disponible para aprender a seleccionar, supervisar y despedir a sus cuidadores.

#### Cuidado de relevo


Puede utilizar un cuidador de relevo para dar un descanso a sus cuidadores regulares, o para que releve a su cuidador regular si está enfermo o no está disponible. Usted determina cuántas de sus horas autorizadas de cuidado personal quiere utilizar para que trabaje su cuidador de relevo.

#### Capacitación para obtención de habilidades

Hay capacitación disponible que le ayuda a ser más independiente en sus tareas cotidianas de cuidado personal. Puede usar algunas de sus horas de cuidado personal o sus límites anuales estatales del año fiscal para adquirir capacitación para obtención de habilidades. Esto permite que un cuidador le enseñe a desempeñar algunas tareas de cuidado personal. Su cuidador remunerado puede ayudarle con las siguientes tareas:

- Cocinar y preparar comidas
- Lavar sus manos y rostro
- Hacer compras
- Lavar y peinar su cabello
- Hacer labores domésticas
- Aplicar maquillaje
- Lavar ropa
- Rasurarse con una rasuradora eléctrica
- Bañarse (excluyendo la transferencia)
- Cepillar sus dientes o cuidar de su dentadura postiza
- Vestirse
- Cuidado de la menstruación
- Aplicarse desodorante

Para solicitar servicios comuníquese con su administrador de caso de la DDA. Si actualmente no recibe servicios pagados, puede llamar a la oficina local o visitar [www.dshs.wa.gov/dda/service-and-information-request](http://www.dshs.wa.gov/dda/service-and-information-request).



Transforming lives

DHS-22-1416 SP (Rev. 8/18) Spanish

#### Tecnologías de asistencia

La tecnología de asistencia, que incluye equipos y otros artículos, puede ayudarle a realizar tareas sin ayuda de otra persona, o a ser más independiente en sus tareas cotidianas.

Para recibir tecnología de asistencia quizá necesite una recomendación profesional sobre qué artículo es mejor para que aumente su independencia. El profesional le recomendará la tecnología apropiada y puede ayudarle a aprender a usarla. La tecnología de asistencia se compra con su límite anual estatal del año fiscal.

#### Sistema Personal de Respuesta a Emergencias (por sus siglas en inglés, "PERS")

Un PERS es un dispositivo electrónico que utiliza sobre su persona y que está conectado a su teléfono, que le permite obtener ayuda en casos de emergencia. Cuando lo activa, el personal de un centro de respuesta seguirá las instrucciones que usted proporcionó para pedir ayuda.

Además, hay servicios adicionales disponibles para equipar su PERS con detección de caídas, localizador GPS o sistema de administración de medicamentos.

Su administrador de caso le ayudará a determinar si califica para estos sistemas.

Si califica para el servicio, una unidad PERS estándar está incluida en su paquete de beneficios de CFC. Los servicios adicionales se cobrarán de su límite anual estatal del año fiscal.

#### Servicios de transición a la comunidad

Los servicios de transición a la comunidad pueden ayudarle a mudarse de un entorno institucional a la comunidad. Usted puede decidir mudarse a su propia casa, a una casa familiar para adultos o a una institución de vida asistida con apoyos.



Encuentre oportunidades para que su hijo crezca y se desarrolle. Conozca los servicios y conéctese con otras familias.



La transición a los servicios desde nacimiento hasta los 3 años del sistema escolar viene con desafíos, pero la ayuda está disponible.



Aprenda maneras para que su hijo sea incluido en la escuela y su comunidad local. La inclusión es clave para el desarrollo del niño.



Ayude a su hijo/hija a hacer la transición de vida como adulto aprovechando al máximo los servicios de transición a la escuela secundaria.



Servicios para adultos, vivienda, empleo, viviendo independiente. Descubra cómo encontrar apoyo fuera del hogar.



A medida que su hijo o hija crece, usted se enfrenta con un conjunto complejo de problemas preocupaciones y emociones que debe enfrentar.

Visite nuestro sitio web: [informingfamilies.org](http://informingfamilies.org) para la información de fechas más precisas y actualizadas sobre el desarrollo discapacidades en el estado de Washington.



# FAMILIAS UNIDAS

PARA UN MEJOR FUTURO

Una conferencia **bilingüe** para familias y otros que cuidan niños; Incluidos aquellos con discapacidades del desarrollo y otras discapacidades

Sábado, 18 de Abril, 2026

8am-3pm

(Abriremos las puertas a las 7:30am)

Sunnyside High School

1801 E. Edison, Sunnyside, WA

Créditos Stars disponibles

Sorteo de Tarjetas de Regalo

Feria de Recursos

Proporcionaremos el Almuerzo

El Mariachi de La Escuela

**GRATIS!**

PRESENTACIONES EN LOS SIGUIENTES TEMAS:

- ABOGACIA EN LA EDUCACIÓN ESPECIAL • APOYO PARA NIÑOS CON DESAFÍOS DE CONDUCTA
- TRANSICIÓN A LA VIDA ADULTA • APOYOS LABORALES
- SERVICIOS COMUNITARIOS PARA DISCAPACIDADES DEL DESARROLLO (DDCS)
  - TRASTORNO DEL ESPECTRO AUTISTA
- LA PERSPECTIVA DE UN PADRE SOBRE LA TRANSICIÓN A LA VIDA ADULTA

**SOCIOS DE LA CONFERENCIA:**

PAVE // Inspire Development Centers  
 Sunnyside School District // Astria Health of Sunnyside  
 Yakima County Parent to Parent & Children's Village  
 Developmental Disabilities Community Services (DDCS)  
 Department of Vocational Rehabilitation (DVR)

**¡SE REQUIERE INSCRIPCIÓN PREVIA!**



NO habrá cuidado de niños.  
 Por favor haga arreglos para el cuidado de sus niños.

Si necesita ayuda hable al:  
 Centro de Inspire Development  
 509.837.2225

[familiesunited2026.eventbrite.org](http://familiesunited2026.eventbrite.org)



## **Padres involucrados desempeñan un papel fundamental en las familias saludables.**

La Red de Padres del Estado de Washington (WSFN) cumple su misión al crear conexiones significativas entre los padres y vincularlos con recursos e información esenciales. Brindando a los papás herramientas para compartir sus historias y abogar por el cambio, mientras promovemos la inclusión en cada comunidad a la que servimos.

### **Cómo involucrarse:**

#### **REUNIONES DE GRUPO LOCAL**

- Los capítulos locales en todo Washington ofrecen espacios para que los padres se conecten.
- Los padres comparten experiencias, consejos y recursos en un entorno de apoyo.
- Si un capítulo no se reúne regularmente, hay información de contacto disponible para un padre local que puede brindar apoyo.
- Cuando existe suficiente interés, se pueden formar nuevos grupos.

#### **INFORMACIÓN Y RECURSOS**

- Sección de recursos en nuestro sitio web con herramientas y guías seleccionadas.
- Página activa en Facebook para actualizaciones y para compartir en la comunidad.
- El boletín de WSFN destaca recursos, noticias y más/nuevas oportunidades.
- Apoyo informal entre pares a través de amistades creadas en reuniones y eventos.



#### **PROMOCIÓN Y NARRACIÓN DE HISTORIAS**

- Animar a los padres a compartir sus experiencias de criar hijos con necesidades especiales de atención médica.
- Crear plataformas para que esas historias influyan en la inclusión, la legislación y la concienciación pública.
- Promover las voces de los padres, las familias y los niños para garantizar que sus necesidades estén representadas en la comunidad en general.

#### **EVENTOS**

- Reuniones anuales a nivel estatal, como la Conferencia de Padres y el campamento en Anacortes.
- Eventos de capítulos locales como noches de póker, fiestas del Super Bowl o salidas familiares.
- Oportunidades tanto para actividades familiares como para espacios exclusivos para hombres en donde se puedan conectar.

#### **MANTENTE CONECTADO**

- Únete a la página de WSFN en Facebook.
- Únete a nuestra lista de correo para mantenerte informado sobre próximos eventos y otros temas de interés para padres y familias.
- Para obtener más información, comunícate con [fathersnetwork@sherwoodcs.org](mailto:fathersnetwork@sherwoodcs.org).

La Red de Padres del Estado de Washington está dedicada a empoderar a los padres, fortalecer a las familias y construir un futuro más inclusivo para los niños con discapacidades o necesidades especiales de salud.

**[Haz clic aquí para el documento con Recursos en español del boletín.](#)**



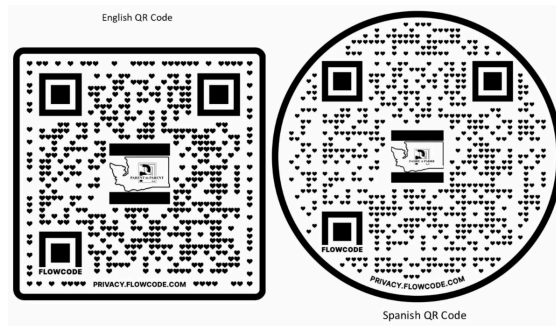
**Haga clic aquí para obtener más información...**

**[Español 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!

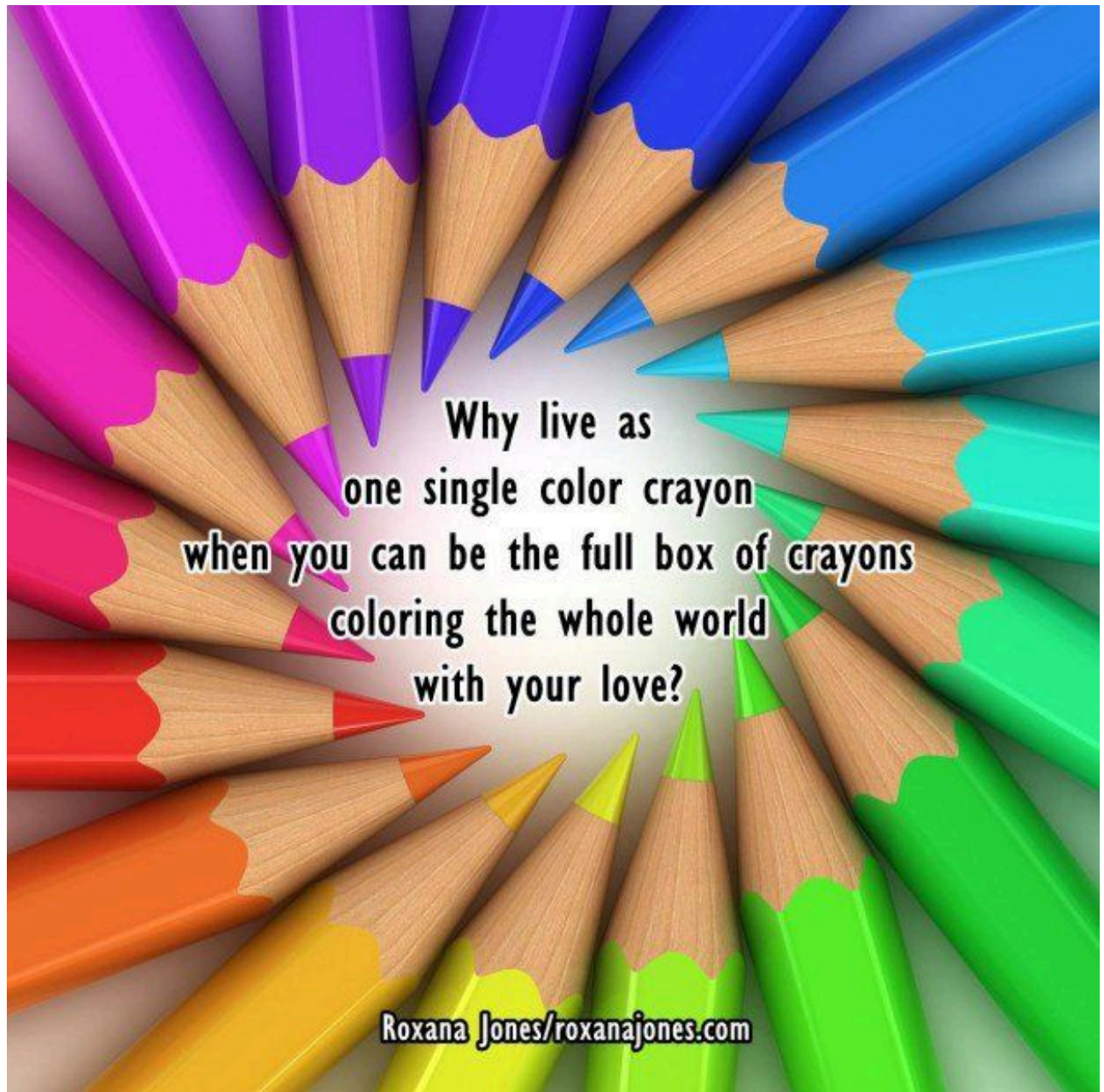
<https://www.surveymonkey.com/r/M5JZWW8> (Spanish)



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.*



**Why live as  
one single color crayon  
when you can be the full box of crayons  
coloring the whole world  
with your love?**

**Roxana Jones/roxanajones.com**

***20 Easter Treats to Make with your Kids ...click here!***



USA

ALLIANCE MEMBER

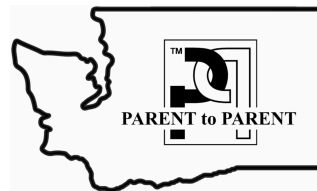
Committed to Parent to Parent  
USA Endorsed Practices

### 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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