



# 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.

## June 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*



At the end of May, nearly 50 Parent to Parent Coordinators from across Washington State came together (in-person and virtually) for our annual Spring Training. Spring Training provides support, connection and training for an amazing group of parents and caregivers who provide peer and family support services in local communities.

We enjoyed a workshop provided by the University of Washington Center for Child and Family Well-Being titled, 'Everyday Mindfulness & Self Compassion'. There was also time set aside for small group discussion, an 'Ask the Expert' panel with veteran Parent to Parent Coordinators, and a 'Back to Basics' session where we advanced our learning around all things P2P, including the evidence-based parent matching program, our legislative statute (yes, you'll find Parent to Parent in RCW 71A.14.120!), and more!

THANK YOU to our statewide partners- the Developmental Disabilities Administration and the Washington State Department of Health, Children and Youth with Special Health Care Needs Program- for supporting this annual training event!

~~~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.) Washington State Department of Health

The Department of Health works with others to protect and improve the health of all people in Washington State.

- [Infants, Children and Teens Links and Services | Washington State Department of Health](#)
  - [Adolescents & Young Adults | Washington State Department of Health](#)
  - [Watch Me Grow Washington | Washington State Department of Health](#)
- [Click here for Washington State Department of Health](#)
- 

## **2.) Parents and Caregivers Can Build Resilience with Self-Care - Seattle Children's**

Parenting is joyful, fun, rewarding and exciting. It can also feel challenging, frustrating, stressful and tiring, though it can be hard to admit those feelings. Know that all feelings are valid, and highs and lows in your parenting journey are completely normal.

How you manage those feelings can make a big difference in your well-being, your parent-child relationship, and in your child's well-being.

[Click here for link](#)

## **More Self-Care Links**

- [The Importance of Self Care | DSHS](#)
  - [Caregiver Support Groups | DSHS](#)
  - [Managing Stress | DSHS](#)
  - [Depression | DSHS](#)
  - [Respite Care | DSHS](#)
  - [Caregiver Training | DSHS](#)
  - [Home - Washington - Consumer Direct Care](#)
- 

## **3.) Caregiver Resources/DSHS**

Talk to caring people for practical caregiving information and help finding local resources/services by calling your local [Community Living Connections/Area Agency on Aging or Home and Community Services Office](#).

- [Family Caregiver Handbook](#)
- [Register - Washington State Community Living Connections](#)
- [DSHS Approved Continuing Education Training - CareLearnWA](#)
- [Kinship Care | DSHS](#)

[Click here for Caregiver Resources | DSHS](#)

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## **4.) Lifespan Respite WA**

PAVE LRW staff administers the Lifespan Respite Voucher program for unpaid, unserved family caregivers of all ages, across Washington State.

[Click here for Washington's Lifespan Respite - PAVE](#)

[Click here for Lifespan Respite Care Program | ACL Administration for Community Living](#)

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## **5.) Washington Diaper Program**

The Washington Diaper Program supports community-based organizations in distributing diapers, wipes and other essential baby products to families in need.

[Click here for Washington Diaper Program – Washington State Department of Commerce](#)

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## **6.) NW Rare Disease Coalition**

We support the Pacific Northwest's rare disease community through programming, education, and by articulating a bipartisan policy platform to inform and engage legislators. Through direct advocacy, industry partnership, and policy collaboration we focus on ending the diagnostic odyssey, improving access to care, and accelerating development of new treatments in the region and beyond.

[Click here for NW Rare Disease Coalition](#)

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## **7.) The Catatonia Foundation**

Recognizing the overlap between autism, other neurodevelopmental disorders and catatonia is critical — yet it is often overlooked. Because many symptoms of catatonia can resemble or intensify traits already associated with autism or other neurodevelopmental disorders, the early signs may be dismissed as part of the person's baseline or attributed to stress, behavioral changes, or developmental fluctuation.

[Click here for Symptoms & Diagnosis of Catatonia | Catatonia Foundation](#)

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## 8.) PAVE: Partnerships for Action, Voices for Empowerment

PAVE is a parent-directed, nonprofit organization serving individuals with disabilities, families, and professionals. Since 1979, it has provided information, training, and support for over 1 million people. They offer toolkits, articles, and events on topics like autism spectrum disorder, healthcare transition, and insurance planning.

[Click here for PAVE: Partnerships for Action, Voices for Empowerment](#)

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## 9.) Transitioning from High School to Adulthood

- [Preparing for Life After School | DSHS](#)
  - [Transitioning to Adult Healthcare](#)
  - [School to Adulthood: Planning for Life after High School - PAVE](#)
- 

## 10.) Developmental Disabilities Administration | DSHS

- [Services for Children and Youth with Developmental Disabilities | DSHS](#)
  - [Services for Adults with Developmental Disabilities | DSHS](#)
  - [Information for Service Providers | DSHS](#)
- 

## 11.) New Early Childhood navigation tools: Cross-system Matrix and Provider How-to Guides

Health Care Authority (HCA) is sharing a bundled set of Early Childhood resources designed to help providers and partners understand how early childhood systems connect and how to apply that knowledge in real-world referral scenarios. [These tools](#) are intended to support early identification, reduce fragmentation, and help connect children and families to the right support at the right time.

[Infant-early childhood mental health services | Washington State Health Care Authority](#)

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## 12.) A Roadmap to Well-Being for Every Child, Youth, and Young Adult

[Click here for the link to Washington Thriving](#)

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## 13.) BenefitU

BenefitU.org is your go-to website to navigate your benefits with confidence. Our mission is to give you the tools to make informed decisions so you can take control of your benefits and your future.

[Click here for the Homepage - BenefitU](#)

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## 14.) Kick off the summer season with Washington State Parks

Memorial Day Weekend marks the official start of the summer season at Washington State Parks — and we can't wait to see you on the trail and back at camp. To help you start the season off right, we've pulled together everything you need in this helpful guide to make sure all your visits are safe, fun and the stuff of lifelong memories.

Find parks for your next adventure

[https://parks.wa.gov/find-parks?](https://parks.wa.gov/find-parks?utm_content=&utm_medium=email&utm_name=&utm_source=govdelivery&utm_term=)

[utm\\_content=&utm\\_medium=email&utm\\_name=&utm\\_source=govdelivery&utm\\_term=](https://parks.wa.gov/find-parks?utm_content=&utm_medium=email&utm_name=&utm_source=govdelivery&utm_term=)

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## 15.) Ben's Fund

Helping children and young adults with Autism is our passion. We help people with autism reach their full potential through financial aid and access to support services.

[Click here for Ben's Fund | Families For Effective Autism Treatment](#)

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## 16.) Informing Families: Durable Medical Equipment (DME)

### What is Durable Medical Equipment?

Durable Medical Equipment is also referred to as DME and is medical equipment that is used in the home to assist in a better quality of life.

Through Medicare and Medicaid, DME is defined as:

- Durable (withstand repeated use)
- Expected to last at least 3 years
- Typically for someone who is sick, injured, or experiences a disability
- Used for medical reasons
- Used in your home

Some examples of DME are canes, walkers, wheelchairs/scooters, commode chairs, patient lifts, and more.

**How to Ask for Medical Equipment?...**[\(Click here for the rest of the bulletin\)](#)

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## 17.) Support for Washington Families & Self-Advocates

Find trusted information, connect with others, and navigate disability supports across every stage of life.



[Click here for Informing Families | Trusted Resources for Families](#)

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



# CONFERENCES / SEMINARS & SPECIAL EVENTS



**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).

[\*\*Register Here\*\*](#)





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

- Meet local PWS families
- Ask the Expert panel & connect with PWS professionals in your area
- Find out about new and potential future treatments for hyperphagia (extreme unsatiable hunger)
- Connect with Soleno PACE for product support and resources

## Your PWS Village Starts Here!

### Coming to a city near you

#### **Tri-Cities, Washington**

Saturday, June 20, 2026 at 5 pm-8 pm,  
Gesa Carousel of Dreams, Richland

#### **Bend, Oregon**

Saturday, June 27, 2026 at 1-4 pm  
Comfort Inn Redmond Airport

#### **Spokane, Washington**

Saturday, July 11, 2026 at 1 pm-4 pm,  
DoubleTree by Hilton Spokane City Center

#### **Medford, Oregon**

Saturday, July 18, 2026 at 1-4 pm  
Best Western Crater Lake Highway

#### **Albany, Oregon**

Saturday, August 22, 2026 at 2-5:30 pm  
Historic Carousel & Museum, Albany

#### **Olympia, Washington**

Tentively scheduled for Sept 19, 2026



**For more information &  
To register:  
[pwsa-or-wa.org](http://pwsa-or-wa.org)**



WASHINGTON STATE  
**FATHERS  
NETWORK**



## 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.

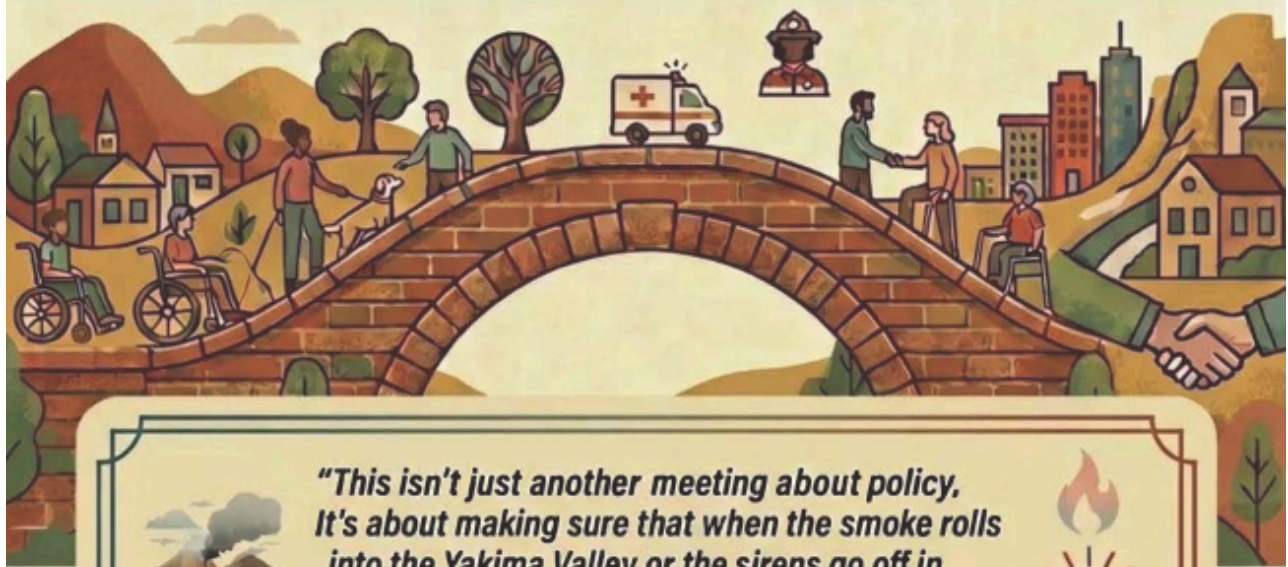


Governor's Committee *on*  
**Disability Issues & Employment**

*Operation Connection 2026 – Strengthening Inclusive Emergency Response*

# 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.](#)***



## **WADDC 5 Year State Plan 2027-2031 Public Comment Period Open**

The Washington State Developmental Disabilities Council (DDC) has released its draft 2027–2031 State Plan, and we are asking for public feedback.

Every five years, the DDC creates a new plan that guides our work. Over the past 18 months, we gathered information from the 2025 survey, reviewed statewide data, and talked with Council Members to understand what issues matter most. Now we want to hear from you.

Please take a moment to look at the drafted State Plan (link below), complete the survey and share your thoughts.

***[WADDC 5 Year State Plan 2027-2031 Public Comment Period Open | WADDC](#)***

***[Take the Survey Click Here](#)***



**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

***Haz clic aquí para el documento con Recursos en español del boletín.***



# ¿Necesito ayuda para mi salud mental?

Primero, determine hasta qué punto sus síntomas interfieren en su vida diaria.



## ¿Tengo síntomas leves que han durado menos de dos semanas?

- Se siente un poco decaído.
- Se siente decaído, pero aún puede trabajar, hacer tareas escolares o realizar labores domésticas.
- Tiene cierta dificultad para dormir.
- Se siente decaído, pero aún puede cuidarse a sí mismo o a otros.



## Si es así, las siguientes son algunas actividades de autocuidado que pueden ayudarle:

- Hacer ejercicios (por ejemplo, aeróbicos o yoga).
- Participar en actividades que incluyan contacto social (ya sean virtuales o en persona).
- Dormir de forma adecuada, manteniendo un horario regular.
- Comer saludablemente.
- Hablar con un amigo o pariente en quien confía.
- Practicar actividades de meditación, relajamiento y contemplación.

Si los síntomas anteriores no mejoran o parece que están empeorando, a pesar de los esfuerzos de autocuidado, hable con su proveedor de atención médica.



## ¿Tengo síntomas graves que han durado dos semanas o más?

- Tiene dificultad para dormir.
- Hay cambios en su apetito que originan cambios no deseados en su peso.
- Tiene dificultad en las mañanas para levantarse de la cama debido a su estado de ánimo.
- Tiene dificultad para concentrarse.
- Ha perdido interés en cosas que por lo general le son divertidas.
- No puede realizar sus actividades y funciones diarias.
- Tiene pensamientos sobre la muerte o de hacerse daño.



## Busque ayuda profesional:

- psicoterapia (terapia de diálogo), ya sea virtual o en persona, individual, grupal o familiar;
- medicamentos;
- terapias de estimulación cerebral.

Para ayudarle a encontrar tratamientos, visite la página de ayuda para enfermedades mentales: [nimh.nih.gov/busqueayuda](https://nimh.nih.gov/busqueayuda).

Si está en crisis, llame al 988 a la Línea de Prevención del Suicidio y Crisis. Si habla inglés, también puede enviar un mensaje de texto al 988 o usar su chat en vivo [988lifeline.org](https://988lifeline.org). Además, puede comunicarse en inglés o español con la Línea de Mensajes de Texto en Tiempos de Crisis (**envíe AYUDA al 741741**).



National Institute  
of Mental Health

Publicación de NIH Núm. 22-MH-8134S

[nimh.nih.gov](https://nimh.nih.gov)  
Síguenos en las redes  
sociales en @NIMHgov



# La depresión en los adolescentes:

## Algo más que mal genio



Ser adolescente puede ser difícil, pero no deberías sentirte desalentado. Si has estado triste la mayor parte del tiempo durante algunas semanas o más y no puedes concentrarte o hacer las cosas que disfrutabas, habla con un adulto de confianza sobre la depresión.

### ¿Tengo depresión?



■ A menudo, ¿te sientes triste, ansioso, inútil o incluso “vacío”?



■ ¿Has perdido interés en las actividades que antes disfrutabas?



■ ¿Te sientes frustrado, irritable o te enojas con facilidad?



■ ¿Te alejas de tus amigos y familiares?



■ ¿Han bajado tus calificaciones?



■ ¿Han cambiado tus hábitos alimenticios o de sueño?



■ ¿Te sientes agotado o se te olvidan las cosas?



■ ¿Has pensado en suicidarte o hacerte daño?

La depresión no es igual en todos. Es posible que tengas muchos de los síntomas enumerados anteriormente o solo unos pocos.

### ¿Cómo obtengo ayuda para la depresión?

No estás solo. Hay ayuda disponible y puedes sentirte mejor. Para obtener ayuda:



■ **Habla con un adulto de confianza** (como tu padre o tutor, maestro o consejero escolar) y dile cómo te sientes.



■ **Pregúntale a tu médico** sobre las opciones de ayuda profesional. La depresión se puede tratar con psicoterapia (también llamada “terapia de diálogo”), medicamentos o una combinación de ambas opciones.



■ **Trata de pasar tiempo con tus amigos o familiares**, incluso si no lo quieres hacer.



■ **Mantente activo y haz ejercicio**, aun si es solo salir a caminar. La actividad física libera sustancias químicas en el cerebro, como endorfinas, que pueden ayudarte a sentirte mejor.



■ **Trata de mantener un horario de sueño regular.**

■ **Come alimentos saludables.**

Para obtener ayuda inmediata llama a la Línea Nacional de Prevención del Suicidio al 1-888-628-9454 o visita <https://suicidepreventionlifeline.org/help-yourself/en-espanol>.



NIH  
National Institute  
of Mental Health

[nimh.nih.gov/depression](https://nimh.nih.gov/depression)



# Proyecto de Apelaciones Administrativas en Discapacidades del Desarrollo (DDAAP)

## ¿Qué es DDAAP?

Ayudamos a los adultos a apelar las denegaciones de servicios de exención por parte de la Administración de Discapacidades del Desarrollo (DDA, por sus siglas en inglés). DDAAP remite los casos a equipos de abogados y estudiantes de derecho que trabajan gratuitamente y que se hacen cargo de ellos sin cobrar nada.

## Proceso de derivación

Comuníquese con DDAAP por correo electrónico ([DDAAP@nwjustice.org](mailto:DDAAP@nwjustice.org)) o por mensaje de voz al 1-206-707-7558. Incluya su nombre (y el del cliente, si es diferente), la fecha de nacimiento del cliente, su dirección y el mejor número de teléfono para contactarlo.

Es posible que DDAAP solicite información adicional para luego remitir el caso a un equipo de abogados voluntarios y estudiantes de derecho, con el fin de realizar una evaluación de los méritos del caso y una verificación de conflictos de intereses.

Para obtener más información, comuníquese con [DDAAP@nwjustice.org](mailto:DDAAP@nwjustice.org)



en colaboración con

**NJP**

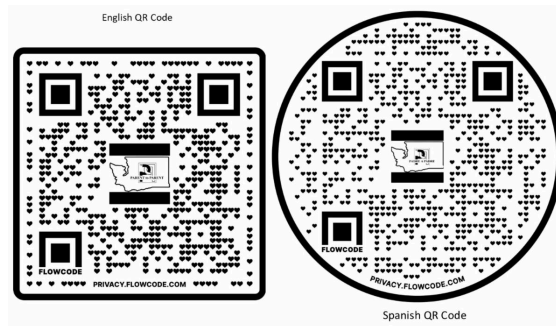
Haga clic aquí para obtener más información...

*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)



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.*

FATHER

 devoted LOVE R

BIGGEST FAN

amazing R

Handsome

 HERO A

smart hard worker

FIXER of all that breaks V

 daddy DAD  
EXPLORER E

*50 Fun and Easy Father's Day Treats  
to Make with your Kids ...[click here!](#)*

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USA

ALLIANCE MEMBER

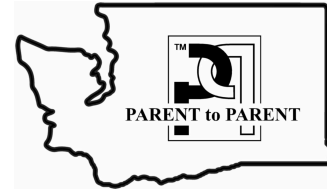
Committed to Parent to Parent  
USA Endorsed Practices

### 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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