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.

October 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*



WOW... Washington State Parent to Parent satisfaction survey results are in for July and August and we met a HUGE milestone with **100% (English and Spanish language) of respondents answering AGREE or STRONGLY AGREE across every category!** Categories include:

- I know more about resources for my family
- It has been helpful for me to connect with other parents and families through the Parent to Parent program

- I am satisfied with the Parent to Parent program

We also asked families a new question on the survey: Did Parent to Parent provide information about a resource or service that directly benefitted your family and/or kept your child and family out of crisis? **75% of respondents answered YES.**

We also had many comments from families that validated our work and passion to serve families! Here are a few:

I love the Parent to Parent program! It has gave me that connection that I was missing to other parents who have a child with special needs! Parents who have children with special needs crave connection with other parents because we can't relate to the life of those who have ordinary lives. Parents who have neurotypical children often can't relate or connect with us parents who have special needs children, they don't understand what our life is like or our circumstances and that's one thing Parent to Parent does is bring our families together. I love that they have events/activities where our kids can be themselves and we don't have to worry about the stares or judgement!

This is such a valuable program and has been a tremendous resource for us as parents. The dads group I joined is a real gift for my mental health as I parent my neurodiverse child. They help me better understand my son and also tell me about resources that can help. My life would be markedly more difficult without the Parent to Parent program.

I have had a very good experience with the Parent-to-Parent program. They have always answered my questions clearly and kindly, and I have felt supported throughout the process. I greatly appreciate the time, dedication, and commitment they show to families. Thank you very much for everything you do. (translated from Spanish)

Thank you P2P Coordinators for all you do!!!

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Welcome Laura Helling, Clallam County P2P.
Goodbye Cindy Myers, Pierce County P2P.

~~~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
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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

DSHS
WASHINGTON STATE
Department of Social and Health Services

1.) Choices, Cheat Days and Tattoos

Six years ago, Craig was eager to move from Rainier residential habilitation center to a home close to his family. There was just one problem: a worldwide pandemic. Our country was under lock down and providers were struggling to find staff during a severe workforce shortage and shrinking housing market.

Read the rest of Craig's story and find out how Roads to Community Living has helped hundreds of people move from residential habilitation centers to the home of their choice.

https://content.govdelivery.com/accounts/WADSHSDDA/bulletins/42b3c63

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2.) *A Path Forward: 10-Year Strategic Plan: Steering Committee*

Click below for the link:

A Path Forward: 10-Year Strategic Plan: Steering Committee

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3.) Home and Community Services and Developmental Disabilities Administration

New grievance system for individuals receiving Home and Community Based Services went liveon July 1, 2026!

Click here for link

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4.) ***How to File a Grievance***

The Home and Community Services Division and Developmental Disabilities Administration created a new grievance system. It is for people who receive home and community-based services. This new system went live on July 1, 2026.

https://www.dshs.wa.gov/sites/default/files/2026-09/22-2187.pdf

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5.) ***Youth Friendly Care Network | Healthier Washington Collaboration Portal***
Click below for the link to:
Youth Friendly Care Network | Healthier Washington Collaboration Portal

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6.) SPEC: FREE TAX PREPARATION PROGRAMS AND SERVICE TO TAXPAYERS

SPEC's goal with the **Back-to-School outreach campaign** is to continue to provide information and help parents of young children and college students understand the tax credits and benefits they may be eligible to claim when they file a tax return. We also want to raise awareness of free tax preparation available at Volunteer Income Tax Assistance (VITA) sites.
With the return to school fast approaching, we are asking for your help to get additional information into the hands of parents. This can be done by including flyers and/or stickers during your Back-to-School or family events. Here are some of our flyers and stickers which can be found at ***Forms and Pubs Index Search | Internal Revenue Service*****:**
Publication 5844 (en-sp), Got Kids? Welcome Back to School! (flyer)
Publication 5850, Got Kids? Welcome Back to School! (sticker)
Publication 5850 (sp), Got Kids? Welcome Back to School! (Spanish Version) (sticker)
If you have any questions or would like to receive hard copies of stickers and/or flyers, please contact me at ***kathleen.ryan@irs.gov*****.**
Thank you!

Kathleen Ryan
Stakeholder Partnership Education Consultant
Internal Revenue Service, Taxpayer Services
Stakeholder Partnerships Education & Communication
Phone: (206) 946-3122 - Seattle, Washington
Work Hours/Tour of Duty: 6:00 AM to 2:30 PM (PST), Monday-Friday

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7.) Together We Thrive

The Washington Thriving Strategic Plan is Washington State's framework for creating an equitable behavioral health system for children, youth, and young adults - from before they are born through age 25. It was developed through an ambitious collaborative process that brought together young people and caregivers with lived experience, providers, policymakers, advocates and other partners from across the behavioral health system.
Washington Thriving

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8.) The WA State Permanent Supportive Housing (PSH) Advisory Committee is seeking 4 new members

The PSH Advisory Committee is comprised of community members, advocates, housing providers, and policy experts who provide advice and recommendations to enhance PSH quality and accessibility in Washington. This group is managed by the Department of Commerce ***Office of Apple Health and Homes and Permanent Supportive Housing*** and the ***Housing Policy and Strategic Initiatives Unit*****.**

Click on link if interested: ***Join the Permanent Supportive Housing Advisory Committee***

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9.) The Office of the Developmental Disabilities Ombuds (DD Ombuds) is a private, independent office focused on improving the lives of persons with developmental disabilities in Washington State.

Click here for Complaint Line: 833–727–8900 Welcome to DD Ombuds! - DDOmbuds.org

Click here for more ***Info & Resources - Washington State (arcwa.org)***

CONFERENCES / SEMINARS & SPECIAL EVENTS







SURVEYS

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

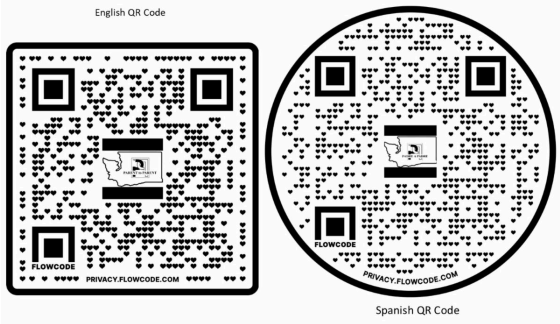
1.) Special Education Advocacy Support:
https://www.oeo.wa.gov/es

2.) NW Access Fund
https://www.nwaccessfund.org/

3.) OSPI (Office of the Superintendent of Public Instruction)
https://ospi-k12-wa-us.translate.goog/student-success/special-education/family-engagement-and-guidance?_x_tr_sl=en&_x_tr_tl=es&_x_tr_hl=en

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

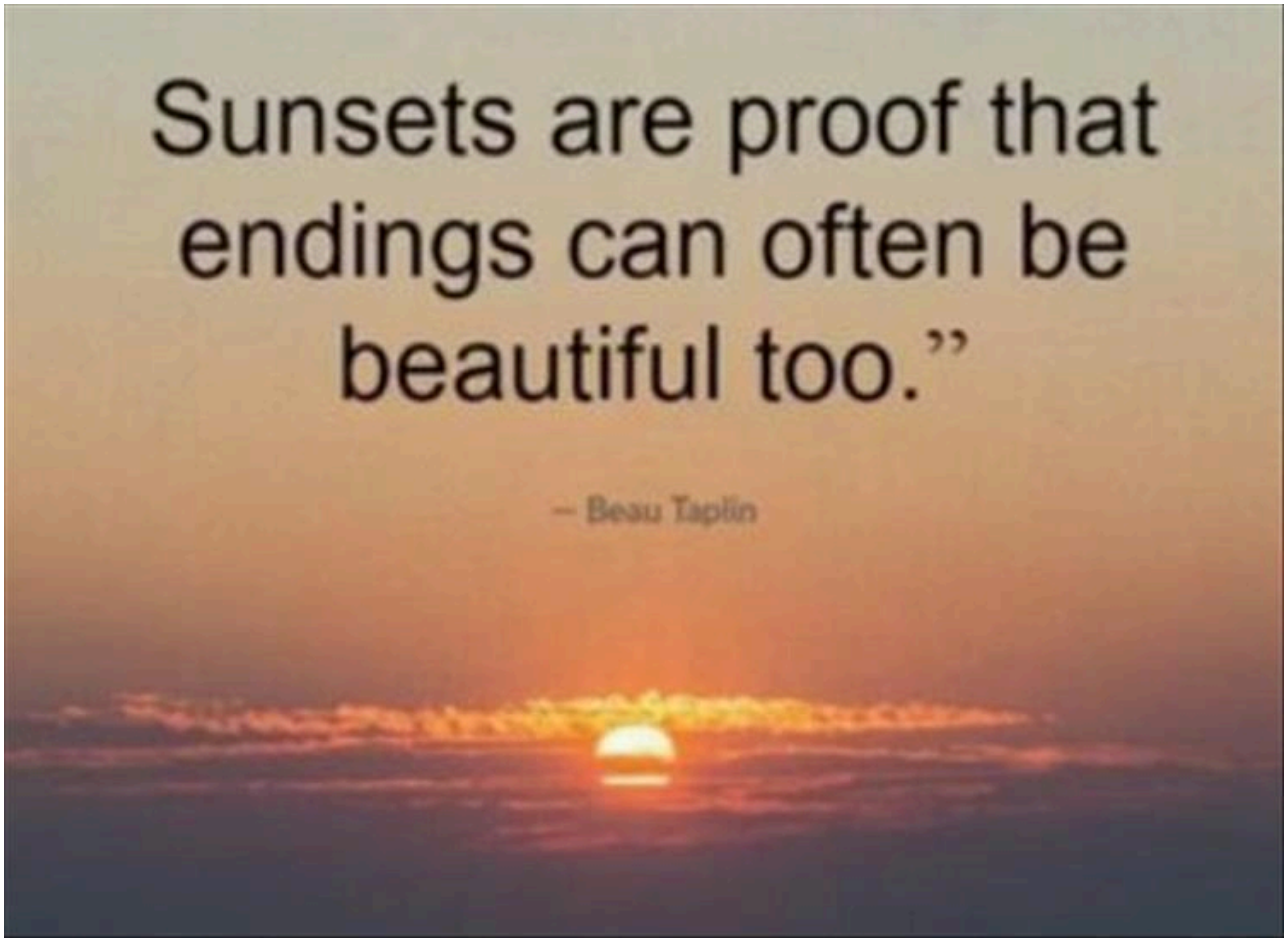
https://www.surveymonkey.com/r/M5JZWW8 (Spanish)



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.



Fun and Easy Fall Treats to Make with your Kids ...click here!

USA

ALLIANCE MEMBER

Committed to Parent to Parent USA Endorsed Practices

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Misión de Padre a Padre
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PARENT to PARENT

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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