The Arc Washington State

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 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*



THANK YOU to over 1,500 families and allies, who sent messages to Governor Ferguson, legislators and DSHS Secretary Ramirez- telling them **'WE CANNOT CUT Parent to Parent'.** This was an *incredible* groundswell of support that included a bipartisan letter from **forty-four legislators** requesting that the Parent to Parent program be preserved! Unfortunately, DSHS did reduce our

contract by 10.24% for the 2026-2027 year, and although a cut is never good, we recognize it could have been worse. **ANY** cut to programs (that already operate within thin budget margins) has a negative impact on families we serve at the local level. During this upcoming legislative session, we'll be advocating for the following:

- Restore the 10% reduction, returning the contract to its prior funding level
- Provide a modest increase on top of that restoration to maintain staffing
- "Name" the Parent to Parent program directly in the 2027 maintenance budget, so that we don't end up in this situation again

Please sign up for The Arc's Action Alerts so that you can receive information about our advocacy efforts and how you can help: ***https://arcwa.org/action-center/***

Thank you for your support!

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Goodbye Shelby Bell, Clallam County P2P.

~~~Tracie, Theresa, Maria and Jackie

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


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PROTECT Washington State Parent to Parent

"I really don't know what I would have done without P2P ... We are so lucky to have this program. It literally makes me cry when I try to talk about it."

For Over 45 Years

Washington State Parent to Parent (P2P) provides vital **peer support and system navigation** to families raising children with disabilities and/or special health care needs.

Support and programming are **available in every Washington State county** which also includes **14 multicultural-specific programs.** Staffed by **50+ program coordinators** who are parents or family members caring for children/individuals with disabilities or special health care needs.

Program Funding

- Washington State Developmental Disabilities Administration
- Washington State Department of Health's Children & Youth with Special Health Care Needs
- Local county Developmental Disability programs
- Other local and state partners

Per Washington State Legislative Statute RCW 71A.14.120, each program provides:

- Early outreach, support, and education to parents and caregivers who have a child with special health or developmental needs
- Matching of a trained volunteer support parent with a new parent who has a child with similar needs as the support parent
- Tools and resources for parents to be successful as they learn about the support and advocacy needs of their child and family

2025-2026 Data

Assistance

92,858

Calls, Emails, Connections for Assistance

- ***25,807*** *unduplicated parents/caregivers served*
- ***5,879*** *contacts with parents who are non-English language users*
- ***7,143*** *contacts with families of color*

Subscribers

64,536

Parents & Professionals on Mailing Lists

Social Media

43,329

Followers

Volunteers

1,056

"Helping Parent" Trained Volunteers

- ***622*** *parent support "matches"*
- *Specific to diagnosis, topic or overall need*

Washington State Parent to Parent (P2P)
c/o The Arc of Washington State
Website: arcwa.org/parent-to-parent/
E-mail: parent2parentwa@arcwa.org
Phone: 360.357.5596
Facebook: facebook.com/groups/155502866875/

Tracie Hoppis
Washington State P2P Manager
Desk: 509.746.3304
Cell: 509.907.0873

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

DSHS WASHINGTON STATE Department of Social and Health Services

1.) Toolkit for Non-Professional Guardians

The Guardianship Monitoring and Support Initiative advisory group for WA Courts has created a toolkit for lay (non-professional) guardians to better understand court rules and processes. It also includes information about the duties and powers entrusted to them by the court, under the Administrative Office of the Courts. For more information click the link below.

Lay Guardian Toolkit Resource link

Related Resources:
Lay Guardian Toolkit (online)
Printable Lay Guardian Tool Kit (printable)

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2.) Community Protection Program and Client Transitions

In 2026, Governor Ferguson signed a bill that removes a state law about the Community Protection program [*1*].
Click below to see some questions and answers about the next steps and how this change will affect the services that clients receive.

Click here to see Interested Parties: Community Protection Program and Client Transitions Updates

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3.) H.R. 1 provider toolkit and fact sheet: Federal changes coming to Apple Health for lawfully residing individuals who are not U.S. citizens

A new federal law passed by Congress and signed into law by President Donald Trump is introducing new requirements for Apple Health (Medicaid) eligibility. ***These include changes to eligibility for some lawfully residing non-citizens*****.**
Click here to see complete article: ***H.R. 1 Federal changes coming to Apple Health for some non-U.S. citizens***

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Washington State Health Care Authority

4.) H.R. 1 impacts

This page shares information on H.R. 1 implementation for legislators, partners, and other stakeholders. If you're an Apple Health client, view our ***changes coming to Apple Health*** webpage to learn how H.R. 1 may impact your coverage.

Click here for H.R. 1 impacts | Washington State Health Care Authority

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5.) Help Me Grow Washington

Help Me Grow connects anyone in Washington to the resources they need, when they need it.
You can find resources in your community by calling the bi-lingual Family Resource Navigators, ***https://helpmegrowwa.org/hotline,*** or you can use our online Resource Finder ***https://resources.helpmegrowwa.org/*** for yourself and the families you serve.
Check out our new quick video tutorials!
Video 1 gives a tour of the HMG WA resource finder including tips and tricks for searching for resources and highlighting key features ***https://helpmegrowwa.org/video/hmg-resource-finder-tour.***
Video 2 focuses on how to submit feedback and update/add resources ***https://helpmegrowwa.org/video/hmg-resource-finder-how-to-submit-feedback-update-add-resources***.

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6.) Washington Autism Alliance

As families begin gearing up for the new school year, they may face a variety of unknowns and nerves surrounding the support and accommodations their child is entitled to. Our special education coach is here to help families with creating action plans, preparing for IEP meetings, assisting and reviewing documentation, and more.

Click here for Navigation Services - Washington Autism Alliance

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7.) Bella Smiles for DD

Bella Smiles for DD exists to ensure that every child and family receives the understanding, resources, and support they need to live meaningful and fulfilling lives

Click here for Bella Smiles For DD
Menstrual Hygiene and Dignity | Bella Smiles for DD

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8.) ***Click here for the Resource and Information pdf for Adult-Life-101 & Community-Living***

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

CONFERENCES / SEMINARS & SPECIAL EVENTS

Guardianship Information from Washington State Courts

Wednesday September 16, 2026 - 11:00 am - 12:30 pm
Introduction to Guardianship/Conservatorship, Alternatives and Overview of the Petitioning Process. This session covers the basics of guardianship and conservatorship, alternatives to guardianship and conservatorship, and an overview of the court process to establish a guardianship/conservatorship.

Join by the Zoom link: ***https://wacourts.zoom.us/j/83212485716***

Wednesday September 23, 2026 - 11:00 am - 12:30 pm
Guardian and Conservator Reports and Plans. This session covers the reporting forms, timelines and notice requirements.

Join by the Zoom link: ***https://wacourts.zoom.us/j/81714226780***

Recorded Information:

- ***Recorded Webinar on Guardian and Conservator Reporting to the Court***
- ***Recorded Webinar on Introduction to Guardianship/ Conservatorship, Alternatives to Guardianship/ Conservatorship, and Overview of the Petitioning Process***
- ***Washington Law Help Adult guardianship guide***

Find registration, zoom links and recorded information, here:
https://www.courts.wa.gov/guardianportal/index.cfm?fa=guardianportal.guardianship2022



We're already approaching the new school year, which means it's almost time for another **Blueprints to Special Education** workshop!
Join special education attorneys for an in-depth training workshop on utilizing the Individuals with Disabilities Education Act (IDEA) to develop appropriate services for your child or student.
This workshop will provide a comprehensive understanding of your child's special education program and your rights.

Click here to Register:

Saturday, September 12th
9:00 am - 2:30 pm
Held via Zoom

https://washingtonautismalliance.org/events/blueprints-to-special-education-how-to-build-effective-school-services-3/?occurrence=2026-09-12

SURVEYS

The Arc
Washington State

Almost all of us will give or receive care at some point in our lives

We are sharing an opportunity from The Arc of the United States for you to share your experience with caregiving — whether you give care, receive care, or both. Your responses will help inform decision-makers, shape policy, and educate the public on the realities of caregiving. Please take a few minutes to complete the survey below; your voice can make a real difference.
For people with intellectual and developmental disabilities and their families, that can mean finding support at home, help with daily needs, or access to services, often without much say in how any of it works.

When we *start talking about care honestly*, we realize many of us are in the same place, facing similar issues. And we can start to figure out what we need.
That's why we're proud to be part of 1 Million Care Conversations, a national effort to listen to people across the country about what care looks like in their lives: what's working, what isn't, and what it would take to thrive.

Take a short survey and share your experience. It only takes a few minutes.

This survey is about listening closely to what people need and the solutions they can get behind. What we hear will shape the future of care, built by the people who live it rather than decided for them.

The more people we hear from, the clearer that future gets. Thank you for being part of it!
In community,
Cathy Murahashi, Public Policy Specialist

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.



Lo que los refugiados y otros inmigrantes deben saber sobre cómo mantener o recuperar su elegibilidad para beneficios públicos federales

Una nueva ley federal conocida como H.R. 1 ha cambiado quiénes son elegibles para ciertos beneficios públicos, como asistencia médica federal. A partir del 1 de octubre de 2026, muchos inmigrantes adultos que están inscritos en Medicaid federal o servicios y apoyos relacionados por medio del Departamento de Servicios Sociales y de Salud del Estado de Washington ya no serán elegibles para esos programas y se cancelará su inscripción.

Los refugiados, asilados y algunos otros inmigrantes quizá puedan mantener o recuperar su elegibilidad para programas de beneficios públicos federales, como Medicaid, si se convierten en residentes legales permanentes (consiguen una tarjeta verde). Los refugiados están exentos de la exclusión por cinco años.

Recursos y organizaciones

Centro de Información para Inmigrantes de Washington
Conozca cómo se maneja su información médica, sus derechos y sus opciones.
https://www.wa-immigrant.info/en-us
206-672-4226

Servicios Legales de Inmigración
Estas organizaciones pueden ayudarle a solicitar una tarjeta verde si es elegible para ella.

Herramienta de Recursos del Estado de Washington
Estos programas apoyan la salud, el bienestar y la asistencia para toda la familia.

DSHS 22-2195 SP (6/26) Spanish

¿Qué significa este cambio para mí, considerando mi situación de ciudadanía o inmigración?

Seguirá siendo elegible para Medicaid federal y servicios relacionados si es:

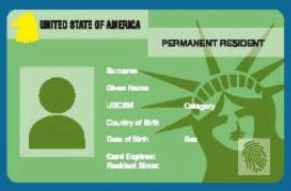
- Ciudadano o nacional de EE. UU.
- Residente permanente legal que ha cumplido el período de exclusión de 5 años o está exento de él
- Inmigrante conforme a Libre Asociación
- Inmigrante cubano o haitiano

Perderá acceso a Medicaid federal y servicios relacionados si es:

- Refugiado
- Asilado
- Víctima de trata de personas.
- Ucraniano con permiso de permanencia temporal
- Inmigrante con otra forma de protección humanitaria

¿Cómo me convierto en residente legal permanente?

La Oficina de Asistencia a Refugiados e Inmigrantes del DSHS se asocia con organizaciones que pueden ayudarle a convertirse en residente permanente legal. Consulte la lista de organizaciones y recursos que está a la izquierda para saber más sobre sus opciones y cómo solicitar una tarjeta verde.



DSHS
WASHINGTON STATE
Department of Social and Health Services

DSHS WASHINGTON STATE Department of Social and Health Services

WASHINGTON ECONOMIC JUSTICE ALLIANCE

¿Los nuevos cambios a la asistencia alimenticia federal lo afectan?

Cambios en la elegibilidad para el Programa de Asistencia Nutricional Suplementaria federal basados en la situación migratoria

Si usted es:

Un ciudadano y nacional de EE. UU.	Un residente permanente legal (titular de tarjeta verde)	Un inmigrante conforme a COFA*	Un inmigrante cubano o haitiano

- Aún es elegible para los beneficios federales de SNAP.

Si usted es:

Un refugiado, asilado o inmigrante con protecciones humanitarias

- **Será elegible para beneficios alimenticios financiados por el estado** en vez de beneficios federales de SNAP.
- En mayo de 2026, el DSHS lo transferirá automáticamente a beneficios estatales.
- El monto de sus beneficios no cambiará.
- No tendrá que presentar una solicitud nueva debido a este cambio.

Cambios en los requisitos de trabajo de SNAP federal

Las personas que reciben asistencia alimenticia y que sean capaces de trabajar y no cumplan con los requisitos para una exención deben cumplir con los requisitos sobre trabajo de las leyes federales. De lo contrario, solamente serán elegibles para beneficios alimenticios durante tres meses en un período de 36 meses.

Si usted es:

Menor de 18 años o mayor de 65 años de edad	Un indígena americano o nativo de Alaska	Una persona embarazada	Una persona con discapacidad	Tiene un menor de 14 años en su hogar

- **No tiene que cumplir los nuevos requisitos de trabajo.**
- Sus beneficios alimenticios continuarán sin cambios.

Si usted es:

Un veterano	Una persona en situación de calle	Un menor de 24 años que salió de cuidado de crianza	Una persona de 18 a 64 años sin dependientes menores de 14 años	Una persona no discapacitada ni embarazada

- **Tendrá que cumplir los requisitos de trabajo** para seguir siendo elegible para beneficios alimenticios.
- **En su siguiente revisión de elegibilidad,** recibirá una evaluación y un aviso verbal y escrito de esos requisitos de trabajo.
- **No perderá sus beneficios alimenticios antes de su revisión y evaluación de elegibilidad.**

Cambios para los hogares que reciben beneficios del Programa de Asistencia Energética para Hogares de Bajos Ingresos

Los cambios recientes a las leyes federales eliminan la capacidad del estado para usar la recepción de LIHEAP para conceder a los hogares la máxima deducción de servicios básicos para hogares sin un miembro de la tercera edad (60 años o más) o con discapacidad. Eso significa que:

- Sus beneficios podrían disminuir.
- Este cambio podría afectar a sus beneficios a partir de mayo de 2026.

¿Qué puede hacer si considera que estos cambios se aplican a usted?

- ✓ Realice su revisión de elegibilidad a tiempo.
- ✓ En ese momento, asegúrese de que su información sea correcta.
- ✓ Haga preguntas: Puede llamar al centro de contacto del DSHS al teléfono 877-501-2233 o visitar la oficina de servicios comunitarios de su localidad.

Si necesita ayuda para conseguir más recursos:

- Para encontrar bancos de alimentos y otros recursos de su localidad puede llamar al 211 o visitar wa211.org.
- Esta guía de servicios con costo reducido del DSHS contiene muchos servicios y recursos locales que pueden ser de utilidad para su hogar.

IMPORTANTE:
Si una persona en un hogar que recibe asistencia alimenticia pierde su elegibilidad, los otros miembros del hogar pueden seguir recibiendo beneficios alimenticios.

*Los inmigrantes conforme al Convenio de Libre Asociación, o COFA, son personas de los estados libremente asociados: Micronesia, las Islas Marshall y Palau, que tienen un permiso especial para vivir, trabajar y estudiar en Estados Unidos conforme al Convenio de Libre Asociación.

Actualizado el 3/Feb/2026

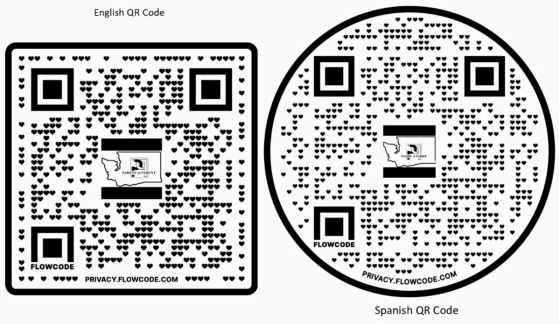
Haga clic aquí para obtener más información...

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!

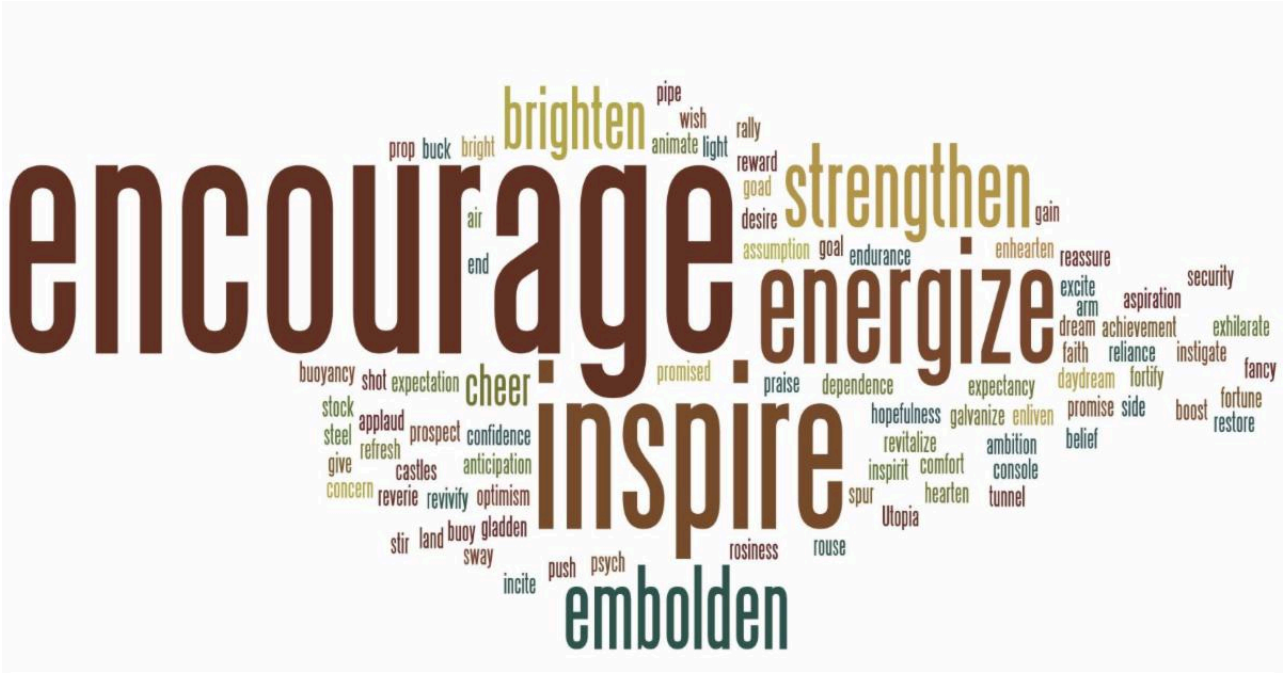
https://www.surveymonkey.com/r/M5JZWW8 (Spanish)



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.



Fun and Easy 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)
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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.*

PARENT to PARENT

Email P2P

The Arc
Washington State

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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