

Check out our latest newsletter!



WA State Parent to Parent (P2P) Newsletter: January 2020

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Happy New Year! 2020 will be a GREAT year!

Reflecting back on 2019, the Washington State Parent to Parent network experienced some defining moments:

- State Coordinator Susan Atkins retired. Susan poured her heart and soul into this network for over 20 years - leading the charge to grow and expand family support into every county of the State. Thousands of families raising children with special needs have benefited (and will continue to benefit!) from Parent to Parent support.
- Tracie Hoppis was hired into the role of State Coordinator, and Theresa Van Pelt accepted the role of providing support to west-side Parent to Parent programs.

- We had an amazing annual Coordinator's training in September where visioning for the future took place... we have BIG dreams as we continue to support and serve Washington State families raising children with special health care needs and/or disabilities.

Washington State Parent to Parent is thankful to the following state agencies for continued funding support: [The Arc of Washington](#), [Washington State Developmental Disabilities Administration](#), [Washington State Department of Health](#), [Washington State Developmental Disabilities Council](#).

As we begin a new year, with a new legislative session just around the corner, consider reaching out! It's as easy as 1....2....3!

- 1) Find your local legislators: <https://app.leg.wa.gov/districtfinder/>
- 2) Say THANK YOU for their support. Let them know their support is impacting families raising children with disabilities in local communities; share a story!
- 3) REMIND them that their continued support is vital as we serve Washington's most vulnerable citizens and their families!

And, lastly, we want to give a warm welcome to new Coordinator Shawna Haller in Lewis County.... Welcome Shawna!

Thank you all! Our future is bright!

~~Tracie, Theresa and Jackie

'The future belongs to those who believe in the beauty of their dreams'.

~Eleanor Roosevelt

Calendar of EVENTS

2020

January

1/15: Families Affected by Fetal Alcohol Spectrum Disorders would like to invite you to participate in one of our 5-week webinars, FASD and the Brain-Based Approach.

2 sessions:

Monday evenings, Jan 13 - Feb 10 or

Wednesday days, Jan 15-Feb 13

To register and to learn more, please visit FAFASD.ORG

1/15: Wise is excited to announce our January webinar session, Field Guide for Developing Healthy Customer Relationships, presented by Kelly Schactler. Reserve your spot now!

Building strong, healthy, long-lasting customer relationships is a little bit of art, a little bit of science, and a few other things we may not be doing because we are either unaware or not making the time. Join project Management Navigation expert and Consultant, Kelly Schactler, for this [1.5 hour webinar on January 15th, 2020, 10:30am-12:00pm PST \(Register\)](#) to discover the essential ingredients necessary to strengthen and grow your customer relationship and service delivery skills for greater impact and excellence.

February

2/11: The event, [Community Trauma and Child Well-Being: A Deeper Dive into the Future of Healing](#), is scheduled for Tuesday, February 11th, at the Washington State Convention Center and via Webstream.

May

5/6-8: Please make plans to attend the 2020 Infant and Early Childhood Conference (IECC).

May 6, 7, and 8, 2020 at the Tacoma Convention Center

*IECC plans to offer STARS Credit and Clock Hours for this event.

For general conference information please visit www.ieccwa.org

Online registration for IECC 2020 is scheduled to open in February 2020. If you have questions please feel free to contact customer service at 800-280-6218 or email ieccreg@uoregon.edu

June

6/9-11: SAVE THE DATE...Make Your Mark...Community Summit Wenatchee, WA
If you are interested in presenting at the Summit click hereto download our proposal application and submit to summitproposals@gmail.com no later than January 20, 2020.

DSHS Developmental Disabilities Administration is pleased to announce Community Summit 2020: Make Your Mark. The annual Community Summit brings together self-advocates, families, educators, community leaders, non-profit agencies, and public sector partners to discuss building inclusive communities where everyone can make their mark! Engaging keynote speakers, informational sessions, workshops, discussion panels and fun social events make attending this much anticipated conference a rewarding experience. We invite you to immerse yourself in three days of learning, collaborating and connecting for personal and professional growth. Mark your calendars and plan on joining us for Community Summit 2020!

For proposal application questions please contact Ron Bryan at BryanRE@dshs.wa.gov or call at 360-407-1544.



2020 Advocacy Day Schedule ([Advocacy brochure](#))

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|------|---|
| 1/22 | I/DD Briefing - Statewide Legislative Reception |
| 1/29 | Community Residential |
| 2/5 | Self-Advocacy/Employment |
| 2/12 | Families in Crisis |
| 2/19 | Caseload Forecast DD Services |
| 2/26 | Budget Overview |
| 3/4 | Workforce Shortage |

RESOURCES

1. Fathers Network (make plans to attend 2020) [Pictures of WSNF 2019](#)

2. [Teen With Asperger's Named Time Person Of The Year](#) by Peter Sblendorio, New York Daily News/TNS | December 11, 2019

3. [Stress and Resilience: How Toxic Stress Affects Us and What We Can Do About It \(video\)](#)
[One Pager pdf](#)

4. [The Arc of Washington](#) has a new (look) website (same address)! Click on the [Parent to Parent](#) tab for information about our network, including a [program map](#), [family stories](#), [resources](#) and more!

5. **Feds Seek Information about Family Caregiving Challenges**

The national Recognize, Assist, Include, Support and Engage Family Caregivers Act ([the RAISE Act](#)) became law in January 2018. It requires the Department of Health and Human Services (HHS) to develop and maintain a national strategy to recognize and support family caregivers, and to organize an Advisory Council to make recommendations. Now, in preparation for the Advisory Council's initial report to Congress, HHS is providing an opportunity for individuals and organizations to submit information on the challenges faced by caregivers. This information will help guide the development of the national family caregiving strategy. To offer your thoughts, [submit this form](#) by February 7, 2020.

6. Nominations for Membership on the [Interagency Autism Coordinating Committee](#)

This committee, which was reauthorized by the Autism Collaboration, Accountability, Research, Education, and Support (CARES) Act of 2019, is seeking nominations of individuals to serve as public members. The call for nominations is open through Friday, January 24, 2020.

[Go here to make a nomination!](#)

7. **Transition Years and Support Survey**

This survey will document the support that family members, parents, and adult allies provide for young people with behavioral health needs during the transition years, defined here as 16 to 25 years old. The information provided will help youth- and family-run organizations, policy makers, and service providers better understand and respond to the needs and preferences of young adults and their families.

The survey is intended for participants who are:

1. [Family members or other allies](#) who provide support to young adults with behavioral health challenges during their transition years, from 16 to 25 years old OR
2. [Young adults who are currently at least 18 years old](#) who experienced behavioral health challenges during their transition years and receive or have received support from a family member or other ally.

The survey is completely voluntary and confidential. It will take about 25 minutes to complete it.

8. New! [Children with Special Health Care Needs Are More Likely to Have Adverse Childhood Experiences.](#)

The prevalence of adverse childhood experiences (ACEs) is higher among children and youth with special health care needs than among their peers without special health care needs, according to Child Trends' analysis of data from the 2016-17 National Survey of Children's Health (NSCH). The survey asks parents or guardians to report whether their child has experienced any of nine ACEs.

9. New! [Adverse Childhood Experiences in Children with Autism Spectrum Disorders and ADHD.](#)

Previous studies have found that youths with autism spectrum disorders (ASD) and attention deficit hyperactivity disorder (ADHD) have a higher prevalence of adverse childhood experiences (ACEs). But, a recent study is the first to examine ACEs among children with ASD, ADHD, and both ASD/ADHD and compare them to non ASD/ADHD youths. The researchers also examined differences in family resilience (categorized by diagnosis and number of ACEs) among these groups.

What they found was that families of youths with ADHD reported significantly higher rates of ACEs compared to families of youths with ASD as well as youths with both ASD and ADHD. Family resilience was rated as lowest in families of youths with both ASD and ADHD.

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10, **DEADLINE JANUARY 6TH** - PARENT RECOGNITION MONTH - - in February!

As 2020 is quickly making its arrival we are gearing up for our annual Unsung Hero campaign in honor of Parent Recognition month (February) and we are hoping you can help us spread the word far and wide.

Please help us in honoring 29 more in February 2020 by nominating a parent/primary caregiver/guardian for the [Unsung Hero award \(English\)](#) ([Spanish](#)). The nomination form can be found on our website: <https://www.dcyf.wa.gov/services/child-development-supports/sfwa>

All nominations must be submitted by January 6, 2020. The nominations can be emailed to strengtheningfamilies@dcyf.wa.gov.

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11. [Supporting Siblings in a Chaotic Space](#) by Eileen Devine, LCSW
December 16, 2019

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12. [20 Tips for a Positive New Year](#)

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Links for Archived Newsletters

(Click to read [archived past editions](#) through August 2016 of the P2P Newsletter!)

[Past Newsletters Parent to Parent \(bottom of the page\)](#)

contact:
The Arc of Washington State at info@arcwa.org or call the above phone #.

Friend us on Facebook:
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