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

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Welcome November...

Welcome Fall! The month of October marked a milestone for Parent to Parent! During the 2016 regular session of the Washington State Legislature, HB 2394 was passed. This bill included the following:

It is the legislature's goal to continue, support, and enhance the (Parent to Parent) programs in these (existing) counties and expand these programs statewide by 2021.

The Legislature also followed with funding for these 5 remaining counties (San Juan, Wahkiakum, Ferry, Stevens, Pend Oreille). In October, we established our last program in Stevens/Pend Oreille Counties at the northeast corner of the state. We have a new coordinator, Kristin Smith, who was hired and is currently participating in on-boarding. And... we met the goal of establishing these programs before 2021!!!

Parent to Parent now stretches from corner to corner of our great state, supporting families raising children with special needs- in the big cities and small communities- WE'RE THERE!

Welcome, Kristin Martin, New Coordinator for Pend Oreille and Stevens Counties.

~~~Tracie, Theresa, Patricia and Jackie

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## Family Focus



### The Power of a Parent Match

When you get a new diagnosis for your child that you never expected, it is life changing. Isolation and grief come flooding in along with the questions of why me? Why us? It can feel like no one else knows what is going on and that is where a parent match comes in and saves the day. Finding another parent that knows those feelings and has had similar experiences can mean so much. I didn't get individually matched when we got our diagnosis for my daughter but I found the support through groups such as Holland, or the Autism support group helped so much. I have made friends that I never would have met otherwise and they are some of my

best friends. After having received this support I wanted to share with other parents that might be getting a new diagnosis- to help them through those questions and feelings I had when we were new on this journey. I attended Parent to Parent's Helping Parent Training, and then about a year ago, I was matched with a parent that had received a new diagnosis for her child that was the same as my child's. Even though this mom lived hours away, we were able to connect via text. Over the last year we have kept up texting when something was going on or that mom had a question. Being able to share my experience or give validation to how she is feeling really makes me feel great as well, and it also reminds me that there are more people out there that are going through the same thing. Awhile back I got the privilege of meeting her as they were in town for an appointment. When I walked in she gave me a hug and it was like seeing a long lost friend that I haven't seen in years. We sat there and talked for almost 2 hours about different things with our children and what was new or going on. Meeting her just brought joy to my life and I could see the joy in her face of being able to talk to someone that understands. The next morning I got a sweet text from the mom thanking me for meeting her and talking with her. She thanked me for my kindness and friendship. This connection and match has meant just as much to me as it does to her. I have made a new friend for life.

~~By Danielle W.

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## CONFERENCES

10th Annual Southwest Washington Autism Conference (held online) *informational flyer*

- Friday, November 13, 2020

## RESOURCES

1.) My name is Sarah Greene. I am a Skidmore College graduate with a Bachelor of Arts degree in psychology and honors in dance. Shannon Jacovino, Director of Advocacy & Public Policy at the Arc of Connecticut, suggested I reach out to you directly.

I taught and developed my own curriculum for a dance class at Saratoga Bridges, which is a non-profit organization, located in Saratoga Springs, New York. Teaching at Bridges was an incredibly uplifting experience for myself and my students. This led me to create **Human Illustration! Human Illustration is an online dance platform for individuals with special needs**. Saratoga Bridges is the first to collaborate with Human Illustration through a grant.

**Our mission is to give our students a high caliber experience that will allow them to reach their fullest potential and be proud of who they are.**

We offer **4, 8 and 12 week** classes. These classes include basic ballet fundamentals, choreography and various ways to develop your artistry. I am confident your students will be empowered and inspired through class, however if not satisfied after your first class, a full refund is available.

If you have any questions at all, please do not hesitate to contact me at (914) 806-2595 or by email: [sdgreene16@gmail.com](mailto:sdgreene16@gmail.com). You can also book a Zoom meeting you prefer. I look forward to collaborating with you!

Our website is easy and accessible to use!

**Please visit us at:** <https://humanillustration.com/>

Best,  
Sarah Greene  
Founder of Human Illustration  
<https://humanillustration.com/>

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**2.) Virtual Workshop - Telling Your Story with a Purpose**

We teach a process for someone to incorporate their personal story into an ask for a policy or systems change to a decision maker (e.g., legislator, school board, city council, etc.). And, how to do that in 2-3 minutes.

**Flyer:** <https://kinderling.org/wp-content/uploads/2020/10/WSFN-Purpose-Workshop.pdf>.

**Registration:** <https://fathersnetwork.org/telling-your-story-with-a-purpose-workshop/>

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**3.) Cultivating Resilience in Children With Special Needs**

**Resources to support families during ‘the most complicated school year in American history**

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4.) We are seeking your support and collaboration in our efforts to hear the voices of youth and young adults with disabilities and their allies. The WASILC Youth & Young Adult Committee is committed to the independent living philosophy “Nothing about us Without us.” At the close of this survey, we intend to provide feedback and guidance to individual counties and the state as a whole, but we recognize that Washington is a large and diverse state and we need to hear from every corner. Please take this opportunity to have your voice heard.

**You can find the WASILC Youth Transition Survey at our [website](#), available in English and in Spanish.** There are separate links for Youth/Young Adults and for their allies.

Please share this survey with your networks. We hope that this survey reaches as many youth and young adults with disabilities and their allies as possible.

*Link for Survey in English and Spanish*

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5.) **Pathways to Respite - Our new respite toolkit, *Pathways to Respite*, offers information and resources for those who support:**

- an older adult
- child or adult with a developmental disability or other disability
- adult with traumatic brain injury

Developed by *Informing Families*, a resource of the Washington State Developmental Disabilities Council, in partnership with the Washington State Developmental Disabilities Administration, Aging & Long-Term Support Administration, and PAVE, which administers Lifespan Respite WA.

6.) When children with sensory processing disorders encounter their triggers, they may experience sensory overload, which can cause them to lash out physically or verbally, shut down, or exhibit other signs of distress.

Learning how to manage a sensory processing disorder effectively must start with understanding the biology of sensory processing disorders as well as the signs of sensory processing disorder and their comorbidities, which we hope this guide will help many people accomplish.

<https://www.topoccupationaltherapyschool.com/managing-sensory-overload-for-children-with-special-needs/>

7.) The Washington COVID-19 Immigrant Relief Fund opened for applications on Wednesday. The fund will distribute \$1,000 per person, and up to \$3,000 per household, to Washington residents ineligible for federal stimulus funds and unemployment benefits due to their immigration status. More information can be found at: <https://immigrantreliefwa.org/>

8.) Wednesday 11/04 1:00 - 3:00 pm PST - **Discovery Essentials** with Jenny Crook

These courses are **free for Washington State residents ONLY**.

**For WA residents only:** use the promo code WASTATE and click 'apply'. If you live and/or work outside of Washington State, the \$25 fee applies.

[Registration](#)

9.) **Wise Online Academy 100 Series: *Job Development & Marketing***

The next Wise Online Academy 100 course **starts November 3rd**. Join instructors Charly Walters and Emily Harris for this five-part online course that will offer a thorough overview of the essential functions of marketing and customized job development.

**Course dates are November 3rd, 5th, 10th, 12th, and 16th** [Register](#)

Cost is reimbursable for WA residents, and the WOA 100 Series is now ACRE approved! Upon successful completion of the WOA 100 Series, attendees earn an ACRE certificates of achievement in Basic Employment Services and their names are added to the national registry.

10.) ***Coffee & Conversations*** - Our new 6-week *Coffee & Conversation* series will be a virtual technical assistance forum for professionals who are providing Community Inclusion services. Every other week, join Josie Sparks for a 1.5-hour session to connect and learn together. Conversations will feature experts on various topics using tools, problem solving, finding and developing new resources and opportunities in a remote and virtual setting.

**Week 1: November 2, 2020 ---** [Register for Nov 2nd](#).

Community Reentry with Debbie Moore

And Save the Date for more upcoming *Coffee & Conversations*:

**Week 2: November 16, 2020**

**Week 3: November 30, 2020**

**Week 4: December 14, 2020**

11.) When kids struggle socially, it can be difficult to know how to respond as a parent. Do we correct them? What do we do with our own internal reactions? Also, do we sometimes expect more of kids struggling in this area than their neurotypical peers? Barry Prizant, PhD, author of *Uniquely Human*, recently named the #1 book on autism of all time (!), has some great ideas.

[Click here to take a listen.](#)

12.) ***Special Education is a Service, Not a Place***

An ill-informed conversation about special education might go something like this:

- Is your child in special education?
- Yes.
- Oh, so your student goes to school in that special classroom, by the office...in the portable...at the end of the hall...in a segregated Zoom room?

Regardless of whether education is happening in a school building or virtually, this conversation includes errors in understanding about what special education is, how it is delivered, and a student's right to be included with general education peers whenever and wherever possible.

*Read more of this article [Special Education is a Service, Not a Place](#)*

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Community-level interventions to address ACEs: Successes and lessons learned, Dec. 8, 10-11 a.m.  
[https://ucdenver.zoom.us/webinar/register/WN\\_i-M\\_7mV-Q3uYJ0CGoQvqqQ](https://ucdenver.zoom.us/webinar/register/WN_i-M_7mV-Q3uYJ0CGoQvqqQ)

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*[How Parents Can Support Children With Special Needs During Distance Learning.](#)*

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*[How Teachers Can Help Students With Special Needs Navigate Distance Learning.](#)*

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*[Engaging Families in Affirming Trauma-Informed Care for LGBTQ Children and Youth.](#)* Outlines techniques for engaging families in affirming treatment and care of their LGBTQ youth, including a review of techniques used within the Family Acceptance Project (FAP) with founder Caitlin Ryan. FAP is an initiative that works to prevent health and mental health risks for LGBTQ children and youth while using a research-based, culturally grounded approach to help diverse families support their LGBTQ children. Practitioners will examine ways to engage in cultural humility and understanding when engaging families and youth in trauma treatment.

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*[The Great READ: Reading, Exchange and Dialogue.](#)* Thought-provoking books, podcasts, and films can pave the way for change by inspiring understanding, compassion, inquiry, and conversation. That's why earlier this year, NICHQ staff came together to share the books that have most affected their understanding of equity and what's needed to achieve it. Since then, we've added more books, podcasts, and films to the list! [This article](#) shares our top picks with the hope these resources will support our readers on their equity journeys.

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**WIC helps families in many ways.** DOH is trying to outreach pregnant women, new moms, and families with young children eligible for the WIC Program, which DOH administers in Washington State. This message is suitable for mothers, primary care providers, doulas, community health workers, child care providers, and community organizations that serve them. By sharing the message below, you are helping people gain access to an essential public health service that meets critical nutrition and health needs for families:

*Washington WIC gives families access to nutritious food and provides health screening, risk assessment, nutrition education, breastfeeding support, and referrals to health and social services. The program provides essential services for pregnant people, new and breastfeeding moms, infants, and children under five. Most pregnant people and young children on Medicaid or Basic Food (SNAP) qualify for WIC services.*

*To meet the needs of families during the pandemic there have been important changes to the program:*

- *WIC enrolls new applicants, provides nutrition education and breastfeeding support, and issues food benefits by phone or video chat.*
- *WIC expanded the choice of foods allowed for purchase using WIC benefits.*
- *Participants now shop for WIC foods using a WIC card, which makes shopping easier.*
- *The WICShopper app is also making shopping easier, as well as providing recipes and parenting tips. More than 90 percent of the families on Washington WIC use the WICShopper app.*

*<https://www.doh.wa.gov/YouandYourFamily/WIC/ShoppingwithWIC/WICShopperApp>*

*Given layoffs and other economic consequences related to COVID-19, people may be seeking WIC services for the first time. WIC has capacity and welcomes new families. To find WIC services in your area:*

- *Text "WIC" to 96859*
- *Visit [ParentHelp123's Resource Finder](#):*

*<https://resources.parenthelp123.org/services/wic-nutrition-program-for-women-infants-children>  
Call the Help Me Grow WA Hotline at 1-800-322-2588*

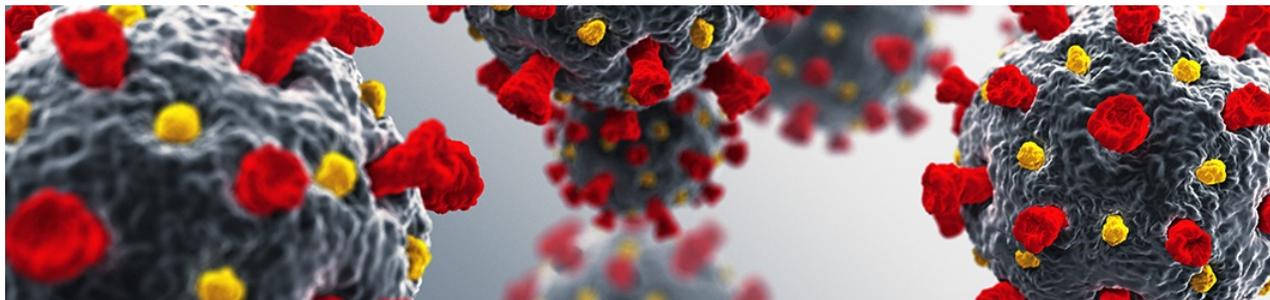
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*[2019 National Survey of Children's Health Data.](#)* The Health Resources and Services Administration's Maternal and Child Health Bureau released the latest data from the 2019 National Survey of Children's Health (NSCH) on October 5. The NSCH provides annual, national and state-level data on the health and health care needs of children, as well as information about their families and communities. The NSCH covers a broad array of health-related topics impacting children and families such as mental and behavioral health. The survey data reveals that 13.2 percent of children aged 3-17 years in the U.S. (about 8 million children) had a current diagnosed

mental or behavioral health condition. The most common condition was anxiety, which affected 8.5 percent of children, followed by behavior disorder at 6.8 percent and depression at 3.8 percent.

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The Public Charge has been vacated and should not be applied at this time.

*Here is the update in full.*

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## COVID - 19 RESOURCES

**NEW!** Leading through Crisis-The Importance of Mindset, Self-Care, and Leader Resilience, Nov. 18, 1-1:45 p.m. During this uplifting session, Marissa Levine (alumni-VA) will draw on her 16 years of state government service and expertise in leadership to share the important role of mindset, self-care, and resilience with public health professionals leading during the COVID-19 pandemic.

<https://astho.org/t/event.aspx?eventid=22834>

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[Protecting Our Children: Early Childhood Development, ACEs & COVID-19.](#)

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[COVID-19: Concerns about Reopening Schools.](#)

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### Disability-Led Research Study on the COVID-19 Response

The Johns Hopkins Disability Health Research Center is conducting a disability-led qualitative study to inform COVID-19 policy for the disability community. They are looking to recruit disabled people to participate in a research study of virtual focus groups discussing healthcare, accessibility and employment-related gaps in the COVID-19 response. See below for the study announcement, including information on how to participate and contact information.

Johns Hopkins University Disability Health Research Center

Interested in advising the future of the COVID-19 response for the disability community?

We are recruiting people with disabilities to participate in a research study of virtual focus groups discussing healthcare, accessibility, and employment-related gaps in the COVID-19 (coronavirus) response for the disability community.

Adults with all types of disabilities can fill out the interest form at [tinyurl.com/disabilityhealth](https://tinyurl.com/disabilityhealth).

Principal Investigator: Dr. Bonnielin Swenor, IRB# 00249078 contact [sepstei7@jhu.edu](mailto:sepstei7@jhu.edu) with questions.

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### [Breastfeeding & COVID-19: FAQs](#)

Yes, breastfeeding is still considered safe during the pandemic. In fact, it continues to be encouraged by medical organizations, including the Centers for Disease Control (CDC), the World Health Organization (WHO), and the American Academy of Pediatrics (AAP). Most nutritional experts believe that breastfeeding protects infants from infection in general, and COVID-19 is no exception.

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[COVID-19 for Professionals and Families.](#)

From the American Professional Society on the Abuse of Children.

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[Childhood Traumatic Grief:](#) Youth Information Sheet. Provides information on the effect that trauma may have on youth with intellectual and developmental disabilities (IDD). This fact sheet offers providers information on IDD and trauma, communication and trauma-related behavior, IDD and systems of care, screening and assessment for youth with IDD, diagnostic criteria, treatment, and resilience and recovery for youth with IDD who have experienced trauma.

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[Covid-19 Content: PTSD During a Pandemic for Parents with Medically Fragile Children.](#)

In a video from the Child Neurology Foundation, a caregiver and a psychologist discuss the impact of isolation and stress on parents caring for medically fragile children during a pandemic.

.....  
[COVID-19 Behavioral Health Toolbox for Families Available.](#) The COVID-19 Behavioral Health Group developed the COVID-19 Behavioral Health Toolbox for Families: The toolbox gives tips on how to understand emotional responses to the COVID-19 pandemic. It includes an appendix on Tips for Families of Children & Teens with Autism Spectrum Disorder (ASD). The Behavioral Health Strike team guides the work for the COVID-19 Behavioral Health Group. The Behavioral Health Strike Team includes seven doctoral-level psychologists, one psychiatrist, and one Board Certified Couple and Family Psychologist. We hope that you will use this resource to help the families and children you serve. By learning to recognize the signs of pandemic stress and knowing what actions to take, we can improve behavioral health outcomes in our communities.

.....  
[Pandemic Pushes Parents Of Kids With Special Needs To Breaking Point.](#) Parents are feeling isolated, stressed and overwhelmed at a time when families need more support than ever to deal with a loss of routine, heightened anxiety and other challenges.

.....  
Covid-19 Content: [PTSD During a Pandemic for Parents with Medically Fragile Children.](#) In a video from the Child Neurology Foundation, a caregiver and a psychologist discuss the impact of isolation and stress on parents caring for medically fragile children during a pandemic.

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[COVID-19 Behavioral Health Toolbox for Families Available.](#) The COVID-19 Behavioral Health Group developed the COVID-19 Behavioral Health Toolbox for Families: The toolbox gives tips on how to understand emotional responses to the COVID-19 pandemic. It includes an appendix on Tips for Families of Children & Teens with Autism Spectrum Disorder (ASD). The Behavioral Health Strike team guides the work for the COVID-19 Behavioral Health Group. The Behavioral Health Strike Team includes seven doctoral-level psychologists, one psychiatrist, and one Board Certified Couple and Family Psychologist. We hope that you will use this resource to help the families and children you serve. By learning to recognize the signs of pandemic stress and knowing what actions to take, we can improve behavioral health outcomes in our communities.

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[8 Mindfulness Exercises for Dealing with COVID-19.](#)

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Self-Care & Healing During COVID-19 Webinar Series:

Webinar I: [Dealing with Loss and Uncertainty: Self-compassion, Resilience, and Narrative.](#)

Webinar II: [Resilience, Trauma & Hope: A Healing Response.](#)

Webinar III: [There is Hope & Joy Ahead.](#)

.....  
Part 1: [How to Lead Through COVID-19 Crisis in a Resilience-oriented Trauma-informed Way.](#)

This workshop will provide a brief overview on how anxiety can impact our general functioning, our functioning in crisis, and different strategies you can use to adapt your leadership style to minimize the impact of anxiety on your staff during this unprecedented time in our country and lives.

Part 2: [Self-care and Promoting Post-Traumatic Growth During Active Crisis Management.](#)

This workshop will provide a brief overview on how anxiety can impact our general functioning, our functioning in crisis, and different strategies you can use to decrease the impact of anxiety on you during this unprecedented time in our country and lives.

.....  
[Pandemic Pushes Parents Of Kids With Special Needs To Breaking Point](#)

[Parents are feeling isolated, stressed and overwhelmed at a time when families need more support than ever to deal with a loss of routine, heightened anxiety and other challenges. \[Read More\]\(#\)](#)

.....  
[School During Coronavirus Poses Unique Issues For Students In Special Ed](#)

Deciding whether to send kids to school in person or stick with virtual learning is proving especially fraught for parents of students in special education. [Read More](#)

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[DSHS COVID-19 Information in multiple languages.](#)

The translations for our top 15 languages can be found on the dedicated language pages accessible via the links at the top and in the footer.

For languages that do not have dedicated webpages, taglines are in the sidebar about how to request the translations from Constituent Services.

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News release - WA State Healthcare Authority - For immediate release - July 6, 2020

State launches [Washington Listens program](#) to support people affected by the stress of COVID-19 The program includes a phone line to speak with support specialists and connect to community resources

OLYMPIA - In response to COVID-19, Washington has launched Washington Listens, a support program and phone line to help people manage elevated levels of stress due to the pandemic.

People who call the Washington Listens support line will speak with a support specialist and get connected to community resources in their area. The program is anonymous.

"Washington Listens helps people cope and strengthen their resiliency in these uncertain times," said Sue Birch, director of the Washington State Health Care Authority, the agency managing the program. "It complements the state's behavioral health response services by providing an outlet for people who are not in crisis but need an outlet to manage stress."

"This pandemic has had far-reaching effects that extend beyond our physical health.

We are still in this fight against this virus, and this assistance will help Washingtonians recover during this uniquely stressful time," said Mike O'Hare, FEMA Region 10 administrator.

The Washington Listens support line is 1-833-681-0211. It is available from 9 a.m. to 9 p.m. Monday through Friday, and 9 a.m. to 6 p.m. Saturdays and Sundays. TTY and language access services are available by using 7-1-1 or their preferred method.

Providers and tribes that have partnered with Washington Listens include American Indian Community Center, Colville Tribe, Community Integrated Health Services, Crisis Connections, Frontier Behavioral Health, Okanogan Behavioral Healthcare, and Swinomish Tribe.

The Washington Listens support line is made available by a \$2.2 million Crisis Counseling Assistance and Training Program (CCP) grant funded by Federal Emergency Management Agency (FEMA) and supported by the Substance Abuse and Mental Health Services Administration (SAMHSA). This program supports short-term interventions to mitigate stress, promote the use or development of coping strategies, and provide emotional support to help Washingtonians understand and process their stress.

Resources and self-help tips are available on [walistens.org](http://walistens.org).

#### Media contacts

[Amy Blondin](#), Chief Communications Officer

360-725-1915 (office)

360-688-0131 (cell)

[FEMA Region 10 News Desk](#)

425-487-4610

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#### COVID-19 Communication Toolkit For Migrants, Refugees, and Other Limited-English-Proficient Populations.

CDC created this communication toolkit to help public health professionals, health departments, community organizations, and healthcare systems and providers reach populations who may need COVID-19 prevention messaging in their native languages.

[https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/communication-toolkit.html?deliveryName=USCDC\\_2067-DM30162](https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/communication-toolkit.html?deliveryName=USCDC_2067-DM30162)

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#### Seven Strategies for Conducting Services Virtually.

Across the country, health and social service providers have had to find new ways to support children and families in the face of COVID-19. Home visiting services, pediatric well-child visits, prenatal care and mental health appointments have largely had to transition from in-person appointments to visits virtually-either via phone or video. By learning how to conduct a successful virtual visit, health and social service providers can help ensure children and families receive the support they need during and after this pandemic. Use our new infographic to share strategies on conducting successful virtual visits.

[https://www.nichq.org/insight/seven-strategies-conducting-services-virtually?utm\\_campaign=Newsletters&utm\\_medium=email&hsmi=90054865&hsenc=p2ANqtz91bEvHgSC2UdEdti5U9WTSmoHSORRx4V8E1bHXw3DsbYXG9HHJpIO42DPtHr0MptBueXoSV4TjyNYwy1rihNp8Q7R6SA&utm\\_content=90054865&utm\\_source=hs\\_email#infographic](https://www.nichq.org/insight/seven-strategies-conducting-services-virtually?utm_campaign=Newsletters&utm_medium=email&hsmi=90054865&hsenc=p2ANqtz91bEvHgSC2UdEdti5U9WTSmoHSORRx4V8E1bHXw3DsbYXG9HHJpIO42DPtHr0MptBueXoSV4TjyNYwy1rihNp8Q7R6SA&utm_content=90054865&utm_source=hs_email#infographic)

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[Ensuring Support Services for Youth with Disabilities and Special Health Care Needs](#)

[Amid COVID-19](#) - A Zoom conversation from PolicyLab at Children's Hospital of Philadelphia, featuring parents, educators, and physicians.

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[Coping with Crayons: Kid-Friendly COVID-19 Information](#) - To help children understand the disruption in their lives, Children's Hospital of Richmond at Virginia Commonwealth University created a coloring book to provide COVID-19 information that children of all ages can easily digest and understand. An article from the Children's Hospital Association notes that the activity book, available online and in print, also can help parents gauge their children's feelings about the pandemic.

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In a [video](#) (Covid-19 Content: PTSD During a Pandemic for Parents with Medically Fragile Children) from the Child Neurology Foundation, a caregiver and a psychologist discuss the impact of isolation and stress on parents caring for medically fragile children during a pandemic.

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[Finding Food & Nutrition Programs and Shopping Safely](#)

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Informing Families-Charting the Life Course: Integrated Services and Supports

[My Goal: Have a Good Life with Social Distancing](#)

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[Get Help Buying Groceries During COVID-19](#)

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[Resilience Loans](#) - A new loan product to help those who have become unemployed, underemployed, or furloughed as a result of the COVID-19 outbreak.

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[Familias reciben ayuda para comprar alimentos con Pandemia EBT](#)

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Strengthening Families Washington team collaborated with many state-wide partners to create a [Caring for Your Family During COVID-19 guide](#). Today we were able to get the guide published in five languages:

- [English](#)
- [Chinese](#)
- [Hindi](#)
- [Somali](#)
- [Spanish](#)

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A Parent's Guide:

- [Helping Your Child Feel Good About Wearing and Seeing Others Wear Face Masks](#)
- [Helping Your Child Wear a Face Mask](#)
- [I Can Stay Healthy By Wearing a Face Mask](#)

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[Pandemic Making Child Care Tough To Find For Those With Special Needs](#)

by Bianca Padró Ocasio, Miami Herald/TNS | May 19, 2020

With most daycare centers closed, child care options are especially limited for kids with disabilities and the impact is likely to be long-lasting.

(Click on article for the rest of the story.)

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[House OKs COVID-19 Relief Plan With More Payments For People With Disabilities](#)

A fresh round of stimulus checks for people with disabilities and billions for home- and community-based services are part of a \$3 trillion relief bill that faces an uncertain future.

(Click on the article for the rest of the story.)

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[COVID-19 Frequently Asked Questions Regarding CYSHCN.](#)

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[How to help your child build resilience against Coronavirus anxiety.](#)

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COVID-1 Resource Guide for Parents and Caregivers. The Washington State Department of Children, Youth, and Families (DCYF) recently created a [resource guide to help parents and caregivers navigate the COVID-19 pandemic](#). DCYF recognizes the challenges parents and caregivers are experiencing during this unprecedented time. Many parents and caregivers have the responsibility of balancing their work schedules in the face of school closures and limited child care availability, or job loss.

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[How chronic stress changes the brain, and what you can do to reverse the damage](#)

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The Centers for Disease Control and Prevention has a series of videos about COVID-19 in American Sign Language at: [Sharing CDC's ASL resource](#)

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[Dental Health with COVID-19 Recommendations](#)

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[Free quarantine resources](#) for students, kids, and people seeking new knowledge.

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Revised DOH website regarding [COVID-19](#) with multilingual resources.

Need a phone number to call with questions about the virus?

DOH operates a hotline, with multiple language assistance, from 6 a.m. to 10 p.m. daily at 1-800-525-0127. The call center cannot access COVID-19 testing results. You can also text the word "Coronavirus" to 211-211 to receive information and updates on your phone.

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People With Disabilities, Families, and Direct Support Professionals: [#WeAreEssential](#)

We are fighting every day to make sure the critical needs of people with disabilities, their families, and the direct support professional (DSP) workforce are included in the next coronavirus relief bill. And we need your help!

From home and community based services to minimize the risk of people with disabilities being forced into institutions, paid leave for all caregivers, personal protective equipment for the vital DSP workforce, and stimulus payments for all - our essential needs must be included.

What matters most to you and why? [Share YOUR story](#) with The Arc and send a personalized message to your Members of Congress by answering 3 short questions!

Then, help spread the word to three friends and ask them to share their story too.

For the latest information about the disability community and the coronavirus pandemic, visit [thearc.org/covid](#). Thank you for your advocacy!

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CDC's Personal Protective Equipment (PPE) Educational Materials

CDC has developed new [Personal Protective Equipment \(PPE\)](#) educational materials to be used as an aide when training healthcare personnel on selecting and correctly using; donning (putting on), doffing (taking off), and disposing of PPE to protect themselves from exposure to COVID-19 in the healthcare settings.

COVID-19 Educational Materials Include:

- [How to Safely Put On PPE Video](#)
- [How To Safely Take Off PPE Video](#)

- [How to Put On and Take Off PPE Fact Sheet](#)
- [How to Put On and Take Off PPE Poster](#)
- [PPE Illustrations](#)

These materials were created to increase the safety of the healthcare work environment through improved use of PPE by healthcare personnel. Additional Infection Control recommendations for Healthcare Personnel can be found on [CDC's Infection Control Guidance](#) website.

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[How Parents can prepare for Corona virus-school closures and getting anything done](#)

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[Spanish-How Parents can prepare for Corona virus-school closures and getting anything done:](#)

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[Special Education Guidance from Washington State- OSPI](#)

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[Food services during school closures:](#)

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Talking with your child about Corona virus:

- [Talking With Children: Tips for Caregivers, Parents, and Teachers During Infectious Disease Outbreaks](#)
- [How to Talk to Your Kids About Corona virus](#)
- [Talking to Kids About the Corona virus](#)

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[Washington State Department of Health](#)

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[Centers for Disease Control and Prevention](#)

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[Centers for Disease Control and Prevention - Get Your Home Ready](#)

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[How to talk about COVID-19 with people who have autism](#)

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[What's Open and What's Closed Under the Governor's Shelter at Home Order:](#)

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[Plain Talk Guide for talking about COVID-19](#)

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The Washington Department of Health has released a series of eight ASL/captioned educational videos about the COVID-19 pandemic and includes information on how to protect yourself and prevent the spread of the virus. Here are the YouTube listings available now. Watch for this on Facebook and other social media.

[Playlist:](#)

- [Introduction:](#)
- [What is COVID-19?:](#)
- [How Does COVID-19 Spread?:](#)
- [COVID-19 Symptoms:](#)
- [What to Do If You Are Sick:](#)
- [Prevention & Treatment of COVID-19:](#)
- [Stigma & COVID-19:](#)
- [What Can You Do About COVID-19?:](#)
- [What is Social Distancing?:](#)

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[Resource page on COVID-19 for people with I/DD, their families and service providers in Washington](#)

## COVID 19 Resource Information

[Plain Language Information on Corona Virus Accessible flyer](#)

[Plain Language Information on Corona Virus Accessible flyer - Spanish](#)

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### [COVID-19 Educational Materials - 26+ Languages](#)

Stay up-to-date on the [current COVID-19 situation in Washington](#), Governor Insee's [proclamations](#), [symptoms](#), [how it spreads](#), and [how and when people should get tested](#).

For more information, visit our [Frequently Asked Questions](#) page.

Multiple Languages [Fact Sheet](#)

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## MENTAL/BEHAVIORAL HEALTH NEEDS

1. [Phases of Disaster](#) - Adapted from Zunin & Myers as cited in DeWolfe, D. J., 2000. Training manual for mental health and human service workers in major disasters (2nd ed., HHS Publication No. ADM 90-538). Rockville, MD: U.S. Department of Health and Human Services, Substance Abuse and Mental Health Services Administration, Center for Mental Health Services. [\(pdf format to share\)](#)

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2. Washington State Leadership Board's Boundless Washington Overview

Boundless Washington is an equity focused program that integrates fun, challenging outdoor activities with leadership training for young people with disabilities in Washington state. At capacity, the program will sponsor 20 middle and high school students to participate in the program. Launched in 2020, the program currently serves 9 students all over the state....[\(see more click on flyer with information\)](#)

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3. Save the Date! You are invited to attend a free virtual conference

[Planning Today for a Safer Tomorrow](#) - Disabilities in Emergency Preparedness Conference  
November 17-18, 2020

Tuesday: 8:30am-4:30pm | Wednesday: 8:30am-12:00pm

Supported By: WA Emergency Management Division (EMD) | WA State Department of Health (DOH)

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4. [September is Childhood Obesity Awareness Month.](#)

Children with obesity are at higher risk for other chronic health conditions, such as asthma, sleep apnea, bone and joint problems, and type 2 diabetes. They also have higher risk factors for heart disease like hypertension and high cholesterol. The Centers for Disease Control and Prevention's website features information to support healthy growth in children.

[STUDY: Breastfeed Infants Less Likely to Have Overweight.](#)

Breastfeeding, as the normative standard for infant feeding, promotes optimal growth and development and can prevent childhood obesity. To learn more about the differences in growth patterns of breastfed and formula-fed infants, read this AAP publication.

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5. [Tips for Healthcare Professionals: Coping With Stress and Compassion Fatigue.](#)

This tip sheet explores stress and compassion fatigue, as well as signs of distress after a disaster. It covers strategies healthcare providers can use to reduce their stress during this time and information about coping with compassion fatigue.

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6. Transitioning to Virtual Services and Support for Children and Youth with Special Health Care Needs and Their Families

Clinicians, early intervention providers and other community service services providers and educators are having to quickly ramp up telehealth and online learning capacity during COVID-19. [\(For the rest of the article\)](#)

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7. *Finding Your Way in Community: Free Online Mindfulness Groups for Parents and Caregivers*  
(Supporting each other through meditation and communication.)  
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8. *Mental health symptoms in school-aged children in four communities.*  
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9. *Helping Children Thrive: Early Childhood Development & ACEs.*  
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10. *Youth Mental Health: Trends and Outlook.*  
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11. *Health Equity - Are We Finally on the Edge of a New Frontier? (New England Journal of Medicine).*  
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12. Educating youth (ages 14-24) on current, in-demand, employment opportunities; navigating accommodations through interactive online activities; and real-world business opportunities shared by business professionals, providing insights on advocacy and employment. Please read attached flyer for presentation dates/times/presenters that will take place throughout the month of October. All presentations are done with Zoom.

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*DSHS Behavior Health Organizations (BHO) Contacts by County*

If you or your family is experiencing distress and need support call:

- National Parent Helpline 1-855-4 A PARENT or 1-855-427-2736
- Info Children /Parent Helpline 1-778-782-3548
- National Suicide Prevention 1-800-273-8255



Think Virtual...Think Smell of Fall...There are so many things to try virtually with family and friends...

*Pumpkin Soup or Pumpkin Chocolate Chip Cookies or Pumpkin Pie*



P2P USA

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***The Arc of Washington State***

2638 State Avenue NE  
Olympia, WA 98506  
(360) 357-5596

Connect With  
Us



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Visit our website