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WA State Parent to Parent (P2P) Newsletter: March 2021

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Hello March-Hello Spring!

Washington's Parent to Parent Network continues to provide the majority of our support programming virtually- offering parent support and training opportunities, sibling support, social and recreational activities for the entire family (yes, this can be done virtually.... Think BINGO!), and much, much more! In addition, we continue to provide parent matching services which is the Parent to Parent CORNERSTONE. We're so very thankful to the state and local partners that support our work and passion, enabling Washington State families raising children with special needs to receive support and empowerment so they can THRIVE.

Talking about our great coordinators and the work they do with our families we want to welcome our new Spokane Coordinator, Holly "Saoirse" Borba.

March is Developmental Disabilities Awareness Month!

In 1987, President Reagan recognized March as Developmental Disabilities Awareness Month to increase “public awareness of the needs and the potential of Americans with developmental disabilities” and to provide the “encouragement and opportunities they need to lead productive lives and to achieve their full potential.”

Take care~~~Tracie, Theresa, Patricia and Jackie

Click on Picture Below to take you to The Parent to Parent Family Stories page then scroll down to the first picture for the [video of Imelda's Parent to Parent Story](#).



ADVOCACY DAYS

Advocacy Days are still going strong in Olympia through the Arc of Washington's zoom platform. Here is a list of the remaining days of session:

- ***March 10th—Rights and Protections: No New Institutions! - Click here to register for this event!***
- ***March 17th—Self-advocacy: Nothing About Us Without Us - Click here to register for this event!***
- ***March 24th—Budget: NO Cuts! - Click here to register for this event!***
- ***March 31st —April is Autism Awareness, Acceptance & Appreciation Month - Click here to register for this event!***
- ***April 7th—Equity & Diversity - Click here to register for this event!***

CONFERENCES / SEMINARS

3rd Annual Washington Fatherhood Summit - Resilient Dads: Fathering in Challenging Times!
Who: Fathers, providers, lay and professional leaders, policy makers, philanthropists, and fatherhood advocates.
Why: Help Washington State continue to build a state where all men can become the fathers they want to be.
Where/How: Zoom with interactive engagement, facilitated breakout sessions, and a *photograph contest!*
March 16 - 18, 2021 - 8:30 am - 12:00 pm
Virtual lunch hour optional from 12:00 - 1:00 pm
For more detailed information and to register, *go here*.

42nd Annual Duncan Virtual Seminar with topics on Cerebral Palsy,
March 26, 2021, 7:45 am - 4:05 pm.
See *brochure*; *Register Now*

Save the date for Microsoft Ability Summit

Join us from the comfort of your desk for Microsoft Ability Summit on May 5-6, 2021!
Ability Summit is a two-day, free digital event experience that brings together people with disabilities, allies, and accessibility professionals to *Imagine, Build, Include, and Empower* the future of disability inclusion and accessibility. We encourage all to join and spread the word throughout your communities!

Agenda

As we are building the agenda for Ability Summit, here's what you can expect:

- Keynotes from Microsoft executives and notable members of the disability community
- Expert panels featuring exciting projects and innovations
- Demos of the latest accessibility features in Office, Windows, Xbox, and more
- All sessions will be recorded and available post-event so that no matter what time zone you are in, you can access the content at a time that works for you!

Highlights - Ability Summit 2020

Last year we welcomed nearly 7,000 attendees to the Ability Summit from across 97 countries. Visit our *Ability Summit 2020 video playlist* to reflect back on the 2-day experience.

Registration

Registration will open in March. In the meantime, you are welcome to help us spread the word and forward this to others within your organization, schools, and communities.

For more information, visit aka.ms/AbilitySummit. We look forward to your participation at Ability Summit!

Ability Team

ability@microsoft.com

www.microsoft.com/accessibility

SPREADING HOPE, The first annual HOPE Summit (Virtual), April 9, 8 a.m.-3 p.m.

Learn about Seizing the Moment - the First Annual HOPE Summit. This virtual summit seeks to inspire a group of leaders who will, together, champion a HOPE-informed movement.

HOPE (Healthy Outcomes from Positive Experiences), grounded in science that demonstrates the formative role of positive experiences in human development, seeks to inspire a HOPE-informed movement that fundamentally transforms how we advance health and well-being for our children, families, and communities. <https://hopesummit2021.vfairs.com/>

RESOURCES

1.) WSSB Presents “Talk O Tuesdays” Family Resource Night - For parents of children aged birth to 5 with blindness or low vision:

The Washington State School for the Blind (WSSB) is hosting a virtual parent resource night every month in 2021. Their goal is to provide resources and information related to young children with blindness and low vision to enhance parenting experiences. Also, they hope that parents/caregivers connect with each other!

Please register to receive the secure Zoom link via email, which will be sent one week prior to the meeting.

Meetings are scheduled on the second Tuesday of each month.

Registration Link: [Talk O Tuesday](#)

Tuesday, March 9 | 6 to 7 p.m.

Happy Birthday Dr. Seuss: Multi-Sensory Literacy Ideas

Registration Link: [Talk O Tuesday](#)

Their second virtual meeting will be on Tuesday, Feb. 9, and will highlight the 9 Expanded Core Curriculum areas, which are essential skills for ALL children with blindness or low vision. WSSB values parents as children’s first teacher! This meeting will show parents how they support their child’s learning within daily routines and maybe demonstrate strategies to enhance learning. Meetings are recorded and can be seen on [WSSB’s YouTube Channel](#) in the Talk O Tuesday playlist.

Questions: Contact DeEtte Snyder at (360)947-3305 or DeEtte.Snyder@wssb.wa.gov.

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2.) Updated DDA Fact Sheets:

<https://fortress.wa.gov/dshs/adsaapps/about/factsheets/DDAFactsheets.aspx>

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3.) Resource on racial trauma and the psychological impact that movies and TV shows have on mental health. [“Racial Trauma in Film: How Viewers Can Address Re-traumatization”](#)

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4.) DD Ombuds informational [flyer](#)

If you have any questions about the DD Ombuds please contact 833-727-8900 or info@ddombuds.org . If you have a concern or complaint about your services you can also file complaint on-line at <https://ddombuds.org/complaint-form/>

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5.) [Utilizing Mobile Technology for Children with Autism Spectrum Disorder](#)

Those who are diagnosed with ASD tend to struggle with core issues such as communication, literacy, academics, social skills, and emotional recognition.

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6.) **Telling Your Story with a Purpose**

Do you want to make your voice heard? Join us for this free 2-part virtual workshop on advocacy and leadership to learn how to:

- Identify a policy or systems issue where you would like to make a difference
- Follow a process that can be used to develop a 2-3 minute presentation for delivery to decision makers
- Effectively advocate for change using your family's experience as an example

Part 1: Learn the Telling Your Story with a Purpose process

Part 1: Monday, March 15, 2021 - 9:30 - 11:30 am

Part 2: Attend an optional workshop to help you practice your presentation and receive feedback

Part 2 (Optional): Monday, April 12, 2021 - 9:30 - 11:30 am

Both parts are free. Registration is required as space is limited. Please [register here](#).

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7.) The Northwest Center for Public Health Practice developed the Engaging with Change training, which takes place (virtually) over one month.

DATES: March 14-April 14

Participants can build awareness about addressing change – both proactively and when it occurs unexpectedly. Participants will look at systems level factors that enable organizations to address change as a normal course of business, among other important topics surrounding how to best engage with and leverage change. Please share the information with your colleagues, listservs, staff, and others who might be interested. It is open to state, local, tribal, and community-based

public health organizations.

The final registration deadline is March 22, 2021.

<https://www.nwcphp.org/training/engaging-with-change>

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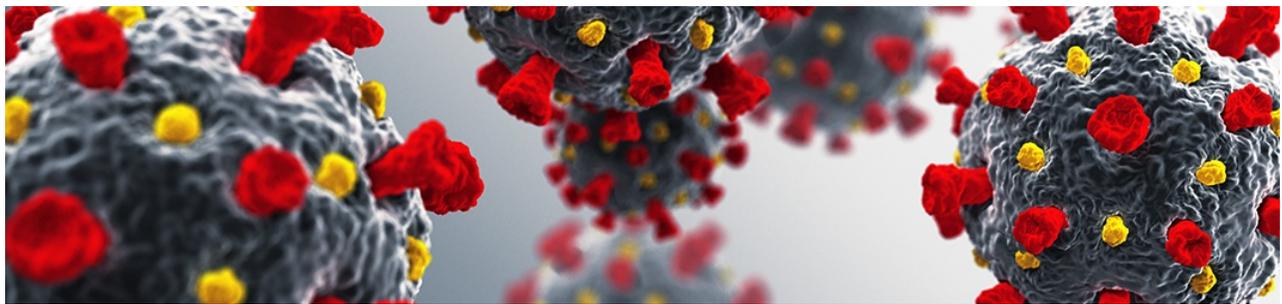
SPANISH RESOURCES

1.) **Sobre la vacuna contra la COVID-19/Vaccine Information for Families with Children**

Aunque los niños en general están en menos riesgo por la COVID-19, los Niños y Jóvenes con Necesidades Médicas Especiales (CYSHCN, por sus siglas en inglés) pueden estar en mayor riesgo de sufrir un caso grave de COVID-19.

A continuación se presenta información sobre las opciones para obtener acceso a vacunas en el estado de Washington para los CYSHCN, sus familias y sus proveedores.

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COVID - 19 RESOURCES

Archived COVID-19 Resource Links

NEW! Vaccine Information - Although children in general are at less risk from COVID-19, Children and Youth with Special Health Care Needs (CYSHCN) may be at ***increased risk*** for severe illness with COVID-19. ***Linked is information*** on options for accessing vaccinations in Washington State for CYSHCN, their families, and providers.

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COVID-19 Vaccine Information: From Children and Youth with Special Health Care Needs Program at the WA State Department of Health and Getting Vaccinated - ***Spanish***

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Taking Care of Your Mental Health During COVID-19. COVID-19 has many of us feeling isolated, but you can always take care of your mental health with self-care. Having a solid self-care routine can alleviate feelings of stress and bring you to a more positive place when things feel overwhelming. Our new blog post provides tips from the Mental Health First Aid curriculum on how to develop a self-care routine so you can #BeTheDifference for yourself during these uncertain times.

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Get Vaccinated to Protect Yourself, Family and Community: American Indians and Alaska Indians are disproportionately affected by the COVID-19 pandemic.

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Coping with COVID: Exhausted families.

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In a Pandemic, Elbow Touches Might Keep Us Going . Can we find ways to touch outside our

homes during the pandemic? One doctor says yes.

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Taking Care of Yourself. Offers providers a list of ideas for self-care strategies to use after a difficult event. This checklist outlines the three basic aspects of self-care including awareness, balance, and connection.
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DOH Shares Wellness Tips. If you would like more resources, please contact Kim Concepcion, Wellness Coordinator, Employee Services, Washington State Department of Health, Kim.concepcion@doh.wa.gov.

1. Go for a walk. If you do this regularly, take a new route.
2. Call a friend you haven't talked to in a while.
3. Create a playlist of songs you enjoyed when you were younger and introduce them to your kids.
4. Be more open with your inner world by talking to someone about your feelings.
5. *Develop a go-to-method to help you unwind when you are stressed out.*
6. Stretch 20 minutes every morning and throughout the day.
7. *Take a moment to think about how you talk to yourself.* Self-compassion is critical.
8. Dedicate 10 minutes a day to a hobby; if you don't have a hobby, make a commitment to find one.
9. Add time to laugh on your calendar - spend five minutes telling jokes, watching silly videos that make you laugh, or just laughing for no reason at all. *Laughter yoga:*
10. Seek the help you have been putting off. Sign up for a therapist, doctor, or dentist appointment.
Contact your Employee Assistance Program or Washington Listens line 1-833-681-0211.
11. Write the angriest letter to the person who creates the most stress in your life, take a deep breath, and then throw it away.
12. Get rid of five pieces of clothing you don't wear and donate them.
13. Spend time in prayer or meditation.
14. Take a power nap.
15. Plant something in the yard or get some cool houseplants.
16. *Got to an art gallery or virtual art gallery and just sit with the pictures for a while.*
17. Get some food you love and really savor it, focusing on every sip or bite.
18. Go to your car, close the door, and freak out as loudly and wildly as you like.
19. Make 'fists' with your toes in the carpet.
20. Spend 20 minutes in natural sunlight.
21. Don't look at your phone the first thing in the morning. Give yourself an hour to wake up, stretch, drink coffee, meditate; the news and Twitter can wait.
22. Give yourself an hour of screen-free time every day.
23. *Make a pledge to read more good news.*
24. Unfollow social media accounts that don't bring you joy.
25. If you make a mistake, forgive yourself and pledge to do better next time. Shame is toxic!
26. Hug your family.
27. Prioritize a good wind-down routine to prepare your body for sleep.
28. Engage with a friend who has a different point of view. Learn from one another.
29. Buy a random vegetable and learn how to prepare it.
30. Pledge to drink more water.
31. Try yoga, dancing, or other ways of moving your body for 25 minutes each day to get those endorphins.

32. Wear something that makes you feel good.
33. Sign up for the virtual fitness class you have been wanting to take.
34. Sign up for something hard. Seek things that help you grow and learn.
35. Make a list of things you are grateful for.
36. Go for a long drive and blast the radio.
37. Give yourself permission to cry. This is a difficult time, and you deserve it!
38. Learn to hit the pause button if you feel yourself getting worked up. Give yourself some time to calm down and come back to it when you are calmer.
39. Play like a kid, go all in on imagination!
40. Fix something that's been bugging you.

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 Care Connect Washington -

<https://www.doh.wa.gov/Emergencies/COVID19/CareConnectWashington>

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 Facemask Guideline ([English](#))

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 Facemask Guideline ([Spanish](#))

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 COVID Stress Taking a Toll on Children's Mental Health, [CDC Finds](#).

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 Mental Health-Related Emergency Department Visits Among Children Aged <18 Years During the COVID-19 Pandemic-United States, January 1-October, 2020 | [CDC's Morbidity and Mortality Weekly Report](#).

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 HELPING CHILDREN WITH TRAUMATIC SEPARATION OR TRAUMATIC GRIEF RELATED TO COVID-19. ([PDF](#))

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 Eviction Rent Assistance Program

Commerce's [Eviction Rent Assistance Program](#) (ERAP), funded with federal CARES Act dollars, may prevent evictions by paying past due and current/future rent for people in distress due to COVID-19.

Rental assistance is provided through local housing providers in each community, not directly from Commerce. Please share this ERAP provider list with your network so community members who may be impacted know where to apply.

MENTAL/BEHAVIORAL HEALTH

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. *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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4. *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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5. *Finding Your Way in Community: Free Online Mindfulness Groups for Parents and Caregivers* (Supporting each other through meditation and communication.)
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6. *Mental health symptoms in school-aged children in four communities.*
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7. *Helping Children Thrive: Early Childhood Development & ACEs.*
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8. *Youth Mental Health: Trends and Outlook.*
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9. *Health Equity - Are We Finally on the Edge of a New Frontier? (New England Journal of Medicine).*
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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
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BE LUCKY



LIVE on purpose



UTILIZE your strengths daily



be a **CATALYST** for change



KNOW who you are meant to serve



be **YOURSELF**



Fun and festive *St Patrick's Day foods* ...

...to enjoy making and eating with family...

The Arc of Washington State

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