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

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In Memory...

We are remembering Susan Atkins... who passed away on Tuesday, May 25th. Susan cared deeply about the needs of families raising children with developmental disabilities. Over decades she poured her heart and soul into the Parent to Parent Network- establishing it as a trusted, valued family support organization serving families in Washington State.

Recently, we put together some messages, photos, and memories that would encourage Susan in her last days.

Click here for link ...[In remembrance of Susan....](#)

Remember to check out our [Parent to Parent page](#) on The Arc of Washington's website ([P2P Map](#) & [Coordinator info](#) here). Here is where you can find up-to-date information about

Coordinators and programs serving every County in Washington State!

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 Danielle M's Parent to Parent Story](#).



CONFERENCES / SEMINARS

June sessions of [Telling Your Story with a Purpose](#)

Dates and Times are listed on flyer ([linked](#))

Events are Free, [Registration is required](#), Space is limited. Please register at <https://fathersnetwork.org/telling-your-story-with-a-purpose-workshop> Shortly after registering you will be sent workshop materials and a Zoom link for joining the workshop.

DSHS Developmental Disabilities Administration is pleased to present the 2021 Virtual Community Summit: Thriving Through Equity, Resilience & Inclusion

May 6, 2021–June 24, 2021

DSHS' Developmental Disabilities Administration and Department of Vocational Rehabilitation, along with our partners Wise and Washington State Counties are pleased to announce the 2021 Community Summit Webinar Series & Resource Fair!

The 9th annual Community Summit will be held on a virtual platform that will launch on April 29. Weekly webinar sessions will begin on May 6 and continuing through June 24, 2021.

Join us for presentations, social events, and panel discussions addressing *Resilience, Equity, and Inclusion*. Webinars are free of charge and open to all who share the Community Summit goals of creating more inclusive communities in the state of Washington.

[Register here](#)

**THE 12TH ANNUAL "CHRISTMAS IN JULY"
WALK-N-ROLL FOR SPINA BIFIDA
JULY 1st - 24th, 2021**

We are excited to once again host our annual WALK-N-ROLL fundraiser event this July! In order to keep our community safe, this year's event will again be planned as a VIRTUAL Walk-N-Roll. But, that certainly won't stop the fun! Rather than coming together in person, we will be working in our small teams to complete 25/50/100 mile challenges.

The event will run from July 1st through July 24th, and the miles completed by each team member will count toward your grand total. That's 24 days of team camaraderie, and 24 days of awareness raising!

Begin building your team now! Invite people to join you. Post on social media. Design costumes. Share photos. Raise awareness... All while raising funds to support the Spina Bifida community in our state!

There is a minimum \$20 cost per team to participate.

The annual Walk-N-Roll is a non-competitive, fitness fundraiser open to individuals of all ages and abilities. Families and friends come together each year to celebrate this "Christmas in July" themed event and to raise funds to support the Spina Bifida community.

Register: [12th Annual Walk-N-Roll for Spina Bifida \(frontstream.com\)](https://www.frontstream.com/12th-annual-walk-n-roll-for-spina-bifida)

RESOURCES

1.) Respite and Recreation <https://www.tools4successconference.org/respite-and-recreation.html>

Respite: Respite is a service that provides a temporary break between the family or informal caregiver and the care recipient.

Recreation: Activity done for enjoyment when one is not working. some of these agencies take respite dollars as a way to cover fees.

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2.) [Wonder Moms Blog](#)

- [Making Special Education Work for Your Child During COVID](#)
 - [How to Find an Accessible Apartment](#)
 - [Resources for Kids in Trauma](#)
 - [Features of Accessible Apartments](#)
 - [Creating a Sensory Friendly Home](#)
 - [Coping with Covid Stress](#)
 - [Special Needs Trusts: What Parents and Caregivers Need to Know](#)
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3.) [What Supports Do You Need to Live in Your Community?](#)

Many people with disabilities rely on Medicaid-funded home and community-based services (HCBS) to live independently in their communities. HCBS supports people with disabilities by paying for things like employment supports, getting around, dressing, bathing or taking medication, and more.

Help advocate for HCBS by sharing YOUR story about the supports you receive to be as

independent as possible or the supports you don't get but need to thrive. Share with The Arc AND your Members of Congress by answering 3 short questions!

We are looking for stories from people with disabilities, their families, and providers about:

- ***The importance of HCBS to your access to the community and the life you want to live***
- ***Specific examples of how HCBS services support individuals to live independently***
- ***Experiences with long waiting lists to receive HCBS***

Tell us about your life and what participating in the community means to you. We want to share why it's important for ALL individuals with disabilities to be integrated members of their communities.

Sharing your story on this form and clicking "Send" serves as your e-signature to The Arc's consent form and allows us to share your story in the future.

Click the link to log in and send your message :

4.) Special Olympics Washington will be hosting a ***Virtual Event for graduating seniors*** both with and without disabilities to learn how to stay connected in the Special Olympics Movement after they graduate. The event is open to all students/families who are currently involved or who are interested in getting involved after graduation in sports, volunteering, leadership, health, and more. Over the years, we have noticed that many of our high school students are not aware that Special Olympics is also offered in their community and they can continue to participate even after they receive their diploma. The Virtual Event will build awareness and educate students and families about opportunities in their local community. Pass the word...

Information:

- **Date:** June 9, 2021
- **Time:** 6:00pm-7:00pm
- **Register Here:** <https://bit.ly/3eyrzhm>
- **Flyer is attached.**

5.) **Achieving Health Equity: What's Next**

<https://nihcm.org/publications/achieving-health-equity-whats-next>

6.) ***Due June 11.*** The Washington State Department of Health, Essentials for Childhood Program is offering free "starter sets" of ***Vroom™*** print materials and technical assistance on how to use Vroom. This is suitable for any organization that serves or reaches families of young children (from prenatal through age five) in Washington State, even if early learning isn't your primary focus. Vroom Materials are intended to raise awareness about the importance of brain building and the simplicity and fun of Vroom. These starter set of Vroom materials are intended to help organizations become familiar with Vroom brain building tools and messages and comfortable sharing them with families you serve or reach. To learn about this opportunity and apply:

1. Review the "Vroom Brain Materials and Technical Assistance Opportunity" description for important information and how to apply.

https://content.govdelivery.com/attachments/WADOH/2021/05/18/file_attachments/1811570/2021%20Vroom%20Materials%20Opportunity%20Description%20Final.pdf

2. ***Apply online*** OR download this ***Application Form*** and send the completed application to Marilyn.Gisser@doh.wa.gov by June 11, 2021, 11:59 pm.

7.) **The 2020 MIECHV Needs Assessment has provided an opportunity for Washington to critically examine the changing needs of our communities, through both a geographic and an equity lens.** Moreover, through partnerships across multiple state agencies and community stakeholders, we have started the process of sharing and triangulating our findings with other needs assessments and community experiences to

deepen our understanding of the data and the context that gives us insights into families' experiences in Washington. Looking at the collective themes, we find challenges of poverty and inability to meet basic family needs, inequitable access to services and resources across the state, and an overall lack of adequate resources. Although most data were collected before the COVID-19 pandemic began, available evidence suggests that the COVID-19 pandemic only deepened the racial-ethnic and geographic disparities and inequities in socioeconomic status, health and wellbeing, and access to services and resources. The next step in this process for Washington is to use this information to shape ongoing and expanding support for home visiting and other early childhood intervention efforts DOH, DCYF, and Start Early completed the Needs Assessment in September 2020. After approval from HRSA, the Final Report, Executive Summary, and Race and Ethnicity Brief have been posted on DCYF website:

- 2020 MIECHV Needs Assessment Final Report:
<https://www.dcyf.wa.gov/sites/default/files/pdf/WA2020MIECHV-NeedsAssessment.pdf>
- 2020 Needs Assessment Race and Ethnicity Brief:
<https://www.dcyf.wa.gov/sites/default/files/pdf/2020NeedsAssessment-RaceEthnicityBrief.pdf>
- 2020 MIECHV Needs Assessment Executive Summary:
<https://www.dcyf.wa.gov/sites/default/files/pdf/2020NAExecSummary.pdf>
- 2020 MIECHV Needs Assessment Data Summary:
<https://www.dcyf.wa.gov/sites/default/files/excel/WA2020-NA-DataSummary.xlsx>
- 2020 MIECHV Needs Assessment Appendices :
<https://www.dcyf.wa.gov/sites/default/files/excel/WA2020-NA-DataSummary.xlsx>

8.) NACDD and its Health Equity Council (HEC) have launched 'Race Toward Health' a new podcast series that examines a broad range of topics on achieving health equity, including discussions on the impact of racism on our nation's health.

<https://soundcloud.com/user-247563527/sets/race-toward-health-2021>

9.) Global Health as Gender Equality.

<http://www.amchp.org/AboutAMCHP/Newsletters/Pulse/Pages/Global-Health-as-Gender-Equality.aspx>

SPANISH RESOURCES

1.) [Spanish Group Webinar](#) for Spanish speaking parents raising children with autism.

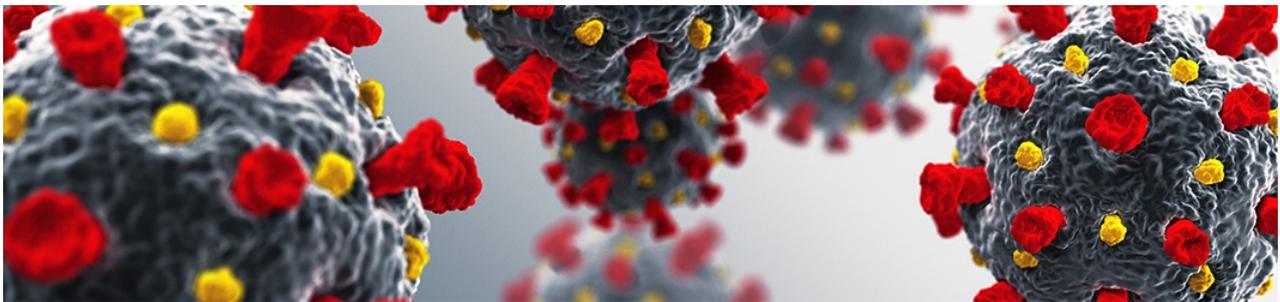
2.) **¿Mi hijo fue el diagnóstico con autismo y ahora qué?**

Esta es una de las preguntas que quizás muchos padres nos hacemos a la hora de recibir el diagnóstico de nuestros hijos y nos encontramos con un mundo de emociones en las cuales desconocemos el mundo en el cual estamos entrando y en el cual estamos entrando. ¿Es verdad que hay mucha información, recursos y servicios, pero que hay de las emociones internas? Los sentimientos encontrados y todo eso fluye como un río desbordado como un torrente que nos limita ver mas allá que un puno de documentos con información. Y no es que no entendemos la información o no queramos entender. Es el momento e el cual existen mas preguntas que respuestas. Respuestas que quizás llegan, pero son tan técnicas que parase imposible de procesar discernir. Las familias hablan español y que participan en el programa de Padre a Padre han expresado sentirse inundadas de tanta información que parece como si fuera dicha información de otro planeta y que están fuera de orbita. Otras han expresado que sienten que reciben el

diagnostico como si fuera un titulo de una carrera la cual nunca ingresaron sin previo aviso. Las familias desearían haber tenido mas tiempo de procesar la información y seguir en contacto para continuar educándose más acerca de lo que significa el diagnostico de sus hijos. Por eso la importancia de tener una comunicación viable con los profesionales y que los profesionales les den un tiempo razonable para que las familias vayan procesando el diagnostico. Pero, además hacer uso de un vocabulario entre profesionales y familias en lo cuan las dos partes vayan caminando de la mano mientras en este proceso.

Afortunadamente, los tiempos están cambiando y los profesionales están mas consientes de las necesidades de las familias. Y las familias también están mas activas, preguntan más, y además se están adaptando a la modernidad de la virtualidad después de la pandemia del COVID-19. Un ejemplo de ello es que, hay [semanarios web](#) para que en español: NAVEGANDO LA LISTA DE TAREAS PENDIENTES DESPUES DEL DIAGNOSTICO DE AUTISMO DE SU HIJO, proveído por On-Time Autims Intervention.

Lo ideal es que estos servicios continúen y sean aun mas accesibles para las familias y muchas comunidades que se encuentran mas marginadas en las zonas rurales, las cuales se les dificulta el acceso a los recursos y la tecnología. De esta manera, evitaremos que las familias desconozcan que pueden hacer cuando reciben el diagnostico de sus hijos e incrementando sus habilidades natas y creando fortalezas de confianza.



COVID - 19 RESOURCES

[Archived COVID-19 Resource Links](#)

New! Is the COVID-19 Pandemic an Adverse Childhood Experience? May 24, 11a.m.-12:15 p.m.
https://chronicdisease.zoom.us/webinar/register/WN_I1qhmMBrRdOtvTtqxPh2zQ

New! Pandemic continues to impact children's mental health. Here are resources in Washington to help. <https://www.king5.com/article/news/health/mental-health-resources-for-teens-children-washington-state/281-739c05c7-7c42-408f-98db-d216ef556668>

[DOH Homebound Service Access for COVID-19 Vaccines](#)

[Intellectual Disability Among Greatest COVID-19 Risk Factors, Study Finds](#)

New research suggests that people with intellectual disability are about six times more likely to die if they contract COVID-19, a higher risk than almost anyone else.

Updated caregiver definition - eligible caregivers eligible now in 1a

The Department of Health has clarified the definition for caregivers eligible for vaccine to ensure more consistent and equitable access. Caregivers who meet this definition are eligible for vaccine in 1a as workers in health care settings. Specifically:

- Eligible caregivers (licensed, unlicensed, paid, unpaid, formal, or informal) who support the daily, functional and health needs of another individual who is at high risk for COVID-19 illness due to advanced age, long-term physical condition, co-morbidities, or developmental or intellectual disability. For the caregiver to be eligible, the care recipient:
 - Must be someone who needs caregiving support for their daily, functioning, and health needs.
 - Can be an adult or minor child. For dependent minor children, the caregiver is eligible if that child has an underlying health condition or disability that puts them at high risk for severe COVID-19 illness. For example: a caregiver of a minor child with Down syndrome.

Prioritization of people with disabilities - eligible in Phase 1b, Tier 2 starting on March 22

The Department of Health has included individuals with certain disabilities that put people at high risk for severe COVID-19 illness in the next tier of eligibility. People who meet this definition will be eligible for vaccine starting March 22.

- Individuals with Down syndrome, a developmental disability, or an intellectual disability, or who are deaf/hard of hearing, blind/low-vision, or deafblind; AND that disability or an underlying medical condition increases their risk for severe outcomes per the CDC’s list of the conditions that put people at increased risk of severe illness.

If you have any questions:

- General COVID vaccine questions: covid.vaccine@doh.wa.gov
- Formal feedback on the vaccine prioritization and allocation: vaccine.engagement@doh.wa.gov
- Questions about the Collaborative: vax.collaborative@doh.wa.gov

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.

(Spanish)

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.

[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](#)

[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.

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

[Coping with COVID: Exhausted families.](#)

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.

.....
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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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*.

.....
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*.

.....
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.](#)

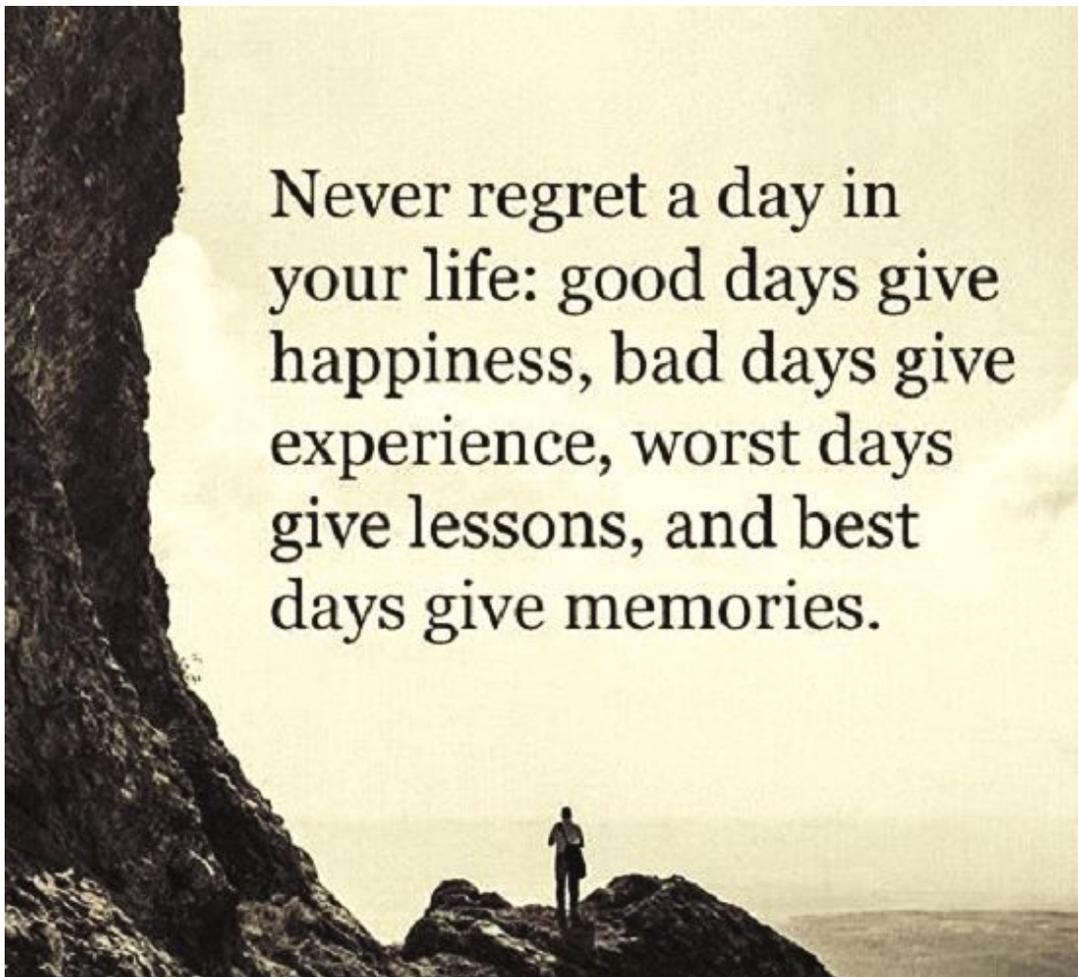
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7. [Helping Children Thrive: Early Childhood Development & ACEs.](#)

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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? \(New England Journal of Medicine\).](#)

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



Click for [International Picnic Day treats](#) and enjoy June 18th with family and friends...

The Arc of Washington State

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