The key to realizing a dream is to focus not on success but on significance- and then even the small steps and little victories along your path will take on greater meaning. -Oprah Winfrey

This year, with funding from the Department of Health, Washington State Parent to Parent updated our Mission, Vision and Values statements. We’re proud of this work that truly reflects what each of our 26 programs strive to achieve... Walking alongside parents and caregivers, providing the support and information they need to take the next step. That ‘next step’ looks different for each of us. For some parents and caregivers, it might be learning about and adjusting to a new diagnosis for their child; for others it’s finding their voice to advocate for their child and family; and still for others it might be making a difficult healthcare decision. Over 50 Parent to Parent Coordinators, who are also parenting children and individuals with developmental disabilities and/or special health care needs, look forward to supporting new families on the journey ... one step at a time. Read more about our new Mission, Vision and Values statements below.
Goodbye Felisa Garcia Castellanos, Hispanic Coordinator for Snohomish P2P; Carah Pless, Clallam County Coordinator; and Liz Sarmiento, Hispanic Coordinator for Pierce P2P.

Welcome to Jeri Plew, Coordinator for Okanogan County P2P.

Take care—Tracie, Theresa, Patricia and Jackie

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!

The Parent to Parent Family Stories page on the website.

Mission
We walk alongside those parenting children with developmental disabilities and/or special health care needs, connecting them with peer support and information so they can take the next step.

Vision
All families of children with developmental disabilities and/or special health care needs deserve encouragement, inclusion and meaningful connections that support family well-being.

Values
We believe parents and caregivers want the best for their families and have the creativity and capacity to overcome challenges and celebrate successes.
We commit to creating safe spaces for reflection, vulnerability, questioning and ongoing learning for parents and caregivers.
We practice inclusion and respect for all with a commitment to listen fully and learn from the diverse viewpoints of the families we serve.
We honor the rewarding and challenging work of parents, caregivers and community partners.
We engage community partnerships through outreach, listening and education to encourage inclusive communities where families can thrive.
We promote building communities that are equitable, non-biased and socially healthy where all families and children can live inclusive, safe and fulfilling lives.

CONFERENCES / SEMINARS & SPECIAL EVENTS
RESOURCES

1.) New Videos on Special Needs Trusts and ABLE Accounts
Everyone must plan for how they will pay for the things they want and need in life. It’s especially important for people with disabilities to make a plan so that they can protect their public benefits.

You don’t need a lot of money to plan—but you do need to plan!

To help you learn more about two important tools to save money, The Arc’s Center for Future Planning is creating a series of free videos.

Check out the first two videos to get an overview of special needs trusts and ABLE accounts. Each video covers why to consider using each tool, how they work, what they can pay for, and how you can get started.

2.) Northwest Child is Celebrating 30 years.
Northwest’s Child has 2 different services for families with a loved one with special needs/disabilities. We have 2 specialized school aged programs for children and teens with special needs in Edmonds and Seattle and 4 adult day programs for young adults 21 and over. We provide full day services year round for our adult program, Aaron’s Place and year round services around the school day for our children’s program including full days in the summer.

https://www.northwestschild.org

3.) Up to $1,500 Mini-Tech Grants for not-for-profits that support caregivers in WA!
Does your nonprofit support culturally, economically, and linguistically diverse caregivers in WA? Apply for a Mini-Tech Grant of up to $1,500! These grants will pay for your fees for licenses and products your organization uses to provide support to caregivers in WA.

To learn more and apply visit:
https://www.lifespanrespitewa.org/mini-tech-grants/
Application link: https://www.tfaforms.com/4927749

4.) Trauma and Healing
October 14, 2021 from 9-10 a.m.
Speakers: Dr. Camille Quinn, Dr. Kathryn Bocanegra, and Dr. Henrika McCoy.
https://webinar.ringcentral.com/webinar/register/WN_XNIzpav0Qk-6A-mn9z7uZg

5.) Families with Children with Special Health Needs Report Disruptions During Pandemic.

Have heard the phrase “serve and return” in the context of child development, but what does it actually mean? At its core, serve and return is about responsive interactions between children and the people who care for them, and how those interactions help children grow and reach their full potential. In this guide, learn more about what serve and return is, the science behind it, and how easy it is to help build strong brains by engaging in serve and return with a child.

(Click title for the rest of the article.)

7.) How Does Intergenerational Trauma Work?

https://www.verywellhealth.com/intergenerational-trauma-5191638

8.) Creating a Mindful Space for Self-Regulation. Setting aside a quiet room for elementary students who need time and strategies to regulate their emotions helps them return to class feeling ready to learn. (Click title for the rest of the article.)

By Sarah Kellett

9.) Incorporating Racial Equity into Trauma Informed Care. In recent years, trauma-informed care has become a valuable tool to assist health care providers in delivering more person-centered care. Trauma-informed care seeks to both acknowledge the role trauma plays in people’s lives and the impact it has on their health and well-being, and to engage in practices that prevent retraumatizing individuals. (Click title for the rest of the article.)

10.) Study: Childhood obesity in U.S. accelerated during pandemic. NEW YORK (AP) — A new study ties the COVID-19 pandemic to an “alarming” increase in obesity in U.S. children and teenagers. Childhood obesity has been increasing for decades, but the new work suggests an acceleration last year — especially in those who already were obese when the pandemic started. (Click title for the rest of the article.)

11.) CEA would like to invite you to Celebrate the 76th Celebration of National Disabilities Awareness Month. Please help us amplify the message by joining us for two thoughtful panels.

Save the Date!

10/5/2021- Self Advocate Panel/Proclamation (2:00 pm-3:00)
This panel will share their stories on employment and the need for an inclusive workplace for individuals with disabilities. You will share your successes and moments of learning. We will also have a Proclamation being read that celebrates this month by our very own Seth Dawson! *Panel member names will be announced soon*
Zoom link to add to your calendar:
https://us02web.zoom.us/j/83341737956?pwd=clNjMWFpbW9KMEV0SGxIRm8wS2FpZz09

10/20/2021- Employment Sector Panel (10:00-11:00 am)
This panel is comprised of individuals who have an HR lenses along with the passion and expertise of supporting individuals with disabilities in the workforce. You will help share your stories and vision for how employers can celebrate individuals of all abilities with a DEI focus. *Panel member names will be announced soon*
Zoom link to add to your calendar:
https://us02web.zoom.us/j/87238161420?pwd=QlJHSTRrU2JCN3NzdU5QMHkwLy9LZz09

What can you and your organization do?:

1. Join us for both panel conversations! There will be time to share your personal testimony on why you value an inclusive workplace.

2. Share our Press Release which is attached to this email on your social media through your organization’s social media-showing a community exists everywhere for individuals with disabilities. Not currently following The CEA? No worries, you can do so by clicking here: https://www.facebook.com/Community-Employment-Alliance-120877754636244/

3. Go here to see how your organization can share the message:
https://www.dol.gov/agencies/odep/initiatives/ndeam/2021/poster *we encourage conversations with your team members on how to amplify the power of employment for all*

We look forward to this opportunity to learn from one another.

12.) At Winnie, we believe all children deserve access to high-quality early education and childcare programs designed to meet them where they are and encourage and support their growth. Every
child is different and has unique strengths and challenges, and we recognize that no one term accurately describes every child's experience. You can view our guide here: https://winnie.com/resources/helping-children-with-special-needs-transition-to-kindergarten

13.) Telecommunications Equipment Distribution program
https://www.dshs.wa.gov/altsa/odhh/telecommunication

There is no time like the present where the need for Distance and Virtual Communication is a vital and necessary addition to the health, safety and quality of life for so many people. The TED program can help those who are deaf, hard of hearing or who have a speech impairment receive equipment and training in order to connect with people/business/medical offices outside of their home. iPhones, iPADS, Adapted Landline phones (including infrared for use with some SGDs) are examples of what is available. Training is provided virtually or in the home. Training is always free and equipment is often free as determined by sliding scale.

TED is run out of the Office of the Deaf and Hard of Hearing, DSHS. TED can help put adaptive telephones or iDevices with telecommunication and speech apps into the hands of your clients who are are unable to use a standard telephone due to their hearing/speech qualifier.

PROVAIL
www.provail.org
PROVAIL is the leading service provider for the TED program. As specialists in Assistive Technology, Occupational Therapy, and Speech Language Pathology, our TED providers work with participants to determine equipment, apps, and alternative access methods unique to each client’s needs and abilities. We also provide individualized training on all equipment/accessories.

If you feel your team/staff/clientele would benefit from a presentation of what the TED program is and what PROVAIL offers, please let us know. At no cost, our trainers can provide a demonstration with Q&A on all the Equipment AND training that TED provides. Currently our presentations are performed virtually.

Informational Flier, short presentation video, and application are attached. Please forward, post and pass out freely. Our intent is to get the word out!

It’s time to get connecTED!

14.) Upcoming training opportunities from the Interagency Fatherhood Council: Register for free on the Washington Interagency Fatherhood Council website

October

Child Sex Abuse: The Silent Epidemic
• When: 10-11:30 a.m., Thursday, Oct. 7
• Presenter: Hassan A. Daniel, CEO and Founder of The Father Factory; Joshua D. Sparrow, M.D., DFAACAP, Executive Director, Brazelton Touchpoints Center
Together, we can stand with the millions of men who have been screaming in silence as they find their voice.
Discover how the child sexual abuse crisis can be prevented and how fathers who have experienced childhood sexual abuse can become the fathers they want to be.

Fatherhood Inclusion in Home Visits
• When: 11:30 a.m. - 1 p.m., Friday, Oct. 29
• Presenters: Jennifer Bellamy, PhD, University of Denver & Holly Schindler, PhD, UW College of Education
Despite the clear impact fathers have on their families, most child and family services do not well engage men as parents. We have a tremendous opportunity, and obligation, in the field of social work to support the well-being of children and parents by serving the whole family with effective interventions.

November
Dads 101: Fatherhood Engagement Best Practices
• When: 11:30 a.m. - 1 p.m., Wednesday, Nov. 10
• Presenter: Jessup Coffin, Conscious Fathering Program Coordinator for Parent Trust for Washington
What do we know from research about what dads want and how do we practice engaging fathers? This presentation will cover motivational interviewing, trust building, and culturally appropriate practices to engage with fathers, father figures, and men in the community.

SPANISH RESOURCES

Misión
Caminamos junto con los padres de niños con discapacidades del desarrollo y / o necesidades especiales de atención médica, conectándolos con el apoyo y la información con el compañerismo para que puedan dar el siguiente paso.

Visión
Todas las familias de niños con discapacidades del desarrollo y / o necesidades especiales de atención médica merecen el ánimo, la inclusión y las conexiones significativas que apoyen el bienestar familiar.

Valores
Creemos que los padres y cuidadores quieren lo mejor para sus familias y tienen la creatividad y la capacidad para superar los desafíos y celebrar los éxitos.

Nos comprometemos a crear espacios seguros de reflexión, vulnerabilidad, fuera de cuestionamiento y de aprendizaje continuo para padres y cuidadores.

Practicamos la inclusión y el respeto por todos con el compromiso de escuchar atentamente y aprender de los diversos puntos de vista de las familias a las que servimos.

Honramos el trabajo gratificante y desafiante de los padres, cuidadores y aliados comunitarios.

Participamos en asociaciones comunitarias a través de la publicidad, escuchando para fomentar la educación con inclusión en las comunidades donde las familias pueden prosperar.

Promovemos la construcción de comunidades que sean equitativas, sin prejuicios sociales y saludables donde todas las familias y los niños puedan vivir vidas con inclusión, seguras y satisfactorias.

1.) “Herencia Hispana” (Enlace de enlace para el artículo)

2.) Impacto del programa de Padre a Padre dentro de la Comunidad Latina (Enlace de enlace para el artículo)

COVID - 19 RESOURCES

Archived COVID-19 Resource Links

New! Scientists examine the unique immune systems of children as more fall victim to COVID-
Eighteen months into the COVID-19 pandemic, with the delta variant fueling a massive resurgence of disease, many hospitals are hitting a heartbreaking new low. They’re now losing babies to the coronavirus. (Click the title for the rest of the article.)

New! Can kids get 'long COVID' after coronavirus infections?  

https://www.npr.org/sections/health-shots/2021/09/09/1035274872/babies-covid-delta-variant-need-to-know

New! Important Considerations for COVID-19 Vaccination of Children With Developmental Disabilities. A new report published online in Pediatrics summarizes data showing that children with developmental disabilities may be at higher risk from COVID-19 illness because of increased prevalence of underlying health conditions, suboptimal vaccination rates, and systemic inequities.  
https://pediatrics.aappublications.org/content/early/2021/07/15/peds.2021-053190.long

Find a COVID-19 testing location near you. To make it easier to find a test near you, the DOH has created a webpage to help people find COVID-19 testing locations throughout the state.

Guidance and resources for employers and business owners. Sign up for the weekly Economic Resiliency Team business and worker newsletter here.

The state COVID-19 Assistance Hotline is a general information line related to COVID-19. If you need information or have a general question, call 1-800-525-0127, then press # or text 211-211 for help. New hours of operation are 6 a.m. to 10 p.m. Monday, and 6 a.m. to 6 p.m. Tuesday through Sunday and observed state holidays. You can also text the word “Coronavirus” to 211-211 to receive information and updates on your phone wherever you are. You will receive links to the latest information on COVID-19, including county-level updates, and resources for families, businesses, students, and more.

Washington Listens helps people manage stress and anxiety they may be experiencing because of COVID-19. If you or anyone you know is having difficulties managing stress, call the Washington Listens support line at 1-833-681-0211. Hours are 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. Resources and self-help tips are available on walistens.org.

COVID-19 News: DOH is launching a new mobile COVID-19 vaccination effort called Care-A-Van. Community partners and local health jurisdictions can submit a request to have the DOH Care-A-Van at their event. DOH will prioritize events serving communities disproportionately impacted by COVID-19.  
https://www.doh.wa.gov/Emergencies/COVID19/Vaccine/CareaVan

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.

**Delta: las 5 mutaciones que hacen a esta variante del coronavirus más contagiosa y preocupante**

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.

Care Connect Washington -

**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**
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.

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**MENTAL/BEHAVIORAL HEALTH**


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)*


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.

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)*

5. *Finding Your Way in Community: Free Online Mindfulness Groups for Parents and Caregivers* (Supporting each other through meditation and communication.)


7. *Helping Children Thrive: Early Childhood Development & ACEs.*

8. *Youth Mental Health: Trends and Outlook.*

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:
October 4th is **National Taco Day**...What a fun dinner project with family and friends to enjoy *different kinds of tacos* and making them for themselves.

*The Arc of Washington State*
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