Welcome, Whitney Stohr, Sibshop Coordinator for Snohomish P2P.

Washington State Parent to Parent is going strong, thanks to our amazing host agencies and P2P Coordinators who have patiently persevered through the Pandemic! We want to acknowledge and thank our sponsoring agencies at the local level who truly make supporting children with developmental disabilities and their families possible!

Thank you again to our host agencies and Coordinators- we are truly making a difference in the lives of Washington children and families!

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.

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**CONFERENCES / SEMINARS & SPECIAL EVENTS**

**2021 WSCC Virtual Parent/Caregiver Weekend Training - SAVE the DATE!**

"We Are S.H.A.R.P." Strong, Hopeful, Amazing, Resilient, and Powerful!

Friday, September 17 - Sunday, September 19

(starts at 5pm on Friday and ends at 1:30pm on Sunday)

This is a virtual event to be held over Zoom.

(We will have an official Save the Date and registration details out soon!)
1.) Researchers from the Department of Psychology at Illinois Institute of Technology are conducting an online study for adolescents and young adults with autism spectrum disorder (16-25 years old) and their parents to learn more about their experiences with the process of transitioning to adulthood. If you are interested in participating in this study, please click the link below for more information and to access the survey:
https://drive.google.com/file/d/1c9939LfPl3iVtgytRW8RPP-FgFzyuY9U/view?usp=sharing

2.) How to Create a Calm Home for People with ADHD (porch.com)
If someone in your home has attention deficit hyperactivity disorder or ADHD, they may have trouble staying focused on tasks, feel fidgety or restless, or have an abundance of energy. While you can’t control the environment outside your home, a few simple changes in each room can create an environment that promotes focus, productivity, and feelings of calm. Especially for households where members are working and attending school online, making your home as comfortable as possible for someone with ADHD will help everyone succeed. (click for the rest of the article)

3.) As federal lawmakers put together a $3.5 trillion budget bill, there are expectations that it could bring major changes to the Supplemental Security Income program for the first time in decades.
There is pressure in both the U.S. Senate and House of Representatives to include improvements to the SSI program in the reconciliation package that’s in the works. That could mean growing the program’s benefits and increasing the asset limit — which has gone unchanged since 1984 — among other tweaks.
Updates to the program cannot come soon enough, said Sen. Sherrod Brown, D-Ohio. “SSI has been forgotten by Washington for years — I am pushing my colleagues to make sure that doesn’t happen again this time,” Brown told Disability Scoop. “I’m fighting to secure updates to the program, get this done. Fixing this antiquated program could change millions of lives and is our best opportunity to right the wrongs of decades of neglect.”
Currently, eight million Americans receive SSI benefits, including many with disabilities. Individuals get a maximum federal payment of $794 per month from the program while couples can see up to $1,191 per month, though some states add to these figures. In order to remain eligible, individual beneficiaries can have no more than $2,000 to their names and couples are limited to $3,000 in assets at any given time.
As a candidate, President Joe Biden supported several changes to the SSI program including growing benefits to at least the federal poverty level, raising the asset limit and eliminating penalties for
marrying or receiving what’s known as in-kind support, which is when a friend or family member helps pay for rent, food or other things. That has proponents of change optimistic.

Earlier this month, the Senate approved a broad plan outlining priorities for the reconciliation bill. But, the details are still very much in flux, advocates say.

“We are hoping to see some very, very long overdue improvements to SSI in the package,” said Bethany Lilly, senior director of income policy at The Arc. “There definitely is interest and support, but there are a lot of things that have interest and support, so it’s making sure that the voices of people with disabilities are heard.”

https://www.disabilityscoop.com/2021/08/20/hopes-run-high-for-ssi-overhaul/29454/

4.) Calling all Washington State developmental disabilities advocates!

Soon we will be sharing an application for funding from the Dan Thompson Memorial Developmental Disabilities Community Services Account. The application will contain information about the account, funding requirements, application deadline and other important details. The information will also be available in audio format and translated into other languages. Please share this pre-announcement with others in your community who may be interested.
Contact Jeremy Norden-Paul with any questions: jeremy.norden-paul@ddc.wa.gov or 360-586-3558.

5.) Help Me Grow Washington is asking for input on the ParentHelp123.org Resource Finder, including learning about whether and how you have used it and features that we can incorporate in the future. This survey is intended for community partners and providers. A specific parent/caregiver survey will be coming in Fall 2021.
   - Take the survey in English: https://www.surveymonkey.com/r/HMGResources
   - Take the survey in Spanish: https://www.surveymonkey.com/r/WHD89XP

6.) Help Me Grow. A new Help Me Grow Washington 101 video is an introduction into who they are and how they organize their work. This is a great resource for those looking to learn more about and get involved with Help Me Grow Washington and we encourage you share it with the families and communities you serve.
To watch the video, please visit: https://helpmegrowwa.org/video/help-me-grow-101

7.) Autism can be detected during toddlerhood using a brief questionnaire.

8.) Milestones: How parents understand child development.
https://mottpoll.org/reports/milestones-how-parents-understand-child-development

9.) What is resilience? https://www.dhs.wisconsin.gov/resilient/understanding-resilience.htm

10.) Spanking can worsen a child’s behavior and do real harm, study finds.

11.) An alternative to “discipline and order,” teaching children psychological resilience. Resilience doesn’t come from children and young people ‘pulling themselves up by their own bootstraps.’ Instead, resilience and emotional self-regulation come from a complex interaction of within-child factors and protective factors such as family, school, and community.

12.) Four Ways To Help Employees Navigate After Trauma.

13.) MyPlate nutrition information for babies and toddlers. MyPlate on Alexa provides healthy eating tips for parents and caregivers on what and how to feed babies and toddlers based on their age (between 4 and 24 months - older ages coming soon!). Parents and caregivers can receive science-based food and nutrition advice to set their child up for lifelong healthy eating habits.
https://www.myplate.gov/myplateassistant

SPANISH RESOURCES
1.) ¡El mes de septiembre comienza y con ello un ciclo escolar más!
En otros tiempos, los estudiantes ya andaban con entusiasmo comprando sus útiles escolares, uniformes y todo aquello que fueran a usar en la escuela. Por su parte los padres, con gusto mandaban a sus hijos pequeños para que comenzaran a recibir sus primeras lecciones escolares. Definitivamente, el ciclo escolar 2021-2022 será muy diferente que el ciclo escolar pasado e incluso tan diferente como antes de que la pandemia llegara. Aun cuando los estudiantes tendrán la oportunidad de tener clases presenciales, las normas para el uso de mascarilla y el distanciamiento social será implementado con mas fuerza.

Es verdad que los estudiantes desean regresar a las escuelas, ya que la experiencia de tomar clases en línea no fue lo que esperaban. Pues muchas familias expresan que sus hijos extrañan la conexión social.

Para los padres, tampoco ha sido tarea fácil la educación de sus hijos en línea. Ya que los padres expresan desconocer llevar a cabo el currículo escolar, la conexión con el internet y los programas que los distritos escolares usaron para las clases en línea. Muchos de los padres, siguieron con trabajos, otros padres se vieron con la necesidad de elegir quien se quedaba en casa y renunciar a sus trabajos para estar tiempo completo para cuidar de sus hijos. Definitivamente han sido decisiones muy duras, esto implica desestabilidad económica de las familias, y que decir del parte emocional.

La parte emocional ha sido sin duda alguna una de las barreras mas grandes para todos en tiempos de pandemia, de eso no cabe duda. Afortunadamente, las familias están mas activas que nunca al conectarse a más actividades educativas y sociales, ya que estas son en línea. La mayoría de las actividades se les han proveido por medio de la plataforma de zoom, como las Reuniones Familiares que the Arc of King County ofrece.

En dichas reuniones, las familias y los cuidadores de personas con discapacidad del desarrollo intelectual, tiene la oportunidad de escuchar información relevante a la discapacidad, especialmente como pueden conocer mas acerca del programa de educación especial que las escuelas provén para todos los estudiantes elegibles por sus discapacidades del desarrollo, intelectual o con condiciones médicas.

Ahora también las familias que hablan español tendrán la oportunidad de encontrar información en la pagina web de The Arc Nacional. Esto sin duda alguna nos abre mas puertas a las familias para tener mas herramientas que nos lleven a conseguir el éxito de nuestros seres queridos lograr la tranquilidad de poder acceder fácilmente a información en nuestro idioma.

Esto significa que, ya no usar el traductor de Google para acceder a la información adecuada, tomando que dicho traductor es solo un auxiliar. Las familias latinas, merecemos respeto, pero, sobre todo, tenemos derecho a recibir la información en nuestro idioma con todo y conceptos que agiliza el entendimiento y el acceso a la educación gratuita y apropiada para todos los estudiantes de edades escolares.

2.) ¡Hablemos de Relaciones Saludables!
Hablar de relaciones saludables, para muchos en nuestra cultura es sinónimo de hablar de la salud física y médica. En la cultura latina, esto es un tema del diario vivir, ya que consideramos que no es nada del otro mundo hablar de enfermedades, de dolencias de nuestro cuerpo y mucho menos de remedios caseros. ¿Pero en este país que significa para otras culturas relaciones saludables?

En este país y para mucha cultura, hablar de relaciones Saludables, se refieren a como se desarrolla físicamente el ser humano en la adolescencia, como nuestros cuerpos están cambian en esta etapa de nuestras vidas, pero también implica una responsabilidad de autocuidado, privacidad y el respeto a la privacidad de los demás.

Ya adentrándonos al tema, para la mayoría de nosotros se refiere a tabú. Es un tema al cual ya muchos no queremos tocar, especialmente cuando tenemos hijos con necesidades especiales. Esto de ninguna manera significa que sea la misma historia para todos. Ya que para muchos esto ya es tema cotidiano al cual creen que lo debemos abordar como cualquier tema que implique crecimiento personal y emocional.

Para otras familias, esto es un tema que no consideran abordar, ya que miran a sus seres queridos como si siempre fueran a ser niños o también como si toda la vida de nuestros seres querido fuese estar a nuestro lado.

Reconocemos que los tiempos han cambiado, pero todavía hay muy poca información y recursos para compartir con los padres sobre las relaciones saludable. Esto es un tema que nos preocupa tanto a los proveedores de recursos como a los padres que sus hijos ya son mayores de edad y que expresan que, les hubiera gustado poder acceder a la información antes de que sus hijos alcanzaran la mayoría de edad. Muchos de estos padres, tanto como los coordinadores del programa de Padre a Padres, somos fieles creedores de la prevención. Desafortunadamente, ni los médicos tiene mucho conocimiento para apoyar a los padres con una guía que los prepare que comiencen a habla del tema con sus hijos con discapacidad del desarrollo sobre como se desarrolla su cuerpo, como
manejar las sensaciones corporales, como reconocer cuales lugares son privados para explorar su cuerpo, reconocer con quien si pueden hablar del tema y con quien no y a quien deben acudir en caso de un acoso o abuso sexual.

The Arc of King County cuenta con un programa el cual ofrece educación de Relaciones Saludables, aunque este programa solo se lleve a cabo dentro de las escuelas que atienden la preparatoria/secundaria en algunas áreas del condado de King, todavía ofrece talleres para educar a la comunidad en línea, pero solo en inglés, aunque ofrece acomodaciones incluso con el idioma. Reconocemos que aun hay más por hacer, pero dicho programa tiene un excelente currículo que nos puede ayudar como guía a los padres para comenzar a hablar del tema con nuestros hijos, tomando en consideración que, es mejor mucho mejor la prevención. Esperamos que, padres, maestros y proveedores de recursos alcemos la voz para que este programa se expanda para las familias de niños pequeños o preadolescentes y prevenir tanta desinformación que muchas veces nos lleva por caminos incierto que, algunas veces lamentamos por el simple echo de no estar informado en ambas direcciones, tanto como los padres como los hijos y evitar ser uno más de las estadísticas de personas abusadas por aquellas personas sin escrúpulos y llenos de malicia. Cabe mencionar que, esto lo menciono con la idea de enardecer a la gente, el único propósito es tomar en alta consideración la prevención y el reconocimiento de que no estamos fuera del peligro. ¡Ayudemos a ayudar, ya que la información empodera!

COVID - 19 RESOURCES

Archived COVID-19 Resource Links

New! 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.

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

New! 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.

New! 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.

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](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](https://www.doh.wa.gov/Emergencies/COVID19/Vaccine/CYSHCN) 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

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](https://www.doh.wa.gov/Emergencies/COVID19/Vaccine/CYSHCN)

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 -
https://www.doh.wa.gov/Emergencies/COVID19/CareConnectWashington

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)

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)

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.

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.


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

Parents are the #1 Teacher for their child/children...

Click for Back to School Lunchbox Fixes and Back to School Snacks to enjoy in September...