At times our own light goes out and is rekindled by a spark from another person. Each of us has cause to think with deep gratitude of those who have lighted the flame within us.

~~Albert Schweitzer

As we enter into the month of November, I’m reflecting on our Helping Parent volunteers who often ‘rekindle the spark’ in the parents they are supporting. Parent to Parent has over 800 Helping Parents across Washington State who are giving their time and care to support new parents just beginning the journey. Helping Parents attend a training hosted by their local Parent to Parent program which prepares them for this supportive relationship. Often matches are made around like diagnosis - for example a parent with a new baby who has Down syndrome is matched with a Helping Parent who has an older child with Down syndrome. This ‘match’ provides a
powerful gift- a relationship that fosters connection, understanding and hope. We’re so very thankful for our Helping Parent volunteers!

Welcome New Multi-cultural Coordinator for Grant County, Fern Harvey. New Coordinators, Micaela Herman, for Stevens/Ferry/Pend Oreille Counties and, Maria Jennings, for Spokane County. Welcome back Shelley Gacusana as the New Coordinator for Klickitat and Skamania Counties. We want to say goodbye to Kathryn Thorn, Pierce County and goodbye to Ruth Johnson, Skamania County. Enjoy your new positions and retirement.

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!

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

CYSHCN ESIT Family Town Hall
Monday, November 8
5:30 pm - 7:30 pm
Join us via Zoom
$50 Amazon gift care for each participant
The CYSHCN Program wants to hear from you!
- Help us develop goals that matter to you
- How can we better support children and their families (birth to three)?
- What challenges do you face accessing services?

_Space is limited so sign up today here!_ After registering you will receive a confirmation email containing the link to join.

Questions? Call 360-236-3536 or email us at CSHCN.support@doh.wa.gov

For more information, see the flyer here.

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RESOURCES

1.) "3 Hearing Loss Types: Effects and Common Treatments"  
Hearing loss can happen to anyone, but not everyone knows all the different ways it can begin its development. Within this guide, your audience will learn about the three hearing loss types (Sensorineural hearing loss (SNHL), conductive hearing loss, and mixed hearing loss), their causes, and their treatments.  
[https://online.maryville.edu/blog/hearing-loss-types/](https://online.maryville.edu/blog/hearing-loss-types/)  
Hearing loss can be a very serious problem, and may lead to some major life altering changes if ignored for too long. While most types are irreversible, it is important to seek help at the first sign of problems, as the progression can usually be slowed or even stopped.

2.) Partnering to Make the Most of Child Development Systems  
Help Me Grow Washington is a movement to offer families seamless access to community services and supports.  
Learn the Signs. Act Early provides an easy to use checklist of milestones for parents and caregivers to track and support their child’s early development through age 5.  
Vroom translates brain science into fun tips and activities for parents and caregivers of children age 0 to 5.  
This [webinar](https://www.helpmegrowwa.org/webinar-schedule/) introduces “Help Me Grow,” “Learn the Signs. Act Early,” and “Vroom” and shows how they fit together and can reinforce each other. Presenters share how they are being implemented in Washington communities and how you can get started with all three, if they are new to you, or deepen your impact with them if you are already using them.  
Intended audience: Providers, partners and others who work in family support, including those who work directly with families of young children, administer programs, or work on systems improvement. This webinar was hosted by the Washington State Department of Health and Help Me Grow
3.) Fathers Network November Virtual Webinar - Maintaining Relationship Resilience While Parenting a Child with Special Needs.

   Tuesday, November 2nd
   6:30-7:30
   Register here.

4.) DCYF Community Correspondent

   A paid opportunity to help build family support programs in Washington!

   Project description: The lived experiences of families and communities are crucial in designing family programs. DCYF wants to hear community stories and build programs to respond to the strengths and needs of families in Washington. Are you interested in helping to collect stories? We would appreciate your help and insight in doing this work together. These stories will be utilized in community sessions to design programs to strengthen families and prevent child abuse and neglect.

   Community Correspondents will use the Story Collector (an online survey tool) to collect stories, which includes the prompt: “Share an experience when your family was thriving or barely surviving.” The tool is available in English and Spanish, as well as in paper format, and Community Correspondents may fill the tool out for or alongside others. View the Story Collector here.

   We are interested in hearing stories from across Washington state, and we have specific locations and groups of people that we are prioritizing. Priority groups include Black, Indigenous, Hispanic, and other racial/ethnic minority families from across our state; and families living in the following locations: Port Angeles/Sequim, Bremerton, Spokane, and Ferry & Stevens Counties.

   Organizations or individuals are eligible to apply to be Community Correspondents. Funds may be used for any purpose, including to incentivize others to collect or share stories.

   Community Correspondents will receive the following benefits:
   - $25 per story
   - $50 per story from priority groups (listed above)
   - Participate in Sense-making sessions where we will work together to develop a better understanding of the needs of communities and develop ideas for prevention programs.

   Interested? Apply here.

5.) Washington State Fatherhood Council Presents Dads Connect

   An opportunity for dads to come together and talk about important issues that affect fathers and families. Find more information here and register by contacting Anne Stone at anne.stone@dshs.wa.gov

6.) Seattle Cultural Accessibility Consortium Invites You to Their Next Webinar:

   Building Relationships with Disability Communities
   Wednesday, November 3
   10:00-11:30 PST

   Join arts and culture leaders across the city of Seattle as they talk about engaging and building relationships with disability communities. Register here.

7.) Disney Implementing Changes To Disability Access At Theme Parks

   Eight years after overhauling its approach, Disney is once again rolling out a new system for accommodating visitors with disabilities at its theme parks. Read More >

8.) Upcoming training opportunities from the Interagency Fatherhood Council:

   Register for free on the Washington Interagency Fatherhood Council website

   **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.) **UNA SERIE ESPECIAL DE RADIO EN ESPAÑOL DE KINDERING** Sintonice la estación de radio KKMO, El Rey 1360 AM o en línea en [https://www.elrey1360seattle.com/](https://www.elrey1360seattle.com/) a la 1 p.m. el martes 2 de noviembre para una transmisión especial en español presentada por Kindering para padres de niños con necesidades especiales. Josefa Valencia quien nació en Michoacán, Mx., mamá de seis hijos, cuatro mujeres, dos hombres, lo cual, uno de ellos tiene autismo. Josefa, acompañará a Patty González, coordinadora del programa de Padre a Padre para las familias que hablan español. Juntas, nos deleitarán con el tema de “La Importancia de Abogación”, como: quien pueden participar en esto, que tan pronto podemos involucrarnos y estar activos, donde podemos participar y qué significado tiene esto para nosotros como Latinos. Kindering acoge a todos los niños con diversas habilidades y a sus familias, al ofrecer una educación de alta calidad y terapias que cultivan la esperanza, el valor, y las habilidades necesarias para remontar el vuelo.

2.) **¡Evitemos ser víctimas de fraudes!** ([Enlace de enlace para el artículo])

3.) **¿Qué es Fatiga por compasión conocida como BUROUT?** ([Enlace de enlace para el artículo])

COVID - 19 RESOURCES
New! Let’s Stop COVID-19 Together - November 9th
Please join us for a community conversation about increasing access to the COVID-19 vaccine for people with disabilities. We want to understand the challenges or hesitations people experience, what is working well, and how funding or partnership could help your community increase access to the vaccine. Your perspectives and ideas will help our cross-disability coalition decide how to focus our resources and efforts over the next several months.
There are two Zoom options for these conversations (see attached flyers in English Spanish Russian Chinese Somali Vietnamese).
Sign Language (ASL) and Spanish interpreters will be available and other language interpretation will be available upon request. These meetings are open to people with disabilities, families and caregivers, service providers, and anyone else who is interested in increasing COVID-19 vaccine access for people with disabilities.
Please consider joining and also feel free to share this opportunity with others in your community.

Jeremy Norden-Paul / Executive Director / Pronouns: He, Him, His
Washington State Developmental Disabilities Council
Email: jeremy.norden-paul@ddc.wa.gov
Phone: 360-586-3558

New! A Person Center Approach to Prepare for the COVID Emergency or Crisis Event
(download English & Spanish flyers)

Scientists examine the unique immune systems of children as more fall victim to COVID-19.
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.)

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

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.

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.


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.

(Spanish)

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.


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.

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.)

6. **Mental health symptoms in school-aged children in four communities.**

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).

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
“The best and most beautiful things in the world cannot be seen or even touched – they must be felt with the heart.”

HELEN KELLER

15 Thanksgiving Treats Your Kids Will Gobble Up...

The Arc of Washington State
2638 State Avenue NE
Olympia, WA 98506
(360) 357-5596

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Committed to Parent to Parent USA
Endorsed Practices