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WA State Parent to Parent (P2P) Newsletter: January 2022

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Welcome January...

We're so grateful to be starting the year with this amazing network of coordinators that support families across Washington State. Parent to Parent's community-based support not only helps families raising children with developmental disabilities and/or special health care needs, but is also a trusted resource to professionals. School district staff, medical personnel, DDA Case Resource Managers, Children and Youth with Special Healthcare Needs nurses and Coordinators,

mental/behavioral health agencies, and others reach out to Parent to Parent Coordinators, who they trust will have the information and resources they are looking for.

Thank you P2P- our parent and family Coordinators... Doing great work 365 days a year!!!

Welcome to Daisy Lopez (Yakima) and we want to say goodbye to Maria Jennings (Spokane).

---Tracie, Theresa, Patricia and Jackie

“We all get the exact same 365 days. The only difference is what we do with them.”--Hillary DePiano

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.**

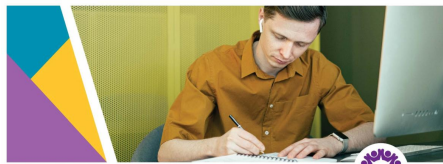
***We practice* inclusion and respect for all with a commitment to listen fully and learn from the diverse viewpoints of the families we serve.**

***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



Kinderling embraces children of diverse abilities and their families by providing the best education and therapies to nurture hope, courage and the skills to soar



KINDERLING

WA STATE FATHERS NETWORK MONTHLY WEBINARS

Cost: Free
Time: 7:30—8:30 p.m.

Location: Virtual - A Zoom link will be sent a week before each session to those who registered
Men, Women and All Couples Are Welcome
All Sessions Will Be Recorded

SESSION SCHEDULE

- January 4 Sibling Support: 7 Simple Strategies for Parents to Connect with Their Typically Developing Kids
- February 1 Washington State Parent to Parent Network
- March 1 Planning for Housing: Accessing Benefits, Roommate Matching, and Shared Living Development Services
- April 5 Helping Our Children Develop Meaningful Relationships
- May 3 Social Communication 101
- June 7 Supporting Bilingualism for Children with Special Needs

Register for one or more sessions. The Registration page contains links to the session descriptions and information about the presenters.

[REGISTER](#)

HELLYER | BOWELL | KEDMONO | BENTON
WWW.KINDERLING.ORG | (252) 747-4004

RESOURCES

1.) *Safe-in-Home: Person-Centered Solutions*

With a wide array of integrated devices, Person-Centered Solutions are developed to support the desired outcomes and unique lifestyle of the person supported. SafeinHome recommends speaking with an expert in your area.

- [Eastern WA Representative](#)
- [Western WA Representative](#)

2.) *Strengthening Families Washington - Unsung Hero Award*

One of our favorite times of the year is approaching - - PARENT RECOGNITION MONTH - - in February!

As 2022 is quickly making its arrival, we are gearing up for our annual Unsung Hero campaign in honor of parent recognition month (February) and we are hoping you can help us spread the word far and wide.

Since 2011, with your help, we have honored 281 parents and caregivers in Washington for the roles they have taken with their families, schools and communities. They have been recognized because they have shown strength, courage and empathy in their communities. We also acknowledge that this year parents and primary caregivers have been called upon more than ever to be the buffer for the traumatic experiences that our world has been facing. Parents and caregivers around Washington State are supporting their children, families, and communities in exceptional ways through this pandemic and we want to show our appreciation.

Help us in honor 28 more in February 2022 by nominating a parent/primary caregiver/guardian for the Unsung Hero award. All nominations must be submitted by January 17, 2022 and emailed to strengtheningfamilies@dcyf.wa.gov or submitted via the form itself.

- [Unsung Hero Award Nomination Form \(Available in 3 languages\)](#)

3.) Strengthening Families Washington Coloring book *English* and *Spanish*

4.) Independent Living Skills Classes *English flyer* and *Spanish flyer*

- January 24th Independent Living Basics
- January 31st Health Eating
- February 7th Time Management
- February 14th Budgeting
- February 28th Healthy Relationship
- March 7th Self-Care
- March 14th Self-Advocacy
- March 21st Household Management
- March 28th Study Skills
- April 4th Emotional Intelligence
- April 11th The ADA

Youth ages 18-24 from 10:30 am to 12:00 pm

Youth ages 14-17 from 3:30 pm to 5:00 pm

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5.) Washington State Children & Youth with Special Health Care Needs (CYSHCN) Program brochure

The Children and Youth with Special Health Care Needs Program is in the Healthy Starts and Transitions unit in the Office of Family and Community Health Improvement at the Department of Health. The program promotes an integrated system of services for infants, children and youth up to age 18 years who have or are at risk for chronic physical, developmental, behavioral, or emotional conditions and require health and related services of a type or amount beyond what is generally needed.

<https://www.doh.wa.gov/YouandYourFamily/InfantsandChildren/HealthandSafety/ChildrenwithSpecialHealthCareNeeds>

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6.) Disability designations and medical alerts now offered by DOL

The Department of Licensing has been working on *SSB 6429*, a bill that passed the Washington State Legislature in 2020 and took effect January 1, 2022. This allows individuals in Washington to voluntarily add a designation to their driver license or ID card when they:

- Have a developmental disability.
- Are deaf or hard of hearing.
- Have a medical condition that could affect their communication or account for a medical emergency.

The intent of the bill is to ensure that first responders, such as law enforcement and emergency medical service providers, have the information they need at traffic stops and in medical emergencies on roadways.

For more information, click on one of the links below:

- [Disability Designations and Medical Alert for Driver Licenses and ID Card](#)
- [Designacion de Discapacidad en las Licencias de Conducir y Tarjetas de ID](#)

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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.

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1.) [Obtenga Nuestra Ayuda](#)

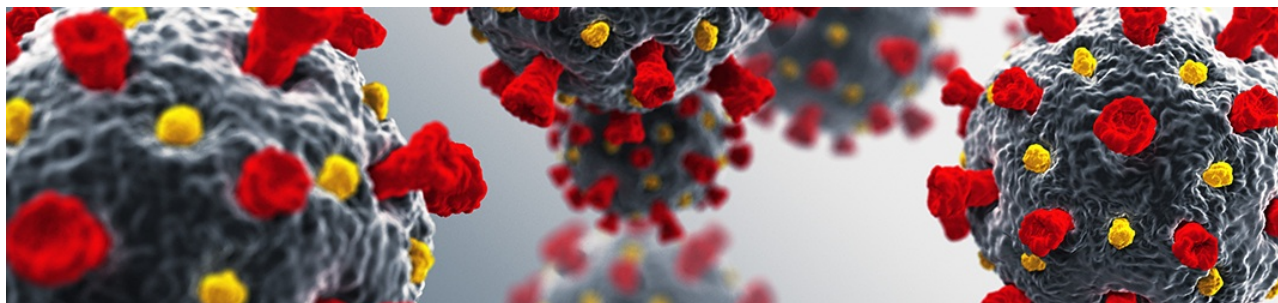
En línea - Le recomendamos que utilice nuestro nuevo *Proceso de Admisión en Línea*. Deberá crear una cuenta con su nombre y una dirección de correo electrónico válida. Después de crear una cuenta y completar el proceso de admisión en línea, alguien se comunicará con usted lo antes posible para brindarle información o programar una cita. Nuestra admisión en línea está disponible en todo momento, pero alguien hará un seguimiento durante el horario comercial normal.

<https://www.oeo.wa.gov/es>

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2.) *¿Cómo podemos ayudar?* Ayudar a las personas que piensan y aprenden de manera diferente a descubrir su potencial, tomar el control de sus vidas y permanecer en un rumbo favorable a lo largo de cada etapa de la vida.

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COVID - 19 RESOURCES

New! *English* and *Spanish* versions of the COVID Vaccine Factsheet are now posted on our website under family information: *Children with Special Health Care Needs Publications :: Washington State Department of Health*. Additional languages and updates will be posted there as they become available.

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New! *Parent Guide to COVID-19* (English) *other languages*.

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Archived COVID-19 Resource Links

COVID-19 Vaccination for Children 5 through 11 Years Old

Information for Jurisdictions, Healthcare Providers, Pharmacists, Schools, and Community Partners...

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RESOURCES ON THE PFIZER COVID-19 VACCINE 12-15 AGE EXPANSION. In response to the authorized of Pfizer COVID-19 to children ages 12-15, the CDC has developed several useful tools for parents and clinicians to utilize.

- COVID-19 Vaccines for Children and Teens. <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/recommendations/adolescents.html>
 - Myths and Facts about COVID-19 Vaccines. <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/facts.html>
 - Key things to know about COVID-19 Vaccines. <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/keythingstoknow.html>
 - How to talk with parents about COVID-19 Vaccination. https://www.cdc.gov/vaccines/covid-19/hcp/pediatrician.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fvaccines%2Ftoolkits%2Fpediatrician.html
 - Pfizer-BioNTech COVID-19 Vaccine Questions. <https://www.cdc.gov/vaccines/covid-19/info-by-product/pfizer/pfizer-bioNTech-faqs.html#vaccination-minors>
 - Talking with Patients about COVID-19 Vaccination. <https://www.cdc.gov/vaccines/covid-19/hcp/engaging-patients.html>
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10 ways we can respond to the pandemic in a trauma-informed way.

<https://theconversation.com/10-ways-we-can-better-respond-to-the-pandemic-in-a-trauma-informed-way-168486>

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A Person Centered Approach to Prepare for the COVID Emergency or Crisis Event
(download *English* & *Spanish* flyers)

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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.)*

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Can kids get 'long COVID' after coronavirus infections?

<https://kimatv.com/news/coronavirus/can-kids-get-long-covid-after-coronavirus-infections>

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Babies, The Delta Variant And COVID: What Parents Need To Know.

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

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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>***

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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.

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

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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.

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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 *walistsens.org*.

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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>*

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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>*

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

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[Delta: las 5 mutaciones que hacen a esta variante del coronavirus más contagiosa y preocupante](#)
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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.

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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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Care Connect Washington -

<https://www.doh.wa.gov/Emergencies/COVID19/CareConnectWashington>
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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](#).
.....

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.

Archived 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. [Finding Your Way in Community: Free Online Mindfulness Groups for Parents and Caregivers](#) (Supporting each other through meditation and communication.)
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5. [Mental health symptoms in school-aged children in four communities](#).
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6. [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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National Pie Day- January 23rd...make your favorites with your family and enjoy the new year together making memories! What is your family favorite?

- Apple Pie*
- Caramel Drizzle Macchiato Pie*
- Cherry Pie*
- German Chocolate Pie*
- Lemon Sour Cream Pie*
- Easy Pecan Pie*
- Perfect Pumpkin Pie*

The Arc of Washington State

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