"I will go anywhere as long as it's forward.  ~~ David Livingston

The Washington State Parent to Parent Network continues to move forward! We're so excited to
Dan Thompson Memorial Developmental Disabilities Community Services Account- On January 20, 2022, the Developmental Disabilities Council approved a list of funding recommendations that included Washington State Parent to Parent. The full list of recommendations will be submitted to the Developmental Disabilities Administration (DDA) for review and final approval. This funding will provide for multicultural support and enhancements for local Parent to Parent programs, as well as technology updates.

Department of Social and Health Services (DSHS) Request for Qualifications (RFQ) for Washington State Parent to Parent- The Arc of Washington was announced as ‘apparent successful bidder’ on the Parent to Parent Request for Qualifications (RFQ). This is pending final contract negotiations and agreement.

Parent to Parent is passionate about serving families raising children with developmental disabilities and/or special healthcare needs. Program coordinators have worked diligently and creatively through the pandemic to offer innovative and engaging virtual programming for families living in large cities such as Seattle and smaller communities such as Walla Walla.

Our future is BRIGHT!

We want to welcome our new coordinators, Debbie Chapman (Lincoln County) and Nincy Erazo and Tara Lee Ellis (both Pierce County).

~~~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

17th Annual Hydrocephalus (HA Connect) Conference July 14th through 16th 2022

HA CONNECT attracts participants from all over the world and people of all ages including those researching and delivering care to those with hydrocephalus, staff from health industry corporations and other organizations, and those living with hydrocephalus, family members and their caregivers.

Expand your awareness about hydrocephalus from leading experts in the field and make valuable, lifelong connections with hundreds of individuals in similar situations.

Whether you’re newly diagnosed or have been living with hydrocephalus for many years, the program will cover topics of interest to all members of the hydrocephalus community.

RESOURCES

1.) FFC Affordable Connectivity Program
On Dec. 31, the Federal Communications Commission launched the Affordable Connectivity Program. This program, created by Congress in the Infrastructure and Jobs Act, is a longer-term replacement for the Emergency Broadband Benefit (EBB) program. This investment in broadband affordability will help ensure households can afford the internet connections they need for work, school, health care and more.

The ACP provides a discount of up to $30 per month toward internet service for eligible households and up to $75 per month for households on qualifying tribal lands. Eligible households can also receive a one-time discount of up to $100 to purchase a laptop, desktop computer or tablet from participating providers if they contribute more than $10 and less than $50 toward the purchase price.

Enrollment in the ACP is now open for households with at least one member qualifying under any of the following criteria:
• Has an income that is at or below 200% of the federal poverty guidelines.
• Participates in certain assistance programs, such as SNAP, Medicaid, Federal Public Housing Assistance, SSI, WIC, or Lifeline.
• Participates in tribal-specific programs, such as Bureau of Indian Affairs General Assistance, Tribal TANF or Food Distribution Program on Indian Reservations.
• Is approved to receive benefits under the free and reduced-price school lunch program or the
school breakfast program, including through the USDA Community Eligibility Provision.
• Received a Federal Pell Grant during the current award year.
• Meets the eligibility criteria for a participating provider’s existing low-income program.
The 9 million households fully enrolled in the EBB program as of Dec. 31, 2021, will continue to receive their current monthly benefit until March 1, 2022. More information about steps current EBB recipients must take to continue receiving the ACP benefit after March 1, 2022, will be available in the coming weeks.
For application questions, email ACPSupport@usac.org or call 877-384-2575.

2.) Advocacy Days, part of The Arc’s Advocacy Partnership Project, are held during each legislative session to involve individuals with intellectual/developmental disabilities (IDD), their families and their service providers in the legislative process, giving them opportunities to make their voices heard by their legislators and to have an impact on policy and budget legislation that affects the services and supports available to them. During the COVID-19 Pandemic, we have moved to a virtual platform. The hope is that we will be able to have a hybrid of virtual and in-person activities for the January 2022 Legislative Session!
Questions regarding Advocacy Days? Email Diana@arcwa.org
Click here for the full Advocacy Days Schedule and be sure to register for each event!
https://arcwa.org/advocacy-days/

Please share with your networks!
Below you can register for each weekly Advocacy Day. After registering, you will receive a confirmation email containing information about joining the meeting.

- Feb 2, 2022 Employment and Day Services
  Register here: https://us02web.zoom.us/meeting/register/tZckf-qhrzsqGNwDkM9UEwWgseEmRuJHS45N
- Feb 9, 2022 Barriers to Transportation
  Register here: https://us02web.zoom.us/meeting/register/tZcrcuqjpjwvHNOpTTzn3lfxZHB9XkY705i
- Feb 16, 2022 Caregiving of Children and Adults
  Register here: https://us02web.zoom.us/meeting/register/tZEqduqvrTwrGdYsaYnRh09zv6mehC5kNvFT
- Feb 23, 2022 Meeting All Needs in Education
  Register here: https://us02web.zoom.us/meeting/register/tZMocOyraqj0rG9E7HRMqBjUPA5Am8KDWRZ0u
- Mar 2, 2022 Healthcare for People with IDD
  Register here: https://us02web.zoom.us/meeting/register/tZYufuyhqjssHtaaT5kjGuBesCbcfXtk0yCT

3.) Individuals with Down syndrome are more likely to experience eye problems than the general population, and 50% of people with Down syndrome suffer from varying eye diseases. Here is a guide on the various vision challenges that those with Down syndrome can experience including common eye issues, treatment options, and how to detect vision issues in children with Down syndrome.
https://www.nvisioncenters.com/childrens-eye-health/down-syndrome/

4.) Exciting news! The Baccalaureate Scholarship (BaS) and Career and Technical Scholarship (CTS) are now accepting more applicants than ever before!

Scholarship Opportunities (see jpeg flyer above) pdf flyer

5.) After a fall where we celebrated kids returning to the classroom, schools across the country are suddenly closing again. In what felt like an overnight shift, the Omicron variant brought us back to the uncertainty we saw at the beginning of the pandemic. With this new wave of COVID-19 come
new challenges for teaching and learning: there’s simply not enough healthy staff to keep schools open.

At Outschool, we stand for learners, and we want to support schools and families in making sure that the learning doesn’t stop for the 74M students in our country. Effective immediately we are launching two new programs to support learners:

1. Support for Schools: We are offering unlimited Outschool classes to any school in the country that needs to switch to remote learning or has been closed.

2. *Click here to learn more information about the program and sign up your school.*

3. Support for Families: We are offering parents up to $20 off one Outschool class. Parents can choose from any of the 140K+ live online classes available on the Outschool platform. Use the code KEEPLEARNING at checkout*.

We will continue to support low-income families with $300 each through our Family Financial Assistance Program. Launched in March 2020 in the wake of mass school closures, we have provided 120,000 hours of free classes to families in need of financial support. To apply, [click here](#).

6.) Provider Learning Series: Parallel Journeys of Fathers and Children

**Early Relationships Matter: The Parallel Journeys of Fathers and their Children across the Early Years** -

During *this event*, we will explore the developmental, emotional, and relational journeys of babies/young children and their fathers during the early years. We will reflect on how men are prepared and supported in becoming and being fathers, and how these experiences impact father-child relationships.

[WAHIHM](#) is offering continuing education units for this session.

Join us **February 10, 2022 at 11:30AM**. *Register via Zoom today!*

7.) **DO-IT Scholar applicants.**

DO-IT Scholars prepares students for success in college and careers. The DO-IT Scholars program includes two consecutive Summer Study sessions on the University of Washington (UW) campus where Scholars live in a dormitory, participate in labs and lectures with UW faculty, work on projects together, and explore campus and Seattle-area resources. This allows students to experience college life and develop their self-advocacy skills. Each Scholar is provided with a laptop and any necessary assistive technology and works with a DO-IT technology specialist on setup requirements. Throughout the school year, Scholars connect with program staff, mentors, and each other. They participate in DO-IT events, complete projects, and receive valuable information and support for the transition to college. Students are encouraged to consider a variety of postsecondary programs that best suit their academic interests and unique circumstances. DO-IT Scholars are not charged for instructional materials, housing, meals, activities, and accommodations such as sign language interpreters at Summer Study sessions and may apply for funding to assist with the costs associated with travel and/or hiring personal care assistants.

**Preferred applications fit the following categories (“see below for FAQs):**

- are a high school sophomore or junior
- have a disability*
- live or attend school in Washington state
- aim to continue their education past high school

Please share this email with students and parents. The link below takes you to the Scholar, parent, and teacher/counselor recommendation forms. To get started, you can complete their teacher/counselor recommendation today.

**Priority is given to applications received by January 30th. Applications received after that date are considered on a space-available basis.**

Though paper applications were sent to all high schools in Washington state, we know those don’t make it to everyone. If you would like a printed copy sent to you, please email us at [doit@uw.edu](mailto:doit@uw.edu).

**RECOMMEND A SCHOLAR**

**Frequently Asked Questions:**

- Are DO-IT Scholars charged for instructional materials, housing, meals, activities, and accommodations such as sign language interpreters at Summer Study sessions? No.
- Students with what types of disabilities are eligible to apply?
- Scholars can have any type of disability recognized by the Americans with Disabilities Act, including both those with or without IEP or 504 plans.
- Should applicants have specific academic interests?
- No, we accept students with a variety of academic interests and career goals.

To see more FAQs and learn more about the Scholars program, [visit the Scholars website](#).

Scholars Brochure

8.) **Behavioral and Adolescent Health Consultant (HSC 3) DOH6116** (click link for more info)
The Children and Youth with Special Health Care Needs (CYSHCN) Behavioral and Adolescent Health Consultant supports the work of our unit around the behavioral health and well-being of children and youth who have or are at increased risk for chronic physical, developmental, behavioral, or mental health conditions. This position also supports our work around adolescent transition to adulthood for CYSHCN and will work closely with the Adolescent Health unit and staff working to support School Based Health Centers. This work complements the objectives and strategies related to increasing behavioral health capacity and access in our Maternal Child Health Block Grant Five-Year Plan for the Adolescent Health and Children and Youth with Special Health Care Needs (CYSHCN) populations.

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.) Strengthening Families (Spanish)
Fortalecimiento de las transiciones de aprendizaje temprano
Martes, 8 de febrero 6-7:30 p. m. - español
Da click aquí para registrarte https://forms.gle/3WAx1PoSbLt33iu28

2.) Hablemos de la tutela Legal Guardianship ahora Conservatorship
(Enlace de enlace para el artículo)

3.) Entrevistando a Adriana Benavides
(Enlace de enlace para el artículo)

COVID - 19 RESOURCES
NEW! Extension of the Public Health Emergency - Bulletin
The Health Care Authority (HCA) learned from the Department of Health and Human Services (HHS) that the current COVID-19 public health emergency (PHE) has been extended through April 16, 2022. According to HHS' letter to the Governors, the PHE may be extended in 90-day increments and HHS will provide states with 60 days’ notice prior to termination. HCA will continue to share updates as new information becomes available, and communicate to clients, partners, and stakeholders before any eligibility changes take place....for more info

NEW! Do you have an idea for how your community organization can help people with disabilities, their families, and other caregivers to get the COVID-19 vaccine and/or booster? If so, we hope you consider applying for this funding opportunity, which comes from a federal partnership between the Administration for Community Living (ACL) and the Centers for Disease Control (CDC).

Over the last several months, a cross-disability coalition has listened to community members and learned more about the challenges and hesitations people are experiencing. Now we need your help to get more funding into communities, with the goal of addressing barriers and getting more people vaccinated.

The deadline to apply for funding is February 25, 2022. Please check out the attached flyer for more information and share with others who may be interested.

- English
- Spanish
- Russian
- Chinese
- Somali
- Vietnamese

NEW! The White House is rolling out an online order form for free at-home COVID tests—families will be able to order up to 4 tests per household. In order to prioritize high-risk communities, we’ve been asked to help share the order form to help people with disabilities access tests.

You can visit this website to order tests: https://nachw.org/covid-test-kit-order-form/.

Spanish COVIDtests.gov - Pruebas caseras gratuitas de COVID-19

NEW! The Washington State Board of Health is inviting parents and caregivers of school age children to complete a survey to provide input that will be shared with a Technical Advisory Group the Board has convened to assess COVID-19 vaccine for inclusion in chapter 246-105 WAC. The TAG will utilize the 9-criteria framework established by the Board to assess and evaluate the COVID-19 vaccine for consideration in chapter 246-105 WAC.

The Board is seeking input from parents and caregivers as it relates to Criteria Nine: “The burden of compliance for the vaccine containing this antigen is reasonable for the parent/caregiver.”

To provide input, please complete the survey below:

- English language survey
- Spanish language survey

Under state law (RCW 28A.210.140), the State Board of Health (Board) has the authority to create immunization requirements for child care and/or school entry. Since 2006, the Board has relied on multi-disciplinary technical advisory groups (TAG) to review vaccines against nine criteria to recommend to the Board whether an immunization should be added to the list of requirements for school entry. The Board recently directed its staff to work with the Department of Health to begin the process to collect the information necessary to convene a TAG to evaluate COVID-19 vaccine. The TAG will consist of representatives from schools, childcares, public health, healthcare providers, tribes, community members who identify...
and/or directly serve communities disproportionately impacted by COVID-19; and parent representatives.

Archived COVID-19 Resource Links

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.

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

*COVID-19 Vaccination for Children 5 through 11 Years Old*
Information for Jurisdictions, Healthcare Providers, Pharmacists, Schools, and Community Partners...

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.

- Talking with Patients about COVID-19 Vaccination. [https://www.cdc.gov/vaccines/covid-19/hcp/engaging-patients.html](https://www.cdc.gov/vaccines/covid-19/hcp/engaging-patients.html)

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

A Person Centered 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.*)


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

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)

Archived MENTAL/BEHAVIORAL HEALTH


2. 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.

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


If you or your family is experiencing distress and need support call:
Valentine Day Food Fun for Families… just a click away.

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