Happy March!
As we look forward to warmer weather, sun and blossoms, the Parent to Parent Network is also looking forward to bringing back some in-person meetings. Local program Coordinators have become Zoom masters... providing hundreds of support and social groups, trainings and family events that educate, engage and connect families. As much as Covid attempted to shut us down, we rallied and held to our mission of supporting families raising children with special health and developmental needs. We’ll continue to see a mix of in-person and virtual meetings, as we’ve learned there are definitely benefits to virtual meetings- a parent in Skagit County can attend a support group in Yakima, without traveling three hours to do so! We also know there’s nothing like a real, in-person hug when life’s hardest moments become overwhelming. So... onward! The BEST is yet to come!

We want to welcome our new coordinator, Carrie Barker, Westend Coordinator for Clallam County P2P and say a sad good bye to Fabiola Solis of Skagit County and Shelley Gacusana of Klickitat and Skamania Counties.

---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.

Advocacy Days

Part of The Arc’s Advocacy Partnership Project is Advocacy Days. They 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!

Register for the last week of Advocacy Day. After registering, you will receive a confirmation email containing information about joining the meeting.

- Mar 2, 2022 Healthcare for People with IDD
- Register here: https://us02web.zoom.us/meeting/register/tZYufuyhajssHtaaT5kjjGuBesCbcfXtk0yCT

RESOURCES
1.) Fathers Network Webinar: Planning for Housing: Accessing Benefits, Roommate Matching, and Shared Living Development Services Tuesday, March 1st, 7:30-8:30 pm. Register here
When your loved one has an intellectual or developmental disability, housing comes with a lot of questions. What do they need to live outside our family home? Who will they live with? How do we afford it? Join us to hear helpful information about these and other questions from Pam Blanton, founder of Partners4Housing.

2.) Washington Autism Alliance training workshop opportunity March 19th. Registration is Open for our Virtual Blueprints for Special Education Workshop. Join us and have your questions answered by our state's most prominent special education attorneys.
March 19th and it will be held over Zoom Webinar.
We limit attendance in order to offer small breakout sessions and maximize participation. Register today to secure your spot.
Please call (425) 894-7231 or email Volunteer3@washingtonautismadvocacy.org if you have questions.

3.) No Paid Services Client Caseload Report to the Legislature
No Paid Services (NPS) Prior to 2011, the No Paid Services caseload existed and was managed by case managers. However, due to budget reductions, DDA discontinued providing case management services to clients on the NPS caseload. It is important to note that the NPS caseload is not a wait list. All clients on the NPS caseload were transferred to an NPS queue on Jan. 3, 2011. Since then, when clients need a service, they have multiple options to make a request including online, calling, or visiting a DDA Office. On Sept. 30, 2021, there were 48,181 DDA-eligible individuals. Of these, 12,040 were not receiving any paid services. This group of individuals is known as the No-Paid Services caseload or NPS. (For the Rest of the Report)

4.) Join us in observing Child Abuse Prevention month during April. Please help us spread the word about Pinwheels for Prevention!
The Department of Children, Youth & Families (DCYF) is observing April 2022 as Child Abuse Prevention (CAP) month by raising awareness in communities about child abuse and neglect prevention. As the Prevent Child Abuse Washington State Chapter we encourage you to join the Pinwheels for Prevention initiative. This initiative uses pinwheels - a timeless symbol for childhood - to represent its campaign.
Pinwheels for Prevention is a reminder that it is not enough to respond to child abuse and neglect - we must build and support strong families through community engagement, programs, and policies. This movement works towards developing communities that are healthy, safe, and nurturing for all children and all families.
Please place your order for pinwheels using the form found here. Pinwheels are available on a first come, first serve basis.
Raising awareness during the pandemic can come with its challenges so we have put together a couple of extra materials in addition to the pinwheels that we hope can support increasing awareness throughout the month. We will have a Pinwheel for Prevention bulletin board kit and seed packets available with each order. Please indicate on the order form (found here) if you would like one or both in the space provided. These are free of charge.
Lastly, please join us in turning your home, workplace and the streets blue by participating in Wear Blue Day on April 1. Wear Blue Day is set as the first Friday of April nationally to help kick-off the month with support for preventing child abuse and neglect. We encourage you to take photos and post them on social media using the hashtag #greatchildhoods. We would love to share your support!
Let us know if you have any questions at strengtheningfamilies@dcyf.wa.gov. Thank you.

5.) Cerebral Palsy Caregiver Connection - 3rd Monday of every month 5:30 - 6:30 pm
Email: parentsupportprogram@seattlechildrens.org or call 206.987.1119 to reserve a spot, for more information, Zoom links, or updated group status.
Flyer for more information and dates.

6.) What is the Legal Transitions to Adulthood Class? (Free Class) English flyer & Spanish flyer
Attorneys present information for parents and caregivers of youth who are approaching adulthood who will need ongoing support, help with decision-making, disability-related benefits, and other services. The young person may also attend.
What does the class cover?
Public benefits:
• SSI, DDA
• Financial planning to maintain eligibility
Legal decision-making:
• Supported decision-making
• (Durable) powers of attorney
• Legal guardianship

March 21st
May 16th
July 18th
September 19th
November 21st
10 am - 12 pm with interpretation
2 - 3:30 pm in English
Click on flyers above for more information in English and Spanish.

7.) Washington State Offers a New Option for Employment and Housing Support - PAVE (wapave.org)
   …The pilot project provides housing and employment supports to individuals who qualify to receive
   them. The program doesn’t pay the rent or subsidize a job but rather offers counseling
   and resource navigation help so that individuals can maintain relationships and stabilize in their
   work and home circumstances. The program is available to persons 16 and older, who
   are Medicaid eligible and meet the criteria for the program.
   This may include students transitioning from high school into adulthood....
   (For the rest of the article and resource information click on the link)

8.) If you live in Washington State, ParentHelp123 Resource Finder can help you and your family
   with health and food needs.
   Click here for the link to the Resource Finder.

9.) Get Connected to WithinReach
WithinReach is here for you, and makes it easy to apply for health insurance and food resources
   (like Food Stamps or WIC). If you live in Washington state just fill out the short form and their
   friendly certified assisters will call you. It’s that easy! And they can do even more, like help you
   find resources for your pregnancy or learn about child development screening and immunizations.
   Click here to get started now!

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.) Educación Especial - Entrenamiento Completamente en Español
Registrarse aquí

2.) El programa de Padre a Padre siempre está en búsqueda formar de cómo podemos estar conectados e informados y para esto ha creado un grupo en español de Facebook. En este grupo, encontraran recursos e información relevante a la discapacidad. ¿Cómo no pueden encontrar? El nombre del grupo es: Washington State Spanish Parent to Parent Group Este es un grupo

3.) ¿Saben que hay una forma rápida y sencilla de iniciar con el proceso para solicitar servicios de la Administración de Discapacidad de Desarrollo conocida como el DDA? Informing Families tiene acceso a muchos recursos relacionados a la discapacidad y uno de ellos es, llevarlos a la ventanilla del DDA. Los invitamos para que visiten su página y exploren lo fácil que es navegar y encontrar diversos recursos.

COVID - 19 RESOURCES

Archived COVID-19 Resource Links

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

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

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
RESOURCES ON THE PFIZER COVID-19 VACCINE 12-15 AGE EXPANSION. In response to the authorized use 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)

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](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.

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](http://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/CareA Van](https://www.doh.wa.gov/Emergencies/COVID19/Vaccine/CareA Van)

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.

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.

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](https://www.cdc.gov/mmwr/index2.html).

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:
- 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

“FLOWERS GROW OUT OF DARK MOMENTS.”

Corita Kent

31 Reasons to Celebrate in March
Special days and unconventional holidays to observe … just a click away for family fun.

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Connect With Us

Visit Our Website