We’re so very grateful for an on-going partnership with DSHS/DDA! In late January we learned The Arc of Washington State was identified as the successful bidder for the Washington State Parent to Parent contract. We thrilled to continue the GREAT work of supporting families raising children
Parent to Parent... ALWAYS moving forward.

Congratulations to our P2P Coordinator, Jamie Coonts, now the Executive Director of The Arc of Snohomish County. And goodbye to Carrie Baker (Clallam County Westend Coordinator).

~~~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**
Infant and Early Childhood Conference
**IECC Virtual 2022**
(all sessions are virtual)
**Monday, May 2, 2022 - Friday, May 6, 2022**

**Conference History**
**Conference Presenters**
**Conference Program**
**Registration Information**

The Infant and Early Childhood Conference (IECC) plays a critical role in providing high quality training opportunities in Washington State. The annual conference will offer a wide-variety of topics covering many aspects of early childhood education and support. This year, the conference will continue to be held via a virtual platform to allow for a safe and flexible learning environment! We have added two Keynote sessions and even more breakout sessions. The conference provides high quality, evidenced-based workshops, and networking opportunities for families and providers to come together to learn, share and advocate on behalf of all young children. We hope that you will join us.

**REGISTER NOW:** [https://ieccwa.org/2022/registration](https://ieccwa.org/2022/registration)

IECC is pleased to announce that the 2022 registration will be offered at a complimentary rate. Please register early as some sessions may have limited space. A special thank you to our conference sponsors and administrators for making this possible! For a complete online listing of available sessions visit: [https://ieccwa.org/2022/program/daily_schedule.php](https://ieccwa.org/2022/program/daily_schedule.php)

Attendees may earn Clock Hours or STARS Credit for participation in any LIVE conference sessions they attend. For additional conference information: [http://www.ieccwa.org/](http://www.ieccwa.org/)

---

**Virtual Summit "Connecting the Dots"-WSCC/SFN**
**Monday, May 2 from 9 am-4 pm**

The first 150 registrants will receive a Goody Box in the mail prior to the event :) so register early.

**Meeting Registration - Zoom**

We invite family, youth, and system partners to come together in collaboration to identify how we can connect the dots in our lived experiences to move the work of the children's behavioral health community forward in a successful way. This year our topics will include Family Initiated Treatment/Ricky's Law, Strengthening the FYSPRTs, WA Statewide Family Network Work, and Education Needs. **REGISTER HERE!**

**WHAT:** CBH Summit - "Connecting the Dots"

**WHEN:** Monday, May 2, 2022 virtually over Zoom from 9am-4pm

**DETAILS:** A collaborative event for youth, family, and system partners to have discussion around solution ideas for the identified topics of Family Initiated Treatment/Ricky's Law, Strengthening the FYSPRTs, the Work of the Statewide Family Network, and Education Needs. Each attendee will
participate in two of the four topics in a breakout room setting.

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

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.) Newborn Screening flyer

Newborn screening is a 3-part test that checks babies to see if they are at increased risk of having a number of serious health conditions. Newborn screening includes a blood spot screen (heel prick test), a hearing screen, and a pulse oximetry (congenital heart disease) screen. These tests are given to all babies born in the United States, unless declined by a parent or guardian.

2.) Assistive Technology in the Classroom

Imagine the broadest category of assistive technology in the classroom you can, and it will not comprise the diversity of modern facilities. Assistive technologies range from special-form pencils and tactile rulers to artificial intelligence. Because of the growing number of people diagnosed with learning disabilities, these technologies are rapidly developing. Researchers from Southern California have designed a robot to help children with autism spectrum disorder (ASD) with math and social skills. The device can tell if the child listens in class or is lost in their thoughts. Such inclusive technologies allow children with learning disabilities to attend regular schools without a tutor. Many modern schools use augmented and virtual reality to engage students and visually represent the material. The technologies can also assist students with disabilities by creating simulated environments. The best feature of AR and VR is the opportunity to study free from the constraints of their learning disorders....(for the rest of the article)...

3.) What is CLEAR?

CLEAR (Coordinated Legal Education, Advice and Referral) is a toll-free legal hotline for people with low incomes.

Eligibility

Before we can assist you, we must collect some information from you to determine if you are eligible for services. In most counties, persons who are 60 and over will not be denied assistance based on their income. Services are targeted to problems that affect basic needs such as housing, income, medical care and family safety. Due to limited resources, lawyers and paralegals are not able to assist every caller.

Clear Hotline Numbers:
Outside of King County:
call the CLEAR Hotline at 1-888-201-1014
weekdays between 9:15 am - 12:15 pm.

In King County: call 2-1-1.
2 1 1 is open weekdays 8:00 am - 6:00 pm.
2 1 1 will identify and refer you to the appropriate legal aid provider.

Seniors (age 60 and over) can also call CLEAR*Sr at 1-888-387-7111 (statewide)

Facing Eviction?
Call 1-855-657-8387

Facing Foreclosure?
Call 1-800-606-4819

Deaf, hard of hearing or speech impaired callers can call CLEAR or 2 1 1 (or toll-free 1-877-211-9274) using the relay service of their choice. 2 1 1 and CLEAR will provide interpreters.
4.) ASD Prep: Preparing Teachers and Paraeducators for the Successful Inclusion of Autistic Children
You are invited to take part in a project being conducted by the University of Washington’s School Mental Health Assessment, Research, & Training Center (SMART Center). The purpose of the ASD PREP study is to identify which evidence-based practices (EBPs) and strategies teachers and paraeducators use to more meaningfully include and retain autistic children in general education settings. *(for more information click here).*

5.) Summer Camps and Day Programs Resource Listing

6.) We are a group of behavioral health researchers working to meet the unique needs of young siblings of children with special needs. We want to expand the support offered to families in Sibshops workshops. We developed and are testing a mobile app especially for parents of preschoolers who have a sibling with special needs.

Key study details:
- Families have a typically developing preschool-age child and a child with a disability
- Families receive a link to the SIBTime app
- Families receive SIBTime reminder texts twice a week for 5-weeks
- Families receive $75 for completing two 15-min electronic surveys in English or Spanish

We are nearing the end of our recruitment and we need 10 more families (English or Spanish speaking) to complete the study.


Recruitment website (Spanish): [https://influentsin.com/sibtime/espanol](https://influentsin.com/sibtime/espanol)

7.) Community Supports for Children and No Paid Services Caseload
The 2022 legislature convened on March 10, 2022 and submitted Senate Bill 5693 concerning the 2022 operating budget to Governor Jay Inslee for signature. Governor Inslee is expected to sign the budget by April 2, 2022.

This year’s budget will create opportunities to reinvent our service delivery system in our state in many ways. DDA will be very busy in the coming months hiring staff and building capacity to implement what will be a robust and far reaching range of investments. In addition to what will likely be extraordinary growth and expansion of our service delivery system we are also hopeful that this year will put the COVID pandemic era behind us. Look for more on these efforts in the coming months.

I am delighted to share the budget’s highlights for DDA below:
- Concurrent Services - Funding is provided to implement Substitute House Bill 1980 (concurrent services), which removes the prohibition on eligible DDA clients access employment services and community inclusion services concurrently. ($13.6M total funds; $8.4M GF-State; 1.0 FTE)
- Community Supports for Children - Funding is provided to expand Intensive Habilitation Services (IHS) and Enhanced Out-of-Home Services (E-OHS) options for children and youth aged eight to 21 who are DDA clients. Two, three-bed facilities will be phased in to provide short-term (up to 90 days) IHS placements for children and youth aged eight to 21. An additional six three-bed facilities will be phased in for long-term E-OHS so support youth aged 12 to 21 who have discharged from inpatient care. ($2.3M total funds; $1.3M GF-State; 2.9 FTE)
- Enhanced Case Management Program - Funding is provided to expand access to the Enhanced Case Management Program (ECMP) from 700 to 1,500 clients in FY 2023. A total of 50.0 FTEs are phased in and are assumed to be fully in place by the fourth quarter of FY 2023, including case managers, nursing consultants, and supporting staff. Funding is also provided to create an automatic nursing referrals system for ECMP clients in the Comprehensive Assessment Reporting and Evaluation system. ($4.0M total funds; $2.0 GF-State; 15.7 FTE)
- Transitional Care Management - Funding is provided to phase in a total of 35 FTEs through June 2023 to create transition coordination teams to coordinate transitions of care for clients who move from one type of care setting to a new one. The Department shall submit a preliminary report in December 2022. The Legislature intends that an annual report be submitted thereafter that describes the outcomes associated with client transitions before
After implementation of these transition coordination teams; a description of lessons learned since the teams were implemented, including an identification of what processes were improved to reduce the timelines for completion; and recommendations for necessary changes to improve stability of client placements. ($3.8M total funds; $2.2M GF-State; 14.1 FTE)

- Financial Eligibility Staff and Reporting - One-time funding is provided to improve the timeliness and accuracy of eligibility reviews, application processing, case maintenance, and updates for DDA clients. This funding will improve DDA’s ability to meet the 45-day application process requirement specified in WAC 183-503-0060. ($2.5M total funds; $1.4M GF-State; 11.2 FTE)

- Enhanced Community Residential Rate - Funding is provided to increase rates for contracted Supported Living and other community residential service providers effective July 1, 2022, with the intent of providing hourly wage increases for employees of community residential services contractors providing direct care to DDA clients. The rate increase equates to a 23 percent increase in the instruction and support services portion of the rate. ($154.5M total funds; $77.3M GF-State)

- Targeted Provider Rates - Funding is provided to continue the COVID -19 rate enhancements for contracted providers. The temporary rate add-ons in effect in December 2021 will continue through June 2022 and then will be adjusted to reflect base rate increases funded in the 2021-23 biennial budget before being phased out by June 2024 by reducing them 20 percent every two quarters. ($151.4M total funds; $72.0M GF-State)

- DDA No-Paid Caseload - Substitute Senate Bill 5819 requires the Department to hire two, permanent FTEs to regularly review and maintain the no-paid services caseload and to provide case management services to individuals on the no-paid services caseload at a ratio of one case manager for every 300 clients to contact and respond to clients to discuss their needs and explain service options available through the Department or other community resources. ($4.6M total funds; $2.6M GF-State; 18.8 FTE)

Thank you to everyone who contributed to the incredible volume of requests associated with legislative session this year. The senate and house representatives truly recognized the needs of the people we support this year, effectively passing bills that will make a real difference in the lives of the people we support. The budget the Governor ultimately signs off on is sure to be a tall order for all of us. So, please be prepared to roll up your sleeves; it’s going to take an ambitious and collaborative effort to execute the legislative package this year. Stay tuned for more. If you have questions regarding the 2022 supplemental operating budget or other results of the legislative session, please contact Luisa Parada Estrada.

8.) Refugee Response, Lutheran Community Services Northwest
Lutheran Community Services Northwest started in 1921 in Tacoma, and now “partners with individuals, families and communities for health, justice and hope” across Washington, Oregon and Idaho.
President and CEO of Lutheran Community Services Northwest David Duea released a statement on Facebook on February 24, addressing the Ukraine crisis and how it affects those in the Pacific Northwest:...
(Click here for the rest of the article/resources)

9.) 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.

Zoom room: https://seattlechildrens.zoom.us/j/89149350457
Meeting ID: 891 4935 0457
One tap mobile
+12532158782,,89149350457# US (Tacoma)
+12063379723,,89149350457# US (Seattle)
Flyer for more information and dates.

10.) 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

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.

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 compañeroismo 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.) ¡Listos para salir de la pandemia!
(Enlace de enlace para el artículo)

2.) “Yo no elegí el autismo. El autismo me eligió a mí”: el nuevo libro en español de una madre de Allentown destaca los desafíos que enfrentan los padres latinos (párrafo traducido en español por: Patty González).
(Enlace de enlace para el artículo)
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.

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/.

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.

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.


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

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.


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.

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)

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
40 Easter Treats You Can Make With Your Kids…… just a click away for family fun.

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