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(360) 357-5596 option 2

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

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I recently came across one of my favorite quotes that captures Parent to Parent support so well:

'I am not the only one who has traveled on this path. I will follow the footprints before me and reach back a hand to those who come behind.' -Author unknown

Offering guidance, care and community to families just beginning the journey, who will someday offer guidance, care and community to other families. This is our PASSION, this is our GOAL.

Welcome Cindy Myers, Family Leader & Support Specialist, Pierce County P2P.

Goodbye Doreen Vandervort you will be missed. Congratulations on your new position.

~~~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

[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



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



### 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 6 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](#)

BELLEVUE | BOTHELL | REDMOND | RENTON  
WWW.KINDERING.ORG | (425) 747-4854

Tuesday, June 7th  
7:30-8:30 pm

Join us for a discussion around how (and why!) to encourage our children growing up in bilingual or multilingual households to maintain their heritage language or languages. Many times, families may hear that their child with special needs should only be learning English. In reality, continuing to learn their home language is possible AND highly recommended. We will be exploring myths around bilingual language development, and practical tips to encourage use of more than one language. Register [here](#).

***The Annual Campout in Anacortes Over Father's Day Weekend is Back!***  
See the full flyer [here](#) and get more details [here](#).

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DSHS Developmental Disabilities Administration is pleased to present the  
***2022 Virtual Community Summit***

Create, Collaborate & Communicate  
Register Now!  
May 5 - June 16, 2022  
Webinars will take place 10:30am - 12:00pm PDT

[Register here](#)

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## **Building Inclusive Arts Organizations**

Administrators Share their Experiences: Learn what internal adjustments administrators and organizations are making (or plan to make) in

- \*Organizational culture and policies
- \* Governance and decision-making
- \* Structural investments.

June 15, 2022, 10-11 am PST

Sharon Nyree Williams of Seattle's Central District Forum for Arts & Ideas serves as moderator. Aaron Reader of Seattle Theatre Group, Joan Rabinowitz of Jack Straw Cultural Center and Aimee Chou of Sound Theatre Company share their experiences and expertise working to foster accessibility and inclusion within their organizations.

Register for the workshop on the Seattle Cultural Accessibility [website](#).

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## **Informational Sessions for Lay Guardians**

***No Cost Zoom Guardianship Informational Sessions (see flyer for dates and times and more info)***

Link to register: [Washington State Courts - Guardian Portal](#)

- **Thursday, June 16, 2022 - 5:30-7:00** - Introduction to Guardianship and Petitioning - Join by the Zoom link: <https://wacourts.zoom.us/j/87119757676>
  - **Wednesday June 22, 2022 - 12:00-1:30** - Guardian and Conservator Responsibilities and Reporting - Join by the Zoom link: <https://wacourts.zoom.us/j/85649194760>
-

# CYSHCN Webinar Series

Register now for the **FREE Systems of Care & Healthy Mental Development: Effective Strategies to Support CYSHCN in the Medical Home Webinar Series!**

The [\*National Resource Center for Patient/Family-Centered Medical Home\*](#) (NRC-PFCMH) is hosting a FREE 2-part webinar series examining the behavioral and mental health systems of care for children and youth with special health care needs (CYSHCN) and the role of medical home within that system. Both 60-minute episodes will provide an opportunity for Q&A and will highlight family experiences in navigating the system and partnering with their child's pediatrician to support their behavioral and mental health care needs.

Episode 1: The Behavioral and Mental Health System of Care for CYSHCN

**Friday, June 24**

**11am-12pm CT**

[\*\*REGISTER HERE\*\*](#)

Episode 2: The Role of Medical Home in Behavioral and Mental Health for CYSHCN

**Thursday, June 30**

**12pm - 1pm CT**

[\*\*REGISTER HERE\*\*](#)

If you have any questions, please contact Melannie Vallejo, Program Coordinator, Medical Home Initiatives

American Academy of Pediatrics

Telephone: (630)626-6309 | Email: [mvallejo@aap.org](mailto:mvallejo@aap.org)

Pronouns: She/Her/Hers

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## ***The 20th Annual Youth Leadership Forum***

***August 7-12, 2022***

***Dumas Bay Center in Federal Way, WA.***

**WHO?** Students 16 years of age prior to the start of YLF and under the age of 22.

**WHAT?** The Washington State Youth Leadership Forum (YLF) is an innovative, intensive, six-day, 5-night leadership training program for upcoming high school juniors and seniors with disabilities. Delegates are selected from around the state of Washington to cultivate leadership, and citizenship skills while having fun and making friends.

**WHY?** It is critical that young people with disabilities growing into adulthood learn to identify themselves with pride as individuals and members of the very accomplished disability community.

**COST?** The YLF is **free to attend**.

These services are made possible by the Washington State Department of Social and Health Services, Division of Vocational Rehabilitation.

[\*\*2022 YLF event flyer\*\*](#) (PDF)

[\*\*2022 YLF student application\*\*](#) (Word)

[\*\*Follow YLF on Facebook.\*\*](#)

For more information about the Youth Leadership Forum, contact Elaine Stefanowicz at [elaine.stefanowicz@esd.wa.gov](mailto:elaine.stefanowicz@esd.wa.gov) or 360-890-3774.

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## **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

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.

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## 30th Annual Governor's Employer Awards Program

The Governor's [Committee on Disability Issues and Employment](#) (GCDE) is now accepting nominations for the 30<sup>th</sup> Annual [Governor's Employer Awards Program](#). This long tradition of recognizing employers and individuals who **power America's recovery by promoting inclusion** for individuals with disabilities has never been more important.

Now is your chance to help us identify those innovative leaders in the community. Utilize your personal experiences or collaborate with others to develop a strong nomination. Please share your stories, and highlight creative approaches to recruiting, hiring, and advancing employees with disabilities. What a great way to recognize and celebrate the many businesses and individuals around the state that promote inclusion for all.

The outstanding efforts of those employers and individual leaders can now be acknowledged by nominating them for one of the following awards:

1. Public, Private, and Non-Profit Employers - small, medium, and large categories; governmental entities (Federal, State, County, City, or municipality); and those who generate revenues from the services and products they provide, or are registered with the state and maintain 501(c)(3) certification
2. Youth Employer - employers supporting youth with disabilities through employment preparation and job skills training
3. Governor's Trophy in Memory of Carolyn Blair Brown - a lifetime achievement award presented to an individual with a disability in Washington State
4. Direct Support Professional Award - an outstanding career professional, with three (3) years of experience providing long-term supported employment services to individuals with intellectual, developmental, and/or psychological disabilities as a Job Developer or Job Coach
5. Toby Olson Lifetime Impact Award - This award, which is in its third year, recognizes an individual who has made a lifetime commitment to addressing the inequities people with disabilities face in their community and at the state and national levels and can demonstrate specific, direct actions dramatically changing the lives of those in the disability community.

More information and [instructions](#) are included in [this nomination packet](#) or on our [website](#).

**August 25<sup>th</sup>, 2022 is the nomination deadline for this year's Awards Program.**

Electronic Nominations are preferred and can be submitted via [Survey Monkey](#).

This year's milestone event will be hosted by the GCDE. In light of the continued pandemic, the venue has not yet been set, however the date is targeted for October 21, 2022. Thank you for partnering with us in this exciting celebration of excellence. If you have questions or need more information, please contact Emily Heike at (360) 890-3776 or email at [GCDEawards@esd.wa.gov](mailto:GCDEawards@esd.wa.gov) (email preferred).

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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.) We are a local company providing ABA to families in and around Bellevue and are hoping to spread the word to different outlets in our community about our services, specifically our Summer Program for children with ASD ages 8 and over.

We are hosting an Open House event at Pump It Up in Kirkland on May 14th to introduce ourselves to local families who are looking for ABA services and support.

Elevate works with the autistic community after early intervention and is best suited for ages 8-14.

Our services target those who've previously "graduated" or "aged out" of services, who may still require additional support to build friendships, explore their community, and integrate into their world.

Elevate focuses on building skills through:

\*social groups in our community\*

\*parent training for in home support\*

<https://www.elevateseattle.net/elevate>

Summer program (Click here for flyer with more information)

2.) DDA Fact Sheets:

<https://fortress.wa.gov/dshs/adsaapps/about/factsheets/DDAFactsheets.aspx>

3.) Seeking research participants for a study on early mobility technology intervention.

See flyer attached for more information.

4.) Research Survey Opportunity! We are sharing the below information from faculty at Whitworth University Professor, Megan Griffin.

The purpose of this research is to gather the input of those who have received ABA services and the input of parents/guardians of ABA clients. The ultimate goal is to share their experiences (the good, the bad & the in-between) in order to improve our field's understanding & implementation of socially valid practice.

A lot of people have strong opinions about applied behavior analysis (ABA) one way or the other. As ABA researchers, we want to learn about your experiences so that we can improve services for EVERYONE.

We are conducting TWO DIFFERENT SURVEYS.

One is for people who have received ABA services (18 years & older):

[https://whitworth.co1.qualtrics.com/.../SV\\_6FCETijOtcokVzE](https://whitworth.co1.qualtrics.com/.../SV_6FCETijOtcokVzE)

The other is for parents/guardians of people who have received ABA services:

[https://whitworth.co1.qualtrics.com/.../SV\\_0q8UPrd4LxgyntU](https://whitworth.co1.qualtrics.com/.../SV_0q8UPrd4LxgyntU)

5.) We are excited to introduce to you Camp Beausite Northwest (CBNW)!

Camp Beausite Northwest has been mission driven since 1989 to provide inclusive learning, social, recreational, and therapeutic opportunities for youth and adults with special needs and their families. An overnight camp program located on the Olympic Peninsula that serves campers with special needs and provides respite for their families. CBNW is a beautiful facility with fully trained staff that provide the summer camp and weekend camp experience for people all across the Pacific Northwest of all ages. Campers can start attending overnight camps as young as 7 years old and there is no age limit. CBNW provides round the clock care, activities, meals, housing, skilled

nurses, support, and the camp experience for all who come through our doors.

We will be offering 7 week long programs this summer running from June 13 through August 6. Additionally, CBNW offers Day Camps, Weekend Camps, and Family Camp. CBNW has been providing services for over 30 years and is a respite provider for funding from DSHS as well as PAVE. CBNW has a robust campership or scholarship program that offers partial and full funding for families and their campers through an easy application process, and self pay is always an option as well. CBNW is located just 2 hours from Seattle and offers campers an opportunity to connect with others, develop relationships, practice their ADL's outside of the home, and have a ton of fun while doing it.

For more information please check out the CBNW website at [www.campbeausitenw.org](http://www.campbeausitenw.org) for more information and details on our programs. CBNW has camperships and spaces available for all levels of campers for summer of 2022, but spaces are filling up fast. We look forward to getting to know you and your camper and welcoming you into the camp family.

[Click here for flyer](#)

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6.) [Summer Camps and Day Programs Resource Listing](#)  
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7.) [Summer Food Service Program](#)  
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Good nutrition is essential for effective learning every day, all year long. Just as learning does not end when school lets out, neither does the need for good nutrition. Summer meal programs help children get the nutrition they need to learn, play, and grow throughout the summer months.

[Click for the rest of the information and forms.](#)  
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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.

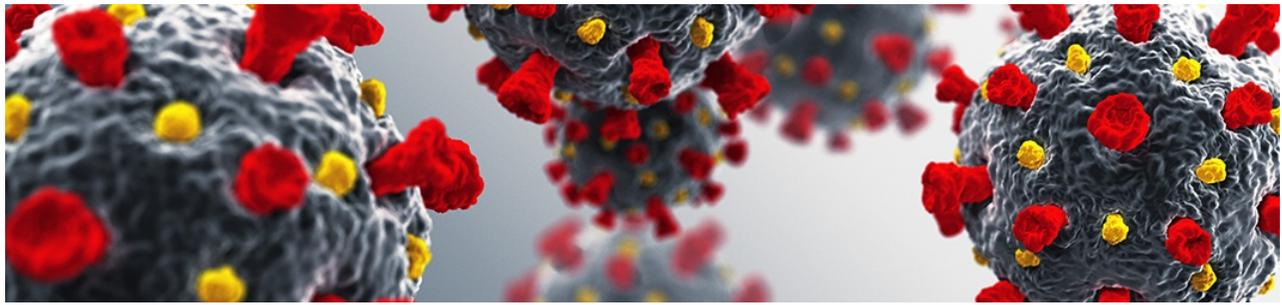
**Honramos** el trabajo gratificante y desafiante de los padres, cuidadores y aliados comunitarios.

**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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## ¡Historias para compartir que marcan la diferencia!

En Washington tenemos la fortuna de contar con el programa de **Padre a Padre**, no lo tenemos en todos los condados, pero hay condados que están creciendo para hacer el alcance para la comunidad. WA tiene un **mapa** para que puedan ver en donde nos encontramos, además quienes son sus coordinadoras en los **condados** en los que está el programa, además que también pueden conectarse con las **coordinadoras multiculturales**....



## 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*

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.

- 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](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>

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)

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>

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/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.

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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.](#)  
.....

[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>  
.....

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. [\(PDF\)](#)

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

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4. [Mental health symptoms in school-aged children in four communities.](#)  
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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



*Click Here for 50 Easy Father's Day  
Dinner Ideas to Make Him Feel .....  
So Special and other great ideas.*

**The Arc of Washington State**

2638 State Avenue NE  
Olympia, WA 98506  
(360) 357-5596

[Connect With Us](#)



Visit Our Website

