At the end of April Parent to Parent hosted an AMAZING 2-day virtual Coordinator’s training. Our Theme was ‘Just Keep Swimming’ and sessions included opportunities to learn, network, laugh and care for one another. We had an inspirational ‘kick-off’ titled ‘We are Water’ with Shaunte Nance-
Johnson, Inner Enso, who lifted us up with her encouragement and care. We also had training on Trauma Responsive Care with the Oklahoma State Department of Health and mindfulness practices with Shayla Collins, University of Washington. Several of our own Coordinators stepped up for the Coordinators as Teachers (CAT) session where we learned about supporting multicultural families, writing Impact Reports, and nurturing community collaborations. Marsha Quin, P2P USA, joined us for a presentation about our national alliance and we also had a presentation and website tutorial about Informing Families. It was SO great to spend time with this incredible network of program coordinators who are also parents and family members of children with special health and developmental needs! Special thanks to our training sponsors: The Developmental Disabilities Administration, Washington State Department of Health/Children and Youth with Special Health Care Needs, and Informing Families.

Welcome, Tami Leitz, our new Spokane County Parent to Parent Coordinator. Welcome to Snohomish County's three new coordinators, Jenna Meyers, Jenny Sommer and Tara Hand. Goodbye to Whitney Stohr who has taken a different position with The Arc of Snohomish 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.

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**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.

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CONFERENCES / SEMINARS & SPECIAL EVENTS
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

IECC is pleased to announce that the 2022 registration will be offered at a complimentary rate.
DSHS Developmental Disabilities Administration is pleased to present

**2022 Virtual Community Summit**
Create, Collaborate & Communicate

**Register Now!**
May 5 - June 16, 2022
Webinars will take place 10:30 am - 12:00 pm PDT
The event platform will launch on April 28th!
You will receive an additional email with the link to login when the event is live.

*Summary*
*Agenda*
*Speakers*

Check out the video below for a welcome message from Debbie Roberts, Assistant Secretary of DSHS Developmental Disabilities Administration.

**Video-Community Summit 2022 - Create, Collaborate & Communicate**

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

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.

**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.

**SURVEY**

Access to Behavioral Health Services - Children, youth, young adults, and families: DDA is sharing the following message from Health Care Authority

If you are a young person who has received mental health/substance use services; a parent or family member of a child or youth who has received services; or someone who refers children, young people and families to services, we’d like to hear from you.
The Workforce and Rates subgroup would like to hear about your or your clients’ experiences getting child and adolescent behavioral health services.

Your responses to these surveys will help build HCA’s understanding of the challenges children, youth and young adults are having when they seek mental health and substance use services. Findings also will help influence their work around access and network adequacy within our subgroup and the full Children and Youth Behavioral Health Work Group.

Please complete the appropriate survey depending on your role by Monday, May 16. It should take 5-15 minutes to complete either survey.

- Young people who have received mental health and substance use services, parents and family members please use this survey: Behavioral health access survey for young people and families
- Behavioral health, medical providers, school staff and others who provide services and supports please use this survey: Behavioral health access survey for providers

RESOURCES

1.) Resources for Families - Shayla’s Resource List (new 4/1/2022) - a brief menu of key financial, transportation and recreation resources to support people with intellectual and developmental disabilities and their families. By a parent, for parents and families. This list will continue to be updated and we welcome your suggestions. Feel free to adapt this handout to your own community.

2.) The Arc of Washington State seeks a Coordinator in the Thurston County or Mason County region with demonstrated interest, experience and leadership abilities to develop and steward a local coalition of passionate advocates who want to change the systems that support people with intellectual and developmental disabilities to live, learn and work in the community. See attached flyer for Responsibilities, Education and Training, Skills and Qualifications, Benefits and Application Timeline.

3.) Together They Were Stronger Film Premiere-click for flyer
   May 25, 2022, 6:30pm
   UW Haring Center
   1981 NE Columbia Road, Seattle, WA 91895
   Click to Register Here

4.) How “unmasking” leads to freedom for autistic and other neurodivergent people. https://www.npr.org/2022/04/14/1092869514/unmasking-autism-more-inclusive-world

5.) Summer Food Service Program
   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.

6.) Summer Camps and Day Programs Resource Listing

7.) The Arc of Washington State recently hosted an informative webinar covering the new guardianship and alternatives to guardianship laws in Washington State. We were joined by Kay King, from the Washington Courts. Scroll down The Arc of Washington State's home page and watch the recording at the video link on the home page. Informational PowerPoint: New Guardianship Law
   For information on Adult Lay Guardianship Training click here.

8.) The 20th Annual Youth Leadership Forum will be held on August 7-12, 2022 at the 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 or 360-890-3774.

9.) What is the Legal Transitions to Adulthood Class? (Free Class)

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 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
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.) **UNA SERIE ESPECIAL DE RADIO EN ESPAÑOL DE KINDERING**
Sintonice la estación de radio KKMO, El Rey 1360 AM o en línea en [https://www.elrey1360seattle.com/](https://www.elrey1360seattle.com/) a la 1 p.m. el martes 3 de mayo para una transmisión especial en español presentada por Kindering para padres de niños con necesidades especiales. Durante este programa platicaremos con Luz Cobián Navegadora Multicultural de Recursos de The Arc of Snohomish y mamá de dos niños pequeños. Luz compartirá ideas para crear tu red de soporte cuando un hijo (a) recibe un diagnóstico de discapacidad intelectual o de desarrollo. Luz entiende que como padres/ cuidadores se necesita aprender acerca de diversos temas que quizás sean nuevos para nosotros si el diagnóstico fue recibido recientemente. El crear una red de soporte nos ayudará a enfrentar la vida apoyándonos en la fortaleza de la comunidad que nosotros mismos diseñamos. Kindering acoge a todos los niños con diversas habilidades y a sus familias, al ofrecer una educación de alta calidad y terapias que cultivan la esperanza, el valor, y las habilidades necesarias para remontar el vuelo.

2.) ¿Cómo podernos sentirnos más cómodos cuando hablamos con los maestros y el personal de la escuela de nuestros hijos sobre los servicios relacionados con el programa de educación especial IEP por sus siglas en inglés?... ([Enlace de enlace para el artículo])

3.) “Planeando un verano divertido y lleno de actividades”... ([Enlace de enlace para el artículo])

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**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)](https://www.hhs.gov/about/index.html) that the current COVID-19 public health emergency (PHE) has been extended through April 16, 2022. According to [HHS’ letter to the Governors](https://www.hhs.gov/about/index.html), 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/](https://nachw.org/covid-test-kit-order-form/).


COVID Vaccine Factsheet are now posted on our website under family information: Children
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.


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.


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.

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.

HELPING CHILDREN WITH TRAUMATIC SEPARATION OR TRAUMATIC GRIEF RELATED TO COVID-19. (PDF)

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.)

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

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Click Here for 50 Easy Mother's Day Dinner Ideas to Make Her Feel ..... So Special and other great ideas.
Visit Our Website