You are not Alone

Over and over again we hear from families across Washington State about how Parent to Parent has brought them together... to meet other families... to make new friends... and to build their community of support and connection. The following example comes from Island County Parent to Parent, where a recent gathering provided valuable connections for families:

From Tiffany Wheeler-Thompson, Island County Parent to Parent (hosted by Island County Human Services):

‘Our superhero BBQ for ASD was a great success. It was our first in-person event since December 2019. To see the kids that have grown so much over our time apart made my heart sad and happy.'
Sad that I missed that time with them and happy they found the need/importance of coming to our events after all this time. We had quite a few new families that were seeking social opportunities for their kids (and themselves) after isolation for so long. I know of two different connections to set up play dates that didn’t know each other until that day. P2P is all about “You are Not Alone”, the BBQ showed that over and over again.

Welcome Mireya Vazquez in Lake Chelan as the new Multicultural Coordinator (Chelan/Douglas Counties Parent to Parent). Goodbye Nincy Erazo (Pierce County Parent to Parent).

~~~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.

SURVEYs

Recruiting for Parent Institute for Engagement (PIE) Cohort 5
The Early Support for Infants and Toddlers (ESIT) program is recruiting for the Parent Institute for Engagement (PIE) program. PIE is a 12-month leadership program for parents and caregivers of children who have received early intervention services through ESIT. We will help you build
your skills and allow you to become better leaders, advocates, public speakers and active members in your state.
If you are interested in this opportunity, please submit an application by Aug. 1, 2022. We will notify selected individuals the week of Aug. 8. [Download flyer here](#)

**English Survey Link**
**Hindi Survey Link**
**Vietnamese Survey Link**
**Chinese Survey Link**
**Spanish Survey Link**
**Arabic Survey Link**

For more information on how to apply, contact Vanessa Allen, ESIT Family Engagement Coordinator, at Vanessa.allen@dcyf.wa.gov.

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**Department of Special Education, Vanderbilt University**

Caregivers of Children (ages 2-22) with Disabilities and Special Health-care Needs

We are currently seeking participants, caregivers of children ages 2-22 who have special healthcare needs. Especially, children with disabilities who also present with special health-care needs. Our goal is to gather information on caregivers’ perspectives and experiences with the transition process from the hospital to the school for children with complex healthcare needs. To gather such information, we are conducting an anonymous, web-based survey, which should take approximately 10-15 minutes to complete. Our hope is that you would be willing to help us by disseminating this information and the survey link to members of your organization that meet our criteria. We truly appreciate your help with the recruitment process.

*For your convivence, click here for the flyer.*

If you have any questions or concerns, please do not hesitate to reach out to us at researchaac@gmail.com or contact us directly at Maggie Davis (graduate student; Margaret.f.davis@vanderbilt.edu) and Alexandra Da Fonte (faculty; alexandra.dafonte@vanderbilt.edu) with your questions or requests. For additional information or to report concerns, please feel free to contact the Vanderbilt University Institutional Review Board Office at: 615.322.2918 or toll-free at: 866.224.8273. Survey link: [https://redcap.link/41o38uuc](https://redcap.link/41o38uuc)

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**Survey Opportunity: Office of Equity Washington State**

The Digital Equity Forum is conducting a survey to better understand the challenges that individuals living in Washington state are experiencing when using and connecting to the internet. This survey is being provided in 15 different languages as well as recorded in American Sign Language. Visit the link below to fill out the survey. The survey will close on September 15th.

CONFERENCE / SEMINAR & SPECIAL EVENTS

GRANT WRITING WORKSHOP
AUGUST 3RD

(see flyer)

Click on the title/link for the zoom link for the class registration:
9:00 am-10:30 am: How to Build Your Grants Program - This webinar is a deep dive into the role that grants and grant writing play in an organization's fundraising strategy. This webinar will cover the four key stages of a grant (prospecting, cultivation, drafting, and stewardship) as well as best-practices for incorporating a grant program into your organizational planning.

11:00 am-12:30 pm: Preparing a Persuasive Proposal - This webinar is an introduction to grant-writing for organizations or staff who have little or some exposure to grant writing. This webinar will cover application planning and process, how to align your language and strategy with what funders are looking for, and the anatomy of a proposal and how to answer each application question compellingly.

For more information visit: https://wslicoalition.org/2022-workshops/
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 or 360-890-3774.

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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 30th 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 25th, 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
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

**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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INFANT & TODDLER FAMILY WORKSHOP

WEE CARE Coalition supports advocacy for infants and toddlers with disabilities in Washington State.

Questions? weecarecoalition@gmail.com

Learn About the Preschool Transition and Prepare for What Comes Next (see flyer)

**Two Dates to Participate:**

**September 15th 7-8 pm**
**September 22nd 12 (noon) - 1 pm**

**WHAT YOU WILL LEARN:**
- The Transition timeline and next steps
- How to create a one-page student introduction for your child's new preschool teacher
- How to create a "community map" to identify supports and services for your child and family.
- Inform WEE CARE legislative priorities

Two Opportunities to Participate: To register, email weecarecoalition@gmail.com with the date you will participate. The Zoom meeting link will be provided in a follow-up email. Space in each session is limited.

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Community Employment Alliance’s "Return to Camp" Fall 2022 Conference

The Community Employment Alliance is thrilled to invite you to their first hybrid conference! The theme is “Return to Camp” so we can be reminded why we do this important work. The CEA wants to connect you to your peers, resources and other opportunities.

**October 11-12**
8:30 a.m. to 4 p.m.

To learn more about this conference and to register, click here.
RESOURCES


3.) Improving Early Childhood Systems across Federal Programs. Our MCHB Division of Home Visiting and Early Childhood Systems is partnering with the Office of the Assistant Secretary for Planning and Evaluation (ASPE) on the Early Childhood Systems Collective Impact Project. This project will make recommendations to align federally-funded early childhood programs and develop tools to improve equity and coordination at the federal, state, and local levels. Recommendations and tools will be available in October 2022. [https://aspe.hhs.gov/ecs-collective-impact-project](https://aspe.hhs.gov/ecs-collective-impact-project)

4.) Youth and gender-affirming care: let’s start with ‘do no harm’. Efforts to deny trans children necessary, gender-affirming treatment has real costs: More than 90% of LGBTQ+ youth in the U.S. say recent politics have harmed their mental health. In the past year, more than half of transgender and nonbinary youth in the U.S. have seriously considered committing suicide. As pediatricians and longtime public health practitioners, RWJF Executive Vice President Julie Morita and Senior Vice President Don Schwarz share important principles to prioritize when it comes to the health and wellbeing of America’s youth. First, do no harm. [https://www.statnews.com/2022/06/15/youth-and-gender-affirming-care-lets-start-with-do-no-harm/](https://www.statnews.com/2022/06/15/youth-and-gender-affirming-care-lets-start-with-do-no-harm/)


6.) Watch, Together They Were Stronger, a must watch for everyone. This short 28 minute documentary celebrates the untold story of four women who mounted an all-out civil rights campaign to create a movement establishing the first-ever disability rights law in Washington State, Education for All Act that was the blueprint for IDEA Individuals with Disability Education Act in the United States.

7.) Taming the Tiger, Waking the Possum - Ten Body Based Techniques to Change Behavior [https://tamingthetigervt.com/](https://tamingthetigervt.com/)

8.) Disability Organizations-Washington State Department of Health’ website
The purpose of this list of nonprofit disability-related organizations is to provide Emergency Medical Service providers, families, communities, caregivers, and people with disabilities with contact information for nonprofit disability-related organizations and agencies in Washington State, per the requirements established by the 2017 legislation Substitute House Bill 1258, known as the Travis Alert Act (RCW 43.70.490). Participation on this list is voluntary. The list is by no means exhaustive, nor meant to be exclusive. It will continue to grow as organizations choose to join. Any nonprofit agency or organization which provides services and/or resources for people with disabilities in Washington State may choose to join the list by filling out the registration form (see links below) and emailing the completed form.

- Disability Organization Registration Form (Word)
- Disability Organization Registration Form (PDF)

Other Resource Listings
- Olmstead Rights Resource listings
- Washington State Department of Social and Health Services Resource links
- Washington State Independent Living Council Disability Resources listing

9.) 9-8-8 for Suicide Help
• 988 is confidential, free, and available 24/7/365, connecting those experiencing a mental health, substance use, or suicidal crisis with trained crisis counselors.
• Access to the NSPL is available through every land line, cell phone, and voice-over internet device in the U.S.
• 988 services will be available in Spanish, along with interpretation services in over 250 languages.

Partner Tool Kit: 
https://www.samhsa.gov/find-help/988/partner-toolkit/social-media-shareables

The nationwide implementation of the 988 three-digit call, text, and chat line is just the first important step in re-imagining crisis support in the U.S.

10.) Summer 2022 Informing Families Newsletter

11.) Welcome to Consumer Direct Care Network Washington’s Client Resources page. To learn more, please review the information below. If you are unable to find what you need, please email InfoCDWA@ConsumerDirectCare.com or call 866-214-9899.
Website: https://www.consumerdirectwa.com/client-resources/

12.) The Stabilization, Assessment, and Intervention Facility Program is Opening Soon!
The new Stabilization, Assessment and Intervention Facility will begin supporting clients in September 2022. While the final modifications are being made to the Gig Harbor site, Tacoma will serve as a temporary location to allow the delivery of DDA’s first community-based state-operated stabilization provider for adults. The SAIF program will support up to three clients in this temporary setting. In preparation for a September start date, please follow the referral process outlined in DDA Policy 4.25. The program is ready to begin reviewing referrals!
What service does SAIF provide?
The SAIF program provides short-term habilitative services focused on reducing a client’s target behaviors as identified by their individualized team. The SAIF program staff provide positive behavior support and de-escalation techniques while working with clients to reduce the severity, frequency and duration of identified target behaviors.
Where can you find more information?
• Chapter 388-847 WAC
• DDA Policy 4.25 - Stabilization, Assessment, and Intervention Facility
• DSHS Form 13-936 - SAIF Eligibility and Referral form
For questions please contact AnnMarie Degroot.

13.) WE can help you afford glasses for your child. Check out- https://www.violetsees.org/glasses
Violet Sees Free Glasses Program - CAN WE HELP YOU AFFORD GLASSES FOR YOUR CHILD?
Please complete our Qualification Questionnaire to help us determine if your family would be a good fit for our program! You will hear back from us shortly after completing.
IF YOU HAVE ANY QUESTIONS OR RUN INTO ANY PROBLEMS, PLEASE EMAIL Susan@VIOLETSEES.ORG

14.) We’re asking for your thoughts on our Maternal Child Health Block Grant (MCHBG) work by July 29, please.
The Department of Health’s MCHBG team is asking for your input to inform our plan to improve maternal, infant, child, and adolescent health in our state.

Each year, DOH submits an application and report to the U.S. Department of Health and Human Services for the Maternal Child Health Block Grant (MCHBG). Funds from MCHBG support state and local activities to improve the health of women, infants, children, youth, and their families. For example, we use this funding to support family partnerships to continue creating community support networks for families of children and youth with special health care needs.

What we’re looking for: We want your feedback to inform the MCHBG 2021 report and 2023 application. You can read the Executive Summary that outlines our vision, values, and core principles. It also describes how we use this funding for different programs and their impacts on our communities. You can find more details on the program webpage and read the first draft of the entire application and report.

Ways we’ll incorporate your feedback: The team will review all public comments on August 1. This process will identify relevant suggestions and ways to incorporate them into the narrative. The grant coordinator would make the appropriate revisions to the text, which the team will review. We describe this process in section III.F. Public Input of the annual report and application
Timeline: The public comment period is open from now through July 29. Please email your input and comments to MCHBPublicComment@doh.wa.gov before this deadline. Your expertise as a DOH partner is invaluable. Please take a few minutes to read and share your perspective!

For any questions, please reach out to Mary Myhre, MCH Coordinator at Mary.Myhre@doh.wa.gov. Thanks for your help.

15.) 100 Day Autism Kit for Young Children
Through a generous partnership with FedEx, (after calling an Autism Response Team coordinator and providing them with your information,) you can pick up a complimentary printed copy of the 100 Day Kit at a FedEx Office location near you!

Knowledge is power, particularly in the days after an autism diagnosis. The Autism Speaks 100 Day Kit helps families of children ages four and under make the best possible use of the 100 days following the diagnosis.

This kit will help you learn more about autism and how to access the services that your child needs. It contains information and advice collected from trusted experts on autism, autistics and parents.

https://www.autismspeaks.org/tool-kit/100-day-kit-young-children

16.) Informing Families - Heatwave Safety Tips and Resources
We want to provide you with a few resources to help ensure everyone is prepared for the coming heat wave.

Extreme heat is a period of high heat and humidity with temperatures above 90 degrees for at least two to three days. In extreme heat your body works extra hard to maintain a normal temperature. This exertion can lead to death. In fact, extreme heat is responsible for the highest number of annual deaths among all weather-related hazards. For more information go to ready.gov/heat.

17.) Summer 2022 Resources: A Guide for Your Summer Plans!
The warm weather and longer days are great opportunities to spend time with friends and family. Washington state offers many great programs to accommodate all communities and individuals in various activities.

Check out the guide below to learn about a variety of resources for summer activities:

18.) FREE Diapers and Pull-Ups Through Medicaid for Children with Special Needs
While some children may be potty trained by the time they are three years old, others may struggle with urinary incontinence, or lack of bladder control, until they are older. Children covered by Medicaid may be able to receive diapers, pull-ups, and other incontinence supplies at no cost through their Medicaid benefits.

Check Your Child’s Eligibility

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.) **Camino al Relevo** fue creado con fondos de la Beca Federal de ACL Relevo en el Transcurso de Vida 90RLI0010-02-03 y desarrollado por Informando a Familias, un recurso proporcionado por el Consejo de Discapacidades de Desarrollo en el Estado de Washington, en asociación con la Administración de Discapacidades de Desarrollo en el Estado de Washington, La Administración de Apoyos para Adultos Mayores y a Largo Plazo, y PAVE, que administra el Relevo en el Transcurso de Vida WA [https://informingfamilies.org/wp-content/uploads/2020/09/Pathways-to-Respite-Spanish.pdf](https://informingfamilies.org/wp-content/uploads/2020/09/Pathways-to-Respite-Spanish.pdf)

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**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 2 de agosto para una transmisión especial en español presentada por Kindering para padres de niños con necesidades especiales. Durante este programa, hablaremos con Ivonne Castro y Sandra Urite. Ivonne es Latina, mamá de un niño y una niña, ambos con diagnóstico de Autismo. Ivonne compartirá sus experiencias navegando, como Latina, la transición desde los servicios de intervención temprana al sistema escolar y las barreras que ha tenido que enfrentar. Sandra es la Especialista en Información y Recursos para familias que hablan español para The Arc of King County y ha trabajado con Ivonne y muchos otros padres, ayudándoles a acceder a los servicios. 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.

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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) that the current COVID-19 public health emergency (PHE) has been extended through April 16, 2022. According to the 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](https://www.hhs.gov)

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.


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

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.

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.

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)

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
Good Morning

No matter what tomorrow comes, the meaning of friend is still the same.

Click Here for National Beach Day (August 30th) snacks to make for and with your kiddos.

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

Connect With Us

ALLIANCE MEMBER

PARENTtoPARENT USA
Committed to Parent to Parent USA Endorsed Practices