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(360) 357-5596 option 2

## WA State Parent to Parent (P2P) Newsletter: September 2022

[View All P2P Programs](#)

[Join Us On Facebook](#)



Hello Fall!

Parent to Parent recently launched a state-wide satisfaction survey. Parents and caregivers, accessing local programs throughout Washington, are already sharing feedback about their involvement:

- Our P2P family couldn't be more supportive. I've learned so much from the families I have connected with.
- What a God send. I love the staff, all the special programs and the fellowship at coffee times.
- No comments - just endless gratitude!
- We have gotten to experience some of the coolest things working with Parent 2 Parent. The friendships and connections we have made are priceless.
- Parent to Parent is amazing. They have provided great opportunities for my kids to meet and interact with other kids who face similar challenges. They have provided me with resources and opportunities to interact with other parents "who get it".

Here's to our amazing families who reach out for support and connection, and our extraordinary coordinators who are there to provide it! Parent to Parent is making a difference!

Welcome to our new coordinator for Kitsap Jefferson Parent to Parent, [Stephanie Van Riper](#) and [Stacey Lovell](#) and [Shannon Elf](#), P2P Coordinators for Cowlitz/Wahkiakum Counties.

Goodbye Chelsea Williams P2P Coordinator for Cowlitz/Wahkiakum Counties.

---Tracie, Theresa, Patricia and Jackie

Remember to check out our [Parent to Parent page](#) on The Arc of Washington's website ([P2P Map](#) & [Coordinator info](#) here). Here is where you can find up-to-date information about Coordinators and programs serving every County in Washington State!

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[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.

## **SURVEYS**

### **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 health-care 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](mailto:researchaac@gmail.com) or contact us directly at Maggie Davis (graduate student; [Margaret.f.davis@vanderbilt.edu](mailto:Margaret.f.davis@vanderbilt.edu)) and Alexandra Da Fonte (faculty; [alexandra.dafonte@vanderbilt.edu](mailto: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>

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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.

Survey link: <https://survey.alchemer.com/s3/6803644/DEFSurvey>

**988 Suicide and Crisis Lifeline**  
Service goes LIVE on July 16, 2022 — What you need to know

**988 SUICIDE & CRISIS LIFELINE**

### 988 Fast Facts

- 988 will be 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.
- The 988 dialing code will be available for call, text, and chat by July 16, 2022. Until then, those in crisis should continue to use 1-800-273-TALK (8255), which will function even after July 16.

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.



### Call Volume

Once 988 goes live in July, Washington should be prepared for an increase in calls, texts, and chats.



### NSPL Crisis Centers

There are three NSPL crisis centers in Washington: Volunteers of America of Western Washington, Frontier Behavioral Health, and Crisis Connections.



### HB 1477

HB 1477 provided funding to Washington's three NSPL crisis centers, including funding to begin hiring staff in anticipation of increased call volume.

**UNSEEN** How We're Failing Parent Caregivers & Why It Matters

**Free Zoom Screenings with Panel Discussions**

### About the Film

An estimated 16.8 million parents in the U.S. are caring for a child with disabilities or complex medical needs.

With few who understand their situation and limited supports, caregivers often feel alone.

The Unseen documentary takes a raw, honest look at the parent caregiving experience.

For caregivers to get the support they deserve, they first have to be seen and heard.

We invite you to listen to our stories of challenges and barriers, as a way to understand and advocate for change.

To watch a teaser, link to collaborators, and more: [www.clallamosaic.org/Unseen](http://www.clallamosaic.org/Unseen)

### Brought to you by:



**Each session will include the Unseen documentary and feature a panel of family caregivers from around WA state.**

### Registration required

**Thurs., Sept. 15 10 am - 12**

Link to register:

<https://tiny.one/UnseenThurs>

**Fri., Sept. 16 6 - 8 pm**

Link to register:

<https://tiny.one/UnseenFri>

**Sat., Sept. 17 10 am - 12**

Link to register:

<https://tiny.one/UnseenSat>

After registering, you will receive a confirmation email containing the link to join the event.

**You must register for each Zoom screening you wish to attend.**

## CONFERENCES / SEMINARS & SPECIAL EVENTS

**Fathers Network Webinar: Special Education  
10 Tips for Advocating for Your Child  
Tuesday, September 6th**

**7:30-8:30 p.m.**  
**[Register Here](#)**

Are you looking for ways to more effectively engage with your child's education? Please join us for TEN TIPS FOR ADVOCATING FOR YOUR CHILD, an overview of special education and recovery services for parents and caregivers of loved ones with intellectual and developmental disabilities.

Topics include:

- \*A brief overview of the law
- \*Recovery services
- \*Modifications vs. accommodations
- \*IEPs vs. 504 plans
- \*Supporting children with challenging behaviors
- \*DATA!
- \*Placement
- \*Working with the IEP Team
- \*So much 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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## ***"Unseen"* Documentary**

Registration required

**Thurs., Sept. 15 10 am -12**

Link to register: <https://tiny.one/UnseenThurs>

**Fri., Sept. 16 6 - 8 pm**

Link to register: <https://tiny.one/UnseenFri>

**Sat., Sept. 17 10 am - 12**

Link to register: <https://tiny.one/UnseenSat>

About the "Unseen" Documentary

The film follows Jess and Ryan Ronne, a blended family with 8 children, including Lucas, who has profound disabilities requiring total care. Their situation has gotten more and more challenging as Lucas gets older and stronger. With limited resources and support, caregiving takes a toll on their physical and mental health.

It's a common story among parent caregivers: the isolation, uncertainty about the future, lack of options, and a never-ending daily to-do list means the role of caregiver overpowers nearly every other facet of life. Video diaries from diverse caregivers featured in the film illustrate this universality, while interviews with mental health experts and policy/legal advocates provide a broader view on the societal impacts.

Through the power of unfiltered, compelling human stories, Unseen cultivates compassion and tangible support for the caregivers in our communities. [Flyer for more information](#)

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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](mailto: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](mailto: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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## Taking Steps Toward Inclusion About the [Puget Sound Buddy Walk](#)®

### Event Details

**Sunday, October 2, 2022 from 10:00 AM - 2:00 PM**  
Woodland Park Zoo, 5500 Phinney Ave N, Seattle, WA 98103

The Down Syndrome Community (DSC) of Puget Sound is proud to present the 26th Annual Puget [Sound Buddy Walk](#)®, a day of celebration to promote the acceptance, inclusion, and respect of individuals with Down syndrome--of all ages and backgrounds--and their families.

With thousands of local, national, and international participants and supporters, Puget Sound Buddy Walk is DSC's most anticipated and largest awareness, community, and fundraising event of the year.

Together, we gather and walk to celebrate the extraordinary lives of people with Down syndrome, express our commitment to creating inclusive communities, and raise much needed funds to provide programs, support, resources, outreach, and advocacy to individuals with Down syndrome and their families.

Join us on Sunday, October 2nd at Woodland Park Zoo and immerse yourself in the power and joy of building and belonging to a vibrant and inclusive community.

[Register Today](#)

### Event Details - [Flyer](#)

Sunday, October 2, 2022 from 10:00 AM - 2:00 PM  
Woodland Park Zoo, 5500 Phinney Ave N, Seattle, WA 98103

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# Elevate Early Learning Conference Registration Now Open!

Registration has opened for this year's virtual *Elevate Early Learning Conference* happening on Oct. 3-6. The theme of this year's conference is: Connecting Experiences and Elevating Stories.

[Register Here!](#)

## About the Conference

The Elevate Early Learning Conference brings together relationship-based practitioners such as coaches, trainers, family services staff, mental health consultants, and policymakers from throughout Washington State to attend skill-building sessions and engage in cross-systems conversations to help them become stronger and more successful leaders.

- If you would like to review the sessions being offered, [click here](#).
- For additional information about the conference visit [Child Care Aware Elevate Conference Webpage](#).

## Questions?

For questions about the conference, email [elevate@childcareawarewa.org](mailto:elevate@childcareawarewa.org).

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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](#).

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## RESOURCES

### 1.) [North West Rare Disorders Coalition](#)

They have developed a mental health website for individuals living with chronic illness and genetic conditions, and for parents/caregivers of individuals with rare disorders.

<https://nwrare.org/#mentalhealth>

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2.) [Washington Medical-Legal Partnership](#) (MLP) holds a free, bimonthly [Legal Transitions to Adulthood Class](#) in English and Spanish. The class is taught by one of MLP's attorneys, includes time for Q and A, and helps families understand legal decision-making options and public benefits for young adults with disabilities. The young person is also welcome to attend. Our next class in English and Spanish will be held Monday, Sept 19<sup>th</sup>, full schedule and how to register here: [Legal Transitions to Adulthood Class](#).

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### 3.) [Transitioning to STEM Toolkit for Students and Adults With ADHD or Learning Disabilities](#)

<https://techbootcamps.utexas.edu/blog/stem-toolkit-for-adhd/>

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4.) The Washington State Department of Health (DOH) Childhood Blood Lead program is recruiting members for our statewide Lead Advisory Committee. The Childhood Blood Lead Program focuses on improving blood lead testing, improving data, and reporting and improving linkages of care for children affected by lead exposure.

The Advisory Committee will provide guidance to the Childhood Blood Lead Program, including reviewing data and reports that are part of our 5-year CDC grant. The Advisory Committee will also provide input as the statewide program grows and offer direction when new lead-related topics

emerge. Advisory members are asked to join the Childhood Blood Lead Program in possessing a commitment to and interest in environmental justice, continuous learning related to lead, using an equity lens to move forward best practices beyond the advisory committee and into communities in Washington.

We are looking for members who possess:

- Lived experience or Professional experience related to lead exposure, environmental health and justice, or related field
- Commitment to equity
- Interest in developing new structures and methods to address community needs
- Enthusiasm, relationship, and trust building
- Openness to using public health data and storytelling strategies to inform decisions
- Interest in exploring connections between issues of health and wellbeing in communities, to gaps in resources and inadequate systems

The lead advisory committee will convene beginning in Oct 2022 and continue to meet monthly/quarterly throughout 2023 and as needed to meet strategic outcomes.

If interested, please reach out to [MeKyel.Bailey@doh.wa.gov](mailto:MeKyel.Bailey@doh.wa.gov)

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5.) [Washington State Courts - Guardian Portal](#)

**Uniform Guardianship, Conservatorship and Other Protective Arrangements Act**

A new adult guardianship law became effective January 1, 2022.

The following information regarding this law is available below:

- [New Washington Adult Guardianship Law General Information Sheet](#)
- [Information Sheet for Current Guardians - New Washington Guardianship Law](#)
- [RCW 11.130 Uniform Guardianship, Conservatorship, and Other Protective Arrangements Act](#)
- [Adult Guardianship, Conservatorship and Other Protective Arrangement State Model Forms](#)

**Information Sessions for Lay Guardians**

Join a Zoom information session about guardianship! No advance registration required.

~ **Thursday September 15, 2022 - 9:30-11:00** - Guardian and Conservator Responsibilities and Reporting. This session covers the new reporting forms.

Join by the Zoom link: <https://wacourts.zoom.us/j/89590779824>

~ **Thursday September 29, 2022 - 12:00-1:30** - Introduction to Guardianship and Petitioning. This session covers the basics of guardianship and conservatorship, alternatives to guardianship under the new law, and an overview of the court process to establish a guardianship/conservatorship.

Join by the Zoom link: <https://wacourts.zoom.us/j/85925781919>

\*\*A new training for lay guardians and conservators on duties and responsibilities under the new law is available at this link: [Training for Lay Guardians for Adults and Conservators](#)

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6.) After an exhaustive national search, the [Washington State Developmental Disabilities Council](#) is proud to welcome Brandi Monts as our new Executive Director.

She has extensive experience within the intellectual and developmental disabilities community of Washington State. Her 23 years working in residential services, employment, government, teaching, advocacy, and consulting have given her knowledge of the barriers faced by people with developmental disabilities and their families accessing the supports and services they need. She has developed the necessary skills to guide the Council members and staff as they implement a State Plan that provides greater opportunities for advocacy, builds capacity in organizations and people, and changes systems to serve people with intellectual and developmental disabilities and their families.

Diversity, equity and inclusion are core values of the Council and expressed within the State Plan. Her professional and personal experience has prepared her for leading the efforts necessary to implement the values of the Council within initiatives, programs, projects, operational procedures and outreach. Her personal experience of having an uncle with developmental disabilities gives her an intimate knowledge of the needs of and care provided by families. She has experience reaching out and including people from diverse cultures and identities and has served a diverse range of geographic communities across Washington.

Of her previous time with the Council, Brandi says, "The DDC has been a source of inspiration and motivation since my formative years. I had the opportunity to work as council member support staff for the DDC, offering me a first glimpse into how legislation, policy, and program initiatives impact

and better the lives of our community members with IDD. That experience fueled my graduate school study where I focused on policy and legislative impacts on the daily lives of people with disabilities. Since then, I've had opportunities to work alongside the DDC on several initiatives such as a workgroup examining the intersections of federal, state and local government systems, developing self-directed waiver system concepts, assisting with RHC family mentor design concepts, helping host legislative notebook meetings and attending numerous policy symposiums. These opportunities have encouraged my service on multiple committees and boards and provided me the chance to build relationships with stakeholders in our field."

Finally, Brandi's work and relationships with people with developmental disabilities have given her a deep understanding of the importance of being included in one's community and exercising the innate rights of personhood. Her experience with employment enabled people to live independent lives with necessary resources to thrive. Her work in public policy has endowed her with the knowledge that people who best know the needs of people with developmental disabilities are people with developmental disabilities. Cumulatively, her experience has informed her of the necessity of self-determination and access to resources. She is great ally of the self-advocacy/civil rights community.

Brandi begins her duties on September 1, 2022.

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**7.) [Special Education Parent Liaison](#)**

If you have questions about the special education process or difficulties communicating with your school district and need additional help, OSPI has a Special Education Parent Liaison to assist you. The role of the Special Education Parent Liaison at OSPI is to provide guidance to parents on resolving disagreements with school districts about special education services quickly, fairly, and at the lowest level possible.

**[For More Information click here.](#)**

To contact Scott Raub, the Special Education Parent Liaison, call 360-725-6075 or submit a message through the **[Contact Us web page.](#)**

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**8.) [Washington State Parks Disability Pass](#)**

**\*CORRECTION:** We have received clarification from Washington State Parks that an Identicard will not be accepted. A Planned Action Notice from DDA may be used. For more information about the Washington State Disability Pass, and how to apply **[click here.](#)**

**[Washington State Parks](#)** offers a one-year (temporary disability) and five-year (permanent disability) pass.

Both passes are no cost to eligible Washington state residents and provide:

- Free entry to state parks - no Discover Pass required when visiting a state park.
- Free watercraft launch.
- Free trailer dump.
- 50% discount on nightly camping or moorage fees.
- Ability to reserve ADA accessible campsites.

A few things to note:

- Parents can apply on behalf of their children.
- If asked for a letter stating the applicant is receiving disability benefits, a Planned Action Notice will qualify as proof. You can contact your DDA case resource manager for this document.
- The blue Department of Licensing placard and identification card provides the same benefits.
- The pass provides free day use at Washington State Parks. When visiting a state park, families with this pass or the placard do not need a Discover Pass. It is important to note that this pass is only valid at Washington State Parks. If a family wished to visit Department of Natural Resources lands or Department of Fish and Wildlife designated areas, this pass would not work.
- An interactive map allows users to search ADA features and facilities. It can be found on the Washington State Parks' **[ADA recreation](#)** page. Direct link here: **[ADA Accessible Park Features \(arcgis.com\)](#)**

Please see the link below for more details.

**[Disability Pass | Washington State Parks and Recreation Commission](#)**

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**9.) [Camp Korey](#)**

For the past 17 years, Camp Korey has worked to support children and families living with life-altering medical conditions through free, year-round, and intentional programming. Our programs aim to help families reclaim the joys and adventures of childhood and create communal experiences for those who may feel isolated by medical conditions.

The mission of Camp Korey is to honor the courage, strength, and determination of children and their families living with life-altering medical conditions by providing them with a transformational



experience in a fun, safe camp environment with specialized medical support. Our programs, Summer Camp, BLOCK Teen Leadership, Family Weekends, Camp to You Hospital Outreach, and Family Day Adventures are 100% free of charge for families.

Camp Korey was founded in 2005 in honor of Korey Rose, a teenager who lost his battle with bone cancer at age 18. Annually, Camp Korey provides camp programs for more than 1,800 children (ages 7-17) and family members living with one or more of 90+ life-altering illnesses and disabilities. We have served more than 37,000 children and families since our founding.

*[More about us flyer.](#)*  
*[Learn more here - video!](#)*  
*[Fall Schedule click here](#)*

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10.) ***[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](#).

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11.) ***[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.

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12.) **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>  
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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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1.) Ley sobre Estadounidenses con discapacidad ADA (por sus siglas en inglés)

Que podemos encontrar y como seguir informándonos para abogar efectivamente por los derechos de las personas con discapacidades de cualquier edad.

Ser inmigrantes y no saber cuáles son nuestros derechos puede ser complicado a la hora de acceder a servicios o recursos e incluso al momento de comunicarnos con proveedores de cualquier servicio. ¿Para mucho puedes ser obvio cuando ya tienen la información, pero que hay de aquellos que se encuentran limitados accediendo a este tipo de información?

Para eliminar barreras de información, comunicación y al usar servicios en este país, los invitamos para que visiten esta página y seguir compartiendo dicha información en español.

[\*\*Reglamentos y materiales de asistencia técnica en español referentes a la Ley sobre Estadounidenses con discapacidades\*\*](#)

Ahora que la **Ley sobre Estadounidenses con discapacidad** está cumpliendo 33 años desde que fue firmada como ley, aun cuando han pasado cambios increíbles y todavía existe mucho trabajo para seguir mejorando esta ley. ¡Sigamos activos y conociendo cuáles son sus actualizaciones!

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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/> a la 1 p.m. el martes 2 de agosto para una transmisión especial en español presentada por Kinding 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.

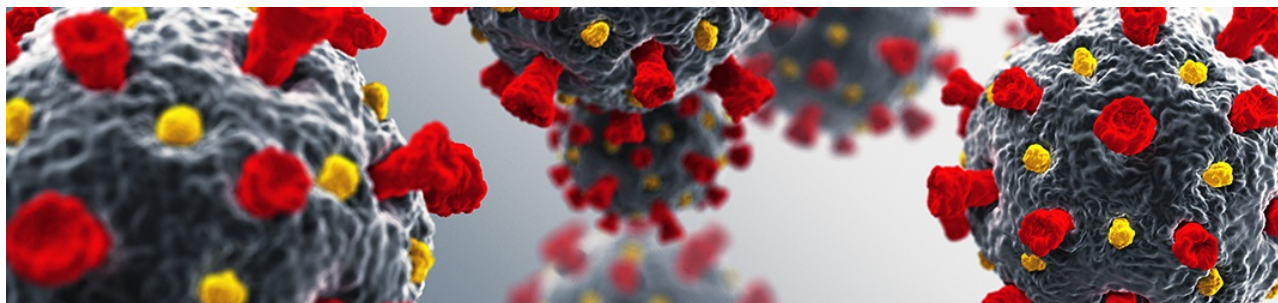
Kinding acoge a todos los niños con diversas habilidades y a sus familias, al ofrecer una educación de alta calidad y terapias que cultivan la esperanza, el valor, y las habilidades necesarias para remontar el vuelo

<https://fathersnetwork.org/wp-content/uploads/2022/08/Spanish-Language-Broadcast-September-2022.pdf>

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/> a la 1 p.m. el martes 6 de septiembre para una transmisión especial en español presentada por Kinding para padres de niños con necesidades especiales. Durante este programa platicaremos con Vianny Daniels, inmigrante, maestra de la primera infancia, madre de dos niñas y residente de King County. Vianny compartirá su experiencia trabajando en el salón con niños (as) de 0-3 con necesidades especiales, con padres/cuidadores de familia, a la vez con el sistema escolar. También conversaremos acerca de lo importante que es el juego infantil para el aprendizaje y desarrollo global del niño(a) y que pasa cuando los pequeños concluyen con el apoyo temprano y están listos para servicios del distrito escolar. Sucede muy a menudo que cuando no podemos comunicarnos en nuestro idioma y no sabemos el funcionamiento del sistema en un nuevo país, las cosas pueden ser difíciles y hay agobio. Este espacio brindará información, algunos recursos para que Ud. siga construyendo su cajita de herramientas para seguir apoyando a su familia el desarrollo de su niño(a).

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 \(HHS\)](#) 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](#)

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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](#)

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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.

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[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...

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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>
- 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.**  
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**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>  
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COVID Stress Taking a Toll on Children’s Mental Health, [CDC Finds](#).  
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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](#).  
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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



*Healthy Breakfast Month ... [Click Here for 25 Easy, Fun & Healthy Breakfast Ideas for Kids](#)*

**The Arc of Washington State**

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

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