Washington State Parent to Parent offers 26 programs that serve all 39 counties in Washington State. We have 50+ coordinators (who are parents or family members of children and individuals with disabilities and/or special health care needs) providing support, information and connection for families. We also have 12 programs with multicultural coordinators and programming. This is an area we look forward to growing in the next several years, and we’re so thankful to our state partners who provide the support we need to accomplish this!

Our Skagit County Parent to Parent program shared this anecdote with us recently about a family accessing multicultural support there:

*Maria (name changed) is a widow with two sons on the Autism Spectrum. The family is Spanish*
speaking and challenged by navigating systems and resources without enough first language support. Maria is very isolated in her predominantly English-speaking town. Mix in the isolation of the pandemic and you can imagine her loneliness. However, with our monthly Skagit P2P Spanish language virtual parent connection events, Maria is feeling more connected than before. She doesn’t need to find a caregiver to watch her sons and saves time and money using the virtual platform. Maria faithfully attends each month and offers encouragement to other parents joining in. She is ready and willing to help other parents even as she faces new seasons with her own sons. We are so grateful for Maria.

We're saying goodbye to Maria Cervantes, Family Support Specialist with Seattle Children's Parent/Caregiver Support Program. We know you will do well in your new position as a multilingual social worker with Seattle Children’s Hospital!

We’re also saying goodbye to Louis Mendoza, Manager of the Washington State Fathers Network, who retires on October 7th. Louis is an incredible person who has gone above and beyond to support fathers whose children have extra needs. He has also been a fantastic partner to collaborate with and highly values the work we do through Parent to Parent.

Thank you Louis for serving Washington fathers and families over the years and we wish you the VERY BEST!

~~~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.
SURVEYS

Input on the 2023 Fatherhood Summit

5th Annual Washington Fatherhood Summit needs your input to make it as successful as possible. Please take a few minutes to complete this brief survey and let us know what dates work best for you, what format you like, the theme we are considering, and what topics you would like to be covered during the Summit.

CONFERENCES / SEMINARS & SPECIAL EVENTS

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.
Washington Autism Alliance Free Special Education Clinics

Hosting free special education clinics for low-income families to provide advice about their child’s rights to an education. Attorneys from the Washington Autism Alliance will meet with families via zoom to discuss topics related to IEP or 504 plan.

The clinic is open for 30-minute sessions on Mondays and Thursdays from 12pm-1pm, starting on October 3rd.

Click here for flyer and more information

To schedule an appointment

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.

For questions about the conference, email elevate@childcareawarewa.org.

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.

Seattle Children’s Cerebral Palsy Caregivers Connection

Join us for a free monthly gathering as we provide each other with community and support. This group is open to all adult caregivers of children who have a diagnosis of cerebral palsy.

Email or call to reserve a spot, for more information, Zoom links or updated group status. parentsupportprogram@seattlechildrens.org or # 206-987-1119

Date: Monday, Oct. 17, 2022 5:30 p.m. - 6:30 p.m.
Location: Virtual/In person starting in October
Audience: All Parents/Caregivers

Click here for flyer and more information.

Message from Washington’s Hands and Voices
Please share our recent news and updates with families of children who are deaf, deafblind, deaf plus or hard of hearing.

NEW DAY- What’s Up Wednesday
Last year families asked if we could plan our virtual family meet ups around sign language classes. After reaching out to organizations that offer sign classes, we have moved our virtual family meetings to the 4th Wednesday of the month starting on Oct 26th 7-8 PM. (Nov’s meeting is on the 5th Wednesday of the month) Please share with families and professionals you know.
What’s Up Wednesday is a meeting hosted by our Guide By Your Side team of Parent Guides and special guests for families (parents, extended family and caregivers) of children who are DHH to come together to meet other families, learn helpful tips and tools, ask questions, share support, celebrations and stories.
Captioning and ASL interpreting is provided.
Additional language interpreting upon request 2 weeks prior

2022/23 dates for What’s Up Wednesdays 7-8 PM
Oct 26, Nov 30, Jan 25, Feb 22, Mar 22, April 26, May 24

Future topics include:
- New to the Journey
- What’s Safety Got to Do with It?
- Technologies that Support Access
- Understanding Parent Rights (Safeguards) and How to Use Them Effectively
- and more!

Join via Zoom [https://zoom.us/joinMeeting](https://zoom.us/joinMeeting)
ID: 939 8330 9951
Passcode: whatsup

For questions contact Christine Griffin
Email | gbys@wahandsandvoices.org
Phone | 425-268-7087

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Pre-Session Virtual Advocacy Day
Legislators talk about Committee Days and the 2023 Legislative Session

Wednesday, November 9, 2022
10:00 am to 11:30 am on Zoom

Register today by clicking below:
[https://us02web.zoom.us/meeting/register/tZAlcOisrDloGtGo-HzAqWLbM1OssuDL1rE](https://us02web.zoom.us/meeting/register/tZAlcOisrDloGtGo-HzAqWLbM1OssuDL1rE)

Questions? Email Diana@arcwa.org Watch for more details to come!

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

*English flyer* & *Spanish flyer*

Attorneys present information for parents and caregivers of youth who are approaching adulthood who will need ongoing support, help with decision-making, disability-related benefits, and other services. The young person may also attend.

**What does the class cover?**

Public benefits:
- SSI, DDA
- Financial planning to maintain eligibility

Legal decision-making:
- Supported decision-making
- (Durable) powers of attorney
- Legal guardianship

**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.
**RESOURCES**

1.) DD Ombuds published a new report on youth services. The report’s purpose is to share the stories of youth and their families who have been affected by being stuck in the hospital or have been sent to out-of-state placements. Since youth and their families, know their needs the best, DD Ombuds believes that directly sharing the stories of families can inform person-centered changes. To prevent youth from getting stuck in the hospital or being sent to out-of-state placements, the DD Ombuds recommends comprehensive community services detailed in the report.

If you would want DD Ombuds to come and present on the report please reach out. [Click here for I Want to Go Home flyer (more information)]

2.) Newborn Screening Awareness

Message from Expecting Health:
[Click here link directly to a toolkit full of different NBS resources.](#)

Additionally-Baby's First Test has created tons of social media graphics, banners and other helpful NBS Awareness month tools [HERE](#).

Lastly, we have an amazing group of ambassadors who have kindly shared their stories [in this book](#). Please feel free to share with other families and if you would like to connect with any of our ambassadors, feel free to reach out to me directly and I’d be happy to help connect you.

Hard to believe we are kicking off the final grant year of the NBS Family Education Program this month. Your continued partnership and collaboration are vital to the success of the program. We will continue to share resources and opportunities with each of you and look forward to an amazing year! Please do not hesitate to reach out with any requests, comments or questions.

[Click here for Newborn Screening Education and Training Resources](#)

Marianna Raia, MS, CGC
Associate Director of Programs | Expecting Health
mraia@expectinghealth.org

3.) **Ready, Set, Know: Enhanced Dental & Medical Benefits | Informing Families**

Did you know that all clients of the Developmental Disabilities Administration (DDA) can receive some enhanced medical benefits, such as annual physical exams and dental cleanings up to three times a year? Including individuals on DDA’s No Paid Services Caseload? These enhanced benefits are in addition to other covered services offered to all Apple Health recipients. You don’t need approval from DDA to request these services, just go directly to your provider.

4.) **HHS Delivers First National Strategy to Support Family Caregivers**

Today the U.S. Department of Health and Human Services (HHS), through its Administration for Community Living (ACL), released the [2022 National Strategy to Support Family Caregivers](#). It highlights nearly 350 actions the federal government will take to support family caregivers in the coming year and more than 150 actions that can be adopted at other levels of government and across the private sector to build a system to support family caregivers. Family caregivers - who provide the overwhelming majority of long-term care in the United States - currently lack resources to maintain their health, wellbeing, and financial security while providing crucial support for others....

(For the rest of the article click here.)

- RAISE Family Caregiving Advisory Council | ACL Administration for Community Living
- Supporting Grandparents Raising Grandchildren (SGRG) Act Initial Report to Congress | ACL Administration for Community Living

5.) The Department of Social and Health Services submitted the 2023-25 DSHS proposed operating biennial budget to the Office of Financial Management on September 20. The DSHS proposal is an important first step in the budget-making process and includes the Developmental Disabilities Administration’s proposed biennial budget.

[Click here for DSHS DDA Proposed Operating Biennial Budget Letter written September 22, 2023](#)

More detail on the DDA and the entire DSHS budget request can be found at the [OFM Budget website](#). Thank you for providing supports for individuals with developmental and intellectual disabilities.
6.) Sensory Processing Helps

* Sensory room ideas
* NHS Sensory Processing Hub
* Ways to deal with common sensory issues

7.) Did you know you can **submit an application** for DDA enrollment electronically?

Complete the following steps:
- Complete the application forms found on the **Eligibility web page**, under “How do I apply to be a client of DDA.”
- Send the completed forms and documents as email attachments using the regional email addresses found under the phone numbers on the same web page.
- They will be routed to your regional Intake and Eligibility team for processing in the order received. Electronic signatures are accepted and most welcome.

If you have questions about this process, call the phone number in your county listed on the **webpage**.

8.) **The Stabilization, Assessment, and Intervention Facility Program** is Opening Soon!

The new Stabilization, Assessment and Intervention Facility (SAIF) 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**.

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:**

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.) **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)

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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**
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.) 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 cuales son nuestros derechos pude 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 pagina 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!

**NUEVO DÍA- Qué tal Miércoles**

El año pasado las familias preguntaron si podríamos planear nuestras reuniones familiares en línea de acuerdo a las clases de lenguajes de señas. Después de contactar a las organizaciones que ofrecen clases de señas, movimos nuestras reuniones al cuarto miércoles de cada mes comenzando el 26 de octubre de 7-8 PM. (La reunión de noviembre será el quinto miércoles del mes).

Por favor comparte con otras familias y profesionales que conozcas.

**Los próximos temas incluyen:**

- Nuevo en el camino
- ¿Qué tiene que ver la seguridad con esto?
- Tecnología que permite el acceso
- Entendiendo los derechos de los padres (garantías) y ¡cómo usar la terminología eficazmente y más!

Qué tal miércoles es una reunión organizada por el equipo de Guía a Su Lado de Padres Guías e invitados especiales para familias (padres, familia extendida y cuidadores) de niños sordos o hipoacúsicos para que se reúnan y conozcan otras familias, aprendan consejos y herramientas útiles, hagan preguntas, compartan apoyo, logros e historias.

Subtítulos e interpretación del Lenguaje de señas americano serán ofrecidos.

La interpretación de algún idioma adicional deberá solicitarse dos semanas previas a la reunión.

**Fechas para Qué tal miércoles de 7-8 PM del 2022/23.**

26 de octubre
30 de noviembre
25 de enero
22 de febrero
22 de marzo
26 de abril
24 de mayo

Únete via Zoom **https://zoom.us/join**
ID de la reunión: 939 8330 9951
Contraseña: whatsup
elisa.torres@wahandsandvoices.org
COVID-19 RESOURCES

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.

Talking with Patients about COVID-19 Vaccination. [https://www.cdc.gov/vaccines/covid-19/hcp/engaging-patients.html](https://www.cdc.gov/vaccines/covid-19/hcp/engaging-patients.html)

A Person Centered Approach to Prepare for the COVID Emergency or Crisis Event
(download [English & Spanish flyers](https://www.cdc.gov/vaccines/covid-19/hcp/engaging-patients.html))

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 Vaccine Information:** From Children and Youth with Special Health Care Needs Program at the WA State Department of Health and Getting Vaccinated - [Spanish](https://www.cdc.gov/vaccines/covid-19/hcp/engaging-patients.html)


Archived MENTAL/BEHAVIORAL HEALTH


   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
“WE MAKE A LIVING BY WHAT WE GET. WE MAKE A LIFE BY WHAT WE GIVE.”

-- WINSTON CHURCHILL