The Parent to Parent Network is looking forward to a bright new year! We have much to look forward to including improving multicultural support for families, new technology purchases for every Parent to Parent program, and a much anticipated Coordinator’s training in May. This will be the first time our Network has been together in-person since prior to the pandemic. We look forward to a time of connection, reflection and lots of learning!

As we reflect back on 2022, we’re especially grateful for the local and statewide partnerships that make Parent to Parent support possible. From local sponsoring agencies to our statewide funding partners - the Developmental Disabilities Administration and the Washington State Department of
Health/Children and Youth with Special Health Care Needs Program: Parent to Parent is impacting lives and making a difference! Below are some recent comments from our survey:

*I'm a helping parent and I have really enjoyed getting paired with other I/DD moms in my community. I think I get just as much out of being a mentor as I hope the other moms are getting from me and my lived experience. Love this program!*

*Es muy importante el poder conectarme, reír, llorar con con otros Padres que me entienden. Me encantan todos los eventos que ellos hacen para que las familias se conecten. Gracias* (Translated: It is very important to be able to connect, laugh, cry with other Parents who understand me. I love all the events they do for families to connect. Thank you)

Welcome back to Lynnea Rimando, P2P Coordinator for Snohomish County.

Goodbye to Tara Hand (Snohomish County) and Micaela Herman (Ferry, Pend Oreille and Stevens Counties). You will be missed.

~~~Tracie, Theresa, Patricia and Jackie

To share your feedback or story about Parent to Parent, please visit (QR Codes below):

https://www.surveymonkey.com/r/2KCJHF2 (English)
https://www.surveymonkey.com/r/M5JZWW8 (Spanish)

Remember to check out our Parent to Parent page on The Arc of Washington’s website (P2P Map & Coordinator info here). You can find up-to-date information about Coordinators and programs serving every County in Washington State!

The Parent to Parent Family Stories page on the website.

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**Mission**

We walk alongside those parenting children with developmental disabilities and/or special health care needs, connecting them with peer support and information so they can take the next step.

**Vision**

All families of children with developmental disabilities and/or special health care needs deserve encouragement, inclusion and meaningful connections that support family well-being.
Values

We believe parents and caregivers want the best for their families and have the creativity and capacity to overcome challenges and celebrate successes.

We commit to creating safe spaces for reflection, vulnerability, questioning and ongoing learning for parents and caregivers.

We practice inclusion and respect for all with a commitment to listen fully and learn from the diverse viewpoints of the families we serve.

We honor the rewarding and challenging work of parents, caregivers and community partners.

We engage community partnerships through outreach, listening and education to encourage inclusive communities where families can thrive.

We promote building communities that are equitable, non-biased and socially healthy where all families and children can live inclusive, safe and fulfilling lives.

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CONFERENCES / SEMINARS & SPECIAL EVENTS

2020 Infant and Early Childhood Conference (IECC)

May 1-5, 2023
completely virtual via Zoom

~Call For Presenters~

IECC is currently seeking proposals for its 2023 conference. The IECC Conference is well known within the State of Washington for providing high quality, evidence based training for families and professionals working with young children (ages birth to eight) and their families. If you or someone you know may be interested in submitting a proposal -

Our submission deadline for presenter proposals is January 6, 2023.

To apply online click here.

IECC will be evaluating session proposals using a Rubric developed by DEC - we encourage presenters review our selection criteria before submitting their proposal.
IECC Partnership Opportunity

IECC is so thankful for its many community partners. Due to their support IECC has been able to shift its platform and offer the conference registration complimentary for all attendees the past few years. If your organization would be willing to partner with us please email the conference coordinator, Amanda Cardwell directly at amandacardwell@frontier.com.

*IECC plans to offer STARS Credit and Clock Hours for this event.

For general conference information please visit www.ieccwa.org. The purpose of the IECC Conference is to provide opportunities for families and service providers to come together to learn, share and advocate on behalf of all young children, especially those with developmental delays, disabilities and/or other special health care needs. Please direct all emails to ieccreg@uoregon.edu or amandacardwell@frontier.com

2023 Public Policy Agenda

For People with Intellectual and Developmental Disabilities

The Arc’s vision is for people with intellectual and developmental disabilities (IDD) to be valued members of their communities with the opportunity to realize their full potential and a future that is secure.

The Arc of Washington State has been advocating for individuals with intellectual and developmental disabilities (IDD) and their families since 1936. We work to ensure that the state knows the critical needs of both children and adults with IDD and that the necessary funding for those quality services and supports is consistently appropriated by the legislature.

The Arc of Washington State is committed to ensuring that individuals with IDD and their families have the information they need to have an active voice as legislative policies and budgets are crafted and passed each year.

This is a Biennium budget year for both capital and operating budgets.

The Arc of Washington State has compiled input from members, stakeholders, and like-mission organizations and coalitions to identify legislative priorities for the 2023-2025 Operating and Capital budgets. The Arc works closely with the Developmental Disabilities Administration (DDA), the Governor’s Office, and multiple agencies to provide input to agency Decision Packages and advocates for gaps in community-based services. The Arc works throughout the legislative session to track bills and provide education and information on the impact of legislation. There are also critical services used by people with IDD within other agency budgets. Throughout the session, you can find our “smiley face” Budget Side-by-Side chart on our website at https://arcwa.org/billtracker/. This will help with tracking bills and budget items throughout the legislative session.

Respect.
Dignity.
Inclusion.

For additional information:
(888) 754-8798, ext. 6 or email Diana@arcwa.org

These Public Policies are Supported by:
- The Arc of Washington State
- The Arc of Cowlitz County
- The Arc of Grays Harbor
- The Arc of King County
- The Arc of Snohomish County
- The Arc of Southwest WA
- The Arc of Spokane
- The Arc of Tri-Cities
- The Arc of Whatcom County

August 2022

2023 Virtual Advocacy Days

WE NEED YOUR FEEDBACK!

Click HERE to let us know how each Advocacy Day was for you! Fill out the short form for each week you attend!

¡NECESITAMOS ESCUCHAR SU OPINIÓN!
Haz clic aquí para dejarnos saber cómo le fue en cada uno de los Días de abogacía. Favor de llenar el cuestionario

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
January 18th -
Briefing on IDD Issues
2:00 to 4:00 pm
Register: https://us02web.zoom.us/meeting/register/tZMkcuuoqDgvGtx8YBxiPsMFQ-lUUW569ZI9

January 18th - Statewide IDD Legislative Reception
5:30 to 7:00 pm
Register: https://us02web.zoom.us/meeting/register/tZUtdeCsqDgvGtdTeBb8wkoPnhwrcTb6xGO

Virtual Advocacy Days begin at 10:00 am.
Spanish translators provided.
Please register at the links below (different link for each week).

January 25th -
Housing, Supported Living, Closing Rainier*
Register: https://us02web.zoom.us/meeting/register/tZIqdeGqpzgsHdyyWPI2dfNqtnWx3dfLyQc

February 1st -
Employment Services & Rates
Register: https://us02web.zoom.us/meeting/register/tZUlcO2oqDktGdTaDMwQgWrayi5IKOyEfo

February 8th -
Community Inclusion & Day Programs
Register: https://us02web.zoom.us/meeting/register/tZIbdc-vqzuGNMY2wskNORJvZXnuQx3e7jz

February 15th -
Residential Crisis: Finding a Home
Register: https://us02web.zoom.us/meeting/register/tZE1cyppqzMtGtdqzVTx_H_SjkdmuwtE_7IX

February 22nd -
Out-of-Home & In-Crisis
Register: https://us02web.zoom.us/meeting/register/tZ0ufu2rpjItGNIsl_ObhmG X0QuZM4eMMV19

March 1st -
TEFRA & Waiver Services
Register: https://us02web.zoom.us/meeting/register/tZMkcuuoqDgvGtx8YBxiPsMFQ-lUUW569ZI9

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.

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

2023 dates for What’s Up Wednesdays
7-8 PM

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: Join Meeting - Zoom
ID: 939 8330 9951
Passcode: whatsup

For questions contact Christine Griffin
Email (below):
gbys@wahandsandvoices.org
Phone: 425-268-7087

xxxxxxxxxxxxx
March 8th - Education Cap & Restraints
Register: https://us02web.zoom.us/meeting/register/tZAkf-GqqD4rG9CUtEwF294ic3M_V7onAVT9

March 15th - Family and Senior Supports
Register: https://us02web.zoom.us/meeting/register/tZcuf-quqjspGtan289WJcczzqhtasjHEQoa

March 22nd - Caseload Forecasting in the Budget
Register: https://us02web.zoom.us/meeting/register/tZ0ufuCtpjsjGtbXydVA3QSEH7-FW3c1NJbR

March 29th - Workforce Shortage
Register: https://us02web.zoom.us/meeting/register/tZ0sdO2grj0qHd3_WX5izcZYhtpt8J9bNzRW

April 5th - *Residential Habilitation Centers (RHC)
Register: https://us02web.zoom.us/meeting/register/tZUodumgrj4iHdV7KWhJxGVIR25r2Sci-FFJ

* Focus will be on the Rainier Lawsuit and downsizing with eventual closure

"Stop thinking in terms of limitations and start thinking in terms of possibilities."

~~ Terry Josephson
Save the Date!

DSHS Developmental Disabilities Administration

Is Proud to Announce
Community Summit 2023

June 13 - 15, 2023
Wenatchee, WA

A Decade of Community

DSHS’ Developmental Disabilities Administration is proud to announce Community Summit 2023. The Community Summit continues a long tradition of conferences that have focused on expanding access to supported employment, supported living, and assistive technology. Launched in 2013, the Community Summit was conceived as a way to continue the work of transforming systems and building inclusive communities where people can live the life they want for themselves. Standing on the shoulders of the work that has gone before, the Community Summit looks forward to another decade of hosting these vital conversations.

Please join us as we return to an in-person & hybrid conference!

Wenatchee Convention Center
Wenatchee, Washington June 13 - 15, 2023

If you are interested in submitting a proposal click [here](mailto:summitproposals@gmail.com) to download our application and submit to [summitproposals@gmail.com](mailto:summitproposals@gmail.com) by Jan. 25, 2023.

Planning is underway! More information will be coming soon. To stay up to date and connected to our Summit team, please visit us at The Community Summit website and Facebook page.

[Community Summit Website]
[Community Summit Facebook]

If you have questions about Community Summit 2023 or want to know how you can be involved, please contact the Community Summit coordinator:

Ron Bryan at ronald.bryan@dshs.wa.gov

SURVEYS/Studies

Developmental Disabilities Administration

December 12, 2022

During the 2022 Washington State Legislative Session, 2nd Substitute House Bill 2008 was passed. 2SHB 2008 directs the Developmental Disabilities Administration to discontinue the use of IQ criteria for purposes of DDA enrollment by July 1, 2025.

As we plan for this change, we’d like to get your input on the experience you or the individual(s) you represent had when applying for service as well as the services people are interested in.
Please take this short survey to share your thoughts and experiences as we continue our work to implement 2SHB 2008.

**DDA House Bill 2008 Survey**

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### RESOURCES

1.) **10 Things you didn’t know were trauma responses.**

   ![10 Things you didn’t know were trauma responses](image)

   1. SHUTTING DOWN
   2. PEOPLE PLEASING.
   3. WALKING AWAY.
   4. GETTING DEFENSIVE.
   5. PLAYING THE VICTIM.
   6. EMOTIONAL NUMBNESS.
   7. KEEPING BUSY.
   8. DISSOCIATION.
   9. PLAYING THE PERSECUTOR.
   10. HYPER-INDEPENDENCE.

2.) **Resilient and Trauma-Informed Community (RTIC)** is a framework adopted by our network of partners to build a community that is connected, healthy, and resilient. By building resilience and being more trauma-informed as a community, together we can address the adverse effects of trauma, toxic stress, and Adverse Childhood Experiences (ACEs). Find actionable steps here: [https://www.resilientcommunitieswi.com/](https://www.resilientcommunitieswi.com/)


3.) **“Our Culture Is Medicine”: Perspectives of Native Healers on Post trauma Recovery Among American Indian and Alaska Native Patients.** "American Indian and Alaska Native (Native) people experience more traumatic events and are at higher risk for developing posttraumatic stress disorder compared with the general population. We conducted in-depth interviews with six Native healers about their perspectives on traumatic injury and healing. We analyzed the interviews using an inductive approach to identify common themes. We categorized these themes into four categories: causes and consequences of traumatic injury, risk factors, protective factors, and barriers to care. The implications of our study include a need for improving cultural competence among health care and social services personnel working with Native trauma patients. Additional cumulative analyses of Native healers and trauma patients would contribute to a much-needed body of knowledge on improving recovery and promoting healing among Native trauma patients."

   Read the full article by Deborah Bassett, PhD, Ursula Tsosie, MSPH, and Sweetwater Nannauck: [https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3327107/](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3327107/)

4.) **Necessary Conversations** is a book that calls for honest, difficult, and urgent dialogue
about race in our communities. We need to talk about how we got here, and what is possible when we embrace new strategies to create a better, healthier, more equitable future. With over 50 contributors stemming from the sciences, to the humanities, to the front lines of social justice organizations, this book offers nuanced perspectives on what it means to truly usher in change. It models the conversations that need to take place locally, regionally, and nationally.


5.) NEW RESOURCE AVAILABLE TO SUBMIT A QUESTION OR COMPLAINT TO DDA - DSHS’ Developmental Disabilities Administration has two new resources available to help clients, families, advocates, and others submit a question or complaint.

To learn more click here.

6.) Partners4Housing - Partners4Housing has been awarded grant funds to provide free Residential Assessments to families in Washington State with Loved Ones 18 years or older.

*Residential Assessment*

Completing a Residential Assessment can help your family explore housing possibilities and make a resilient plan for the future.

7.) Washington State Department of Health Youth Advisory Council

The Washington State Department of Health is inviting young people from across our state to apply to be a member of a public health Youth Advisory Council. The council will serve for about two years and help staff in the Adolescent and Young Adult Health Unit make programming decisions. We are looking for applicants ages 13-22 who live in Washington state and have access to the internet, social media, and email.

Our recruitment will center the communities most affected by health care inequities. We especially encourage young people with these lived experiences to apply:

- Affected by disabilities
- Experiences with different systems, including juvenile justice, child protective services, or foster care
- Experience with behavioral and mental health conditions and treatment
- Experience with chronic disease conditions and treatment
- Feeling left out at school or experiencing challenges at school
- From marginalized and/or underserved communities
- Experience with houselessness and/or unstable housing
- Struggles with access to or challenges with healthcare

We are asking our public health partners to help us get the word out. Please share with your contacts who are connected with schools, teachers, youth organizations, and young people in the state.

- For more information and to apply go to: [Youth Engagement and the Youth Advisory Council | WaPortal.org](https://www.waportal.org)
- For questions, contact Alexis Bates, Adolescent Health Consultant: alexis.bates@doh.wa.gov or (360) 688-3064.

Please help us disseminate this information and share with others.

8.) Preparing for Winter Weather - Visit [www.ready.gov/winter-weather](http://www.ready.gov/winter-weather) for more information.

9.) The Native and Strong Lifeline is integrated into the 988 Suicide & Crisis Lifeline system in Washington state. When someone calls 988 Lifeline from a Washington state area code, they will hear an automated greeting that features different options, such as the Veterans Crisis Line and the Spanish Language Line. Callers can now choose option 4 to be connected to the Native and Strong Lifeline. (for the rest of the story...click on links)

*9-8-8 for Suicide Help* * 988 is confidential, free, available 24/7/365. * Connecting those experiencing a mental health, substance use, or suicidal crisis with trained crisis counselors. * 988 services will be available in Spanish, and interpretation services in over 250 languages.

**Partner Tool Kit:**

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.) Compromiso familiar diversa e incluciva durante dias festivos
Compromiso familiar diversa e inclusiva durante dias festivos - Quality Start Los Angeles (qualitystartla.org)
En nuestro seminario web de octubre sobre compromiso familiar centrado en la diversidad cultural, Martha Tapia, una proveedora de QSLA, compartió: “Conocernos desde el punto de vista de nuestras culturas es muy importante para conocernos individualmente”.
Anteriormente hemos discutido los conceptos de diversidad e inclusión como parte integral las relaciones sólidas con las familias en nuestros programas de aprendizaje temprano. Un enfoque diverso e inclusivo de la compromiso familiar demuestra: ...

2.) Tradiciones para niños - ¿Cómo celebran en el mundo las fiestas decembrinas? - SmartKids

3.) Día Internacional de las Personas con Discapacidad, 3 de diciembre | Naciones Unidas

4.) UNA SERIE ESPECIAL DE RADIO EN ESPAÑOL DE KINDERING
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, (continuación)... Subtítulos e interpretación del Lenguaje de señas americano serán ofrecidos. La interpretación de algún idioma adicional deberá solicitarse dos semanas previas a la reunión.
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.

Fechas para Qué tal miércoles de 7-8 PM del 2022/23.
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
425.268.7087

Para compartir sus comentarios o historias participación en el programa de Padre a Padre, acceda al enlace o código QR que aquí les compartimos! https://www.surveymonkey.com/r/M5JZWW8

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.

**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*

Care Connect Washington -
https://www.doh.wa.gov/Emergencies/COVID19/CareConnectWashington
2. **Tips for Healthcare Professionals: Coping With Stress and Compassion Fatigue.**
   This tip sheet explores stress and compassion fatigue, as well as signs of distress after a disaster. It covers strategies healthcare providers can use to reduce their stress during this time and information about coping with compassion fatigue.

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

4. **Mental health symptoms in school-aged children in four communities.**

If you or your family is experiencing distress and needs 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 9-8-8

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*The people who are crazy enough to think they can change the world are the ones who do.*

~ Steve Jobs
Fun winter activities and treats for family enjoyment…click here!

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

Visit Our Website