WA State Parent to Parent (P2P)
Newsletter: February 2023

View All P2P Programs

Join Us On Facebook
Each month, Parent to Parent Coordinators from around the state participate in a P2P Network Zoom meeting. This is an opportunity to meet new Coordinators, share updates and also learn about services and resources that benefit families raising children with developmental disabilities and/or special health care needs. At January’s meeting, we hosted an organization called Rural Resources. Rural Resources serves rural communities in Eastern Washington, providing an array of services and supports. Rural Resources also shared effective strategies for engaging rural communities. After the presentation, Coordinators broke out into small groups to share about their individual program’s successes and challenges in engaging and supporting families living in rural areas. The Parent to Parent Network is committed to serving families everywhere, and supporting one another along the way with tips and ideas, and lots of encouragement! Doing small things (and sometimes big things) with great love....

“NOT ALL OF US CAN DO GREAT THINGS. BUT WE CAN DO SMALL THINGS WITH GREAT LOVE.”
— MOTHER TERESA

..............................
Welcome Martha Jones, Multicultural Coordinator for Benton/Franklin Counties; Estela Aguilar, Multicultural Coordinator with Grays Harbor County; and Donna Gwinn, Whitman County P2P and Boost Collaborative Children and Family Support Services.

Goodbye Roxanna Trejo, Skagit County P2P Multicultural Coordinator and Beth Ficklin, Whitman County Coordinator.

---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.

CONFERENCES / SEMINARS & SPECIAL EVENTS

2020 Infant and Early Childhood Conference (IECC)

**May 1-5, 2023**
completely virtual via Zoom
SAVE the DATES

~~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](http://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 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 corto por cada semana que asistió.

Virtual Advocacy Days begin at 10:00 am.

Spanish translators provided. Please register at the links below (different link for each week).

February 1st - Employment Services & Rates
Register: https://us02web.zoom.us/meeting/register/tZUlcO2oqDktGdTaDMwJsQgWrayi

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.

Please share with families and professionals you know.

What’s Up Wednesday is a meeting hosted...
February 8th - Community Inclusion & Day Programs
Register: https://us02web.zoom.us/meeting/register/tZItce-vqzluGNMY2wskNORJVZxnuQx3e7jz

February 15th - Residential Crisis: Finding a Home
Register: https://us02web.zoom.us/meeting/register/tZEic-ypqzMtGtdqzvTx_H_SjkmwE_7IX

February 22nd - Out-of-Home & In-Crisis
Register: https://us02web.zoom.us/meeting/register/tZ0ufu2rpjltGNIsI_ObhmGX0QuZM4eMMV19

March 1st - TEFRA & Waiver Services
Register: https://us02web.zoom.us/meeting/register/tZAkf-GqqD4rG9CuTeW294ic3M_V7onAVT9

March 8th - Education Cap & Restraints
Register: https://us02web.zoom.us/meeting/register/tZcuf-quajspGtan289WJcczzqHTaSjHEQoa

March 15th - Family and Senior Supports
Register: https://us02web.zoom.us/meeting/register/tZ0ufuCtpjssjGtbXydVA3QSEH7-FW3c1NjbR

March 22nd - Caseload Forecasting in the Budget
Register: https://us02web.zoom.us/meeting/register/tZ0sdO2grj0qHd3_WX5izcZYhtpt8J9bNzRW

March 29th - Workforce Shortage
Register: https://us02web.zoom.us/meeting/register/tZArd-uupz4iHNC3b-shnWgF0svgZZO6cP1F

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

Drop-in discussion group for foster and kinship caregivers of medically complex children.

Stop by for connections, resources, and fostering support.

4th Tuesday of the Month
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

Type One Diabetes Listening Session

We want to hear from families and caregivers of children with Type 1 Diabetes (T1D) about their experiences and what supports they would like to see. Help us develop goals that matter to you. How can we better support children and families with T1D? What challenges do you face accessing services for T1D?

Participants will get a $50 Amazon.com gift card.
See the flyer.

Wednesday
February 15, 2023
5:30 pm-7:30 pm
Join us via Zoom!

For questions, email CYSHCN@doh.wa.gov

Disability Etiquette Competence and Inclusion Training

February 6th
8 am-9:30 am

ASTHO and the World Institute on Disability will present on Disability Etiquette, Cultural Competency, and Inclusion. The training will cover basic disability awareness and etiquette for including and assisting people with disabilities in public health programs on a day-to-day basis and during public health emergencies. It will examine essential features of physical, programmatic, and communication competency in public health organizations and provide strategies for assessing internal biases and misperceptions to build more inclusive practices and reduce sources of health inequity.

This training will explore the critical need for the engagement of disability stakeholders and disability-led organizations as equity partners and methods to build capacity through this critical resource.

The training will culminate with an action plan to build and sustain a resilient and universally inclusive public health disaster preparedness plan that reflects a whole community equity perspective.

Dawn Skaggs, Director of Emergency, Disaster, and Climate Resilience at the World Institute on Disabilities, and Dee Grimm, the CEO of Tenebo Enterprises, will facilitate this training. Both speakers have extensive experience in including people with disabilities during disasters, health...
equity for underserved and marginalized populations, and developing inclusive whole community plans. Participants will have the opportunity to ask questions and discuss. This training will be conducted in English with ASL interpretation and captioning. Other accommodations are available upon request. You must log in to register. See top of page when you click this link:


DAD ALLIES PROVIDER LEARNING SERIES

Join us to learn about effectively engaging dads in home visiting to help them become the fathers their children and partners need them to be.

FEBRUARY 16, 2023: 11:30 AM - 1:00 PM

About this Virtual Event
Despite the clear impact fathers have on their families, most child and family services do not consistently and effectively engage fathers. Home visiting presents a tremendous opportunity to connect with fathers and support the well-being of children and parents by serving the whole family with effective interventions. We begin this event with an overview of the importance of including dads in home visiting and some practical tips and techniques to engage dads in the process. This is followed by interviews with home visiting professionals and dads who have participated in home visiting, all of whom will provide practical insights into how we can get full value out of this important opportunity. We will conclude with a question and answer session open to everyone. Join us to learn more about how we can begin to effectively engage dads in the home visiting process to support families and children.

Register

Public Health Emergency Management Planning Toolkit with WID,
February 21
11 am-12:30 pm

ASTHO and the World Institute on Disability (WID) will provide a one-and-a-half-hour training on the ASTHO/ WID Public Health Emergency Planning Toolkit. The virtual training will walk through the purpose of the toolkit, its use, and its application to emergency planning that ensures public health emergency planning process and plans are universally inclusive and eliminate systemic barriers whenever possible. The training will focus on achieving whole community inclusion in alignment with the Public Health Emergency Preparedness requirements.

Dawn Skaggs, Director of Emergency, Disaster, and Climate Resilience at the World Institute on Disabilities, and Dee Grimm, the CEO of Tenebo Enterprises, will facilitate this training. These speakers are the co-developers of the toolkit. They have extensive experience reviewing, evaluating, creating, and training on emergency operations plans development and implementation with a focus on the inclusion of people with disabilities.

Participants will have the opportunity to ask questions and have discussions. This training will be conducted in English with ASL interpretation and captioning. Other accommodations are available upon request. You must log in to register. See top of page when you click this link:

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

Community Summit 2023: A Decade of Community | Informing Families

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
Our research team, at the rehabilitation medicine department in the University of Washington, is still recruiting participants for the dynamic harness study for young children with Down Syndrome. We need another 2 participants. Our study aim is to explore the effects of Partial Body Weight Support (PBWS) within a play enriched environment for infants with DS, who are not yet walking, to better understand how PWBS may impact their mobility; exploration; and overall activity level.

We are looking for young children with Down Syndrome diagnosis, who are less than 3
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
The Working Families Tax Credit is a new program, beginning this February, that will provide payments of up to $1,200 to low-to-moderate income individuals and families. The amounts are based on income level and the number of qualifying children. This program will help us stimulate local economies, promote racial equity, and provide the financial stability Washington families need right now. To find more information in several available languages, and see if you qualify, visit WorkingFamiliesCredit.wa.gov.

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2.) National Maternal Mental Health Hotline.
The National Maternal Mental Health Hotline provides free, confidential, 24/7 emotional support, resources, and referrals to pregnant and postpartum individuals facing mental health challenges and their loved ones.
Counselors offer support by phone and text in English and Spanish.
Interpreter services are available in 60 additional languages.
For help when it’s needed, call or text 1-833-943-5746 (1-833-9-HELP4Moms).
TTY users can use a preferred relay service or dial 711 and then 1-833-943-5746.
https://mchb.hrsa.gov/national-maternal-mental-health-hotline

3.) ICYMI: Bright Futures Family Pocket Guide, 3rd Edition
The Bright Futures Family Pocket Guide: Raising Healthy Infants, Children, and Adolescents, 3rd Edition, was written by families, for families, to share important health promotion information and activities in a family-friendly, accessible way.
The guide can be downloaded in both English and Spanish.

4.) Fathers of Children Who are Deaf or Hard of Hearing (D/HH)
Fathers of children who are D/HH play an important role in their child’s life from the very beginning but raising a child who is D/HH has unique challenges. This checklist provides excellent tips for helping dads (or anyone who feels they fulfill that role) connect, support, and contribute to their child’s success. This 2022 Guide was developed by the Early Hearing Detection and Intervention (EHDI) Parent to Parent Committee, which is an interdisciplinary, interagency/inter-organizational and diverse parent/professional group.

5.) Affordable Accessible Housing for People with Developmental Disabilities
Thank you for your partnership, and to all who have had a hand in raising awareness of the need for affordable housing for people with developmental disabilities.
Together, we are transforming lives through Affordable Accessible Housing for People with Developmental Disabilities.
Here’s a link to a short video created to help illustrate the benefits for people we support:
https://youtu.be/DJirVsQfYn0.
Also, including links to the two reports DDA has submitted to the Legislature:
- Housing Fund Priority, October 2022
- Housing Needs for Individuals with Intellectual & Developmental Disabilities, December 2022

6.) Informing Families Employment and Community Inclusion Services Bulletin
As of Jan. 1, 2023, eligible DSHS Developmental Disabilities Administration clients can access Community Inclusion and Supported Employment services at the same time after nine months of DDA Supported Employment participation. The goal is to support people with developmental disabilities to work and connect to their communities.
Check out the Informing Families bulletin below to learn more.
Informing Families Bulletin

7.) Changes to Apple Health Continued Coverage
During the COVID-19 public health emergency, the Health Care Authority extended coverage for all Apple Health (Medicaid) clients. This extension is now ending due to the Consolidated Appropriations Act, 2023.
What to expect
HCA anticipates resuming normal operations April 1, 2023. Clients will receive a renewal notice prior to the end of their renewal period sometime over the next 12 months, based on a client’s renewal date.
For example, clients with a renewal date in May, will receive a renewal notice in the month of April. Clients found not eligible could lose their coverage as early as April 30, but more likely at the end of May.
Programs requiring the collection of premiums will resume at a future date following federal guidance.
To read the full bulletin click the link below.
HCA Bulletin

8.) EMPLOYMENT AND COMMUNITY INCLUSION SERVICES: WHAT IS CHANGING?
Effective January 1, 2023 eligible clients can use Community Inclusion and DDA Supported Employment services at the same time. The goal is to support people with developmental disabilities to work and connect to their communities.

**Employment and Community Inclusion Services | Informing Families**

9.) 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 for Native Americans, in Spanish, or interpretation services in over 250 languages.

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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 con los 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.) ¿QUÉ ES BRIGHT FUTURES? Bright Futures es una visión y una filosofía de la atención de la salud de niños. Además, es un conjunto de pautas actualizadas, que ofrecen un enfoque práctico, basado en las fortalezas para la salud y bienestar de los niños, desde el nacimiento hasta la adolescencia. Bright Futures está consagrado al principio de que cada niño merece ser lo más saludable posible. La mejor atención de la salud implica una relación confiable entre un niño y la familia, un profesional de la salud y su comunidad.

**Spanish**

2.) ¡Las solicitudes estarán disponibles el 1 de febrero de 2023!

**Un nuevo reembolso para los trabajadores de Washington**
Las personas y familias podrán recibir una devolución de hasta $1200 si cumplen ciertos requisitos de elegibilidad.

**Inicio | Washington State Working Families Tax Credit**

3.) ¡Año Natural, Año fiscal, Ciclo Escolar y Aniversario!

(Enlace de enlace para el artículo)

4.) **UNA SERIE ESPECIAL DE RADIO EN ESPAÑOL DE KINDERING**
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, 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 QUE TAL MIÉRCOLES DE 7-8 PM DEL 2022/23.
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: whatsapp
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

NEW - COVID-19 resources for families on HealthyChildren.org:
  • COVID Vaccines, Updated Boosters for Children Age 6 Months Through 4 Years: FAQs for Families
  • COVID-19: Caring for Children & Teens With Special Health Care Need

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.
Archived Mental/Behavioral Health

1. **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.

2. **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 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
“FRIENDS ARE MEDICINE FOR A WOUNDED HEART, AND VITAMINS FOR A HOPEFUL SOUL.”

- Steve Maraboli
itsallyouboo.com

10 Fun Valentine Treats to make with your family’s enjoyment…click here!

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