I LOVE the Parent to Parent Network and am reminded often about the support and connection that happens throughout our state. About 15 years ago I (Tracie), along with the support of a Helping Parent, developed an 8-week workshop for Yakima County parents adjusting to a new diagnosis - I named it Holland, after the well-known allegory titled Welcome to Holland. Since that time we’ve developed the program for Spanish speaking parents and have also trained other Parent to Parent Coordinators across the state to offer Holland in their own communities. It has been so exciting to see Holland offered in many other counties in our state! I’m currently talking with an eastern
Washington program about offering Holland, and what makes this REALLY special is that a parent who participated in the Yakima program, and then moved to this county, will be helping to lead Holland for local families. As this mom told me, ‘I’m so excited to be involved in this amazing project. I still keep in touch with a few moms from our group and it has been so instrumental for me.’ I so appreciate that families can move to new areas in the state and connect with the local Parent to Parent program to GET support, and GIVE support! WAY TO GO P2P!!

Welcome Shelby Bell our new coordinator with Clallam County.

~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. 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).

April 5th
*Residential Habilitation Centers (RHC)
FREE TRAINING - TRAUMA-INFORMED SUPPORT OF INDIVIDUALS WITH INTELLECTUAL AND DEVELOPMENTAL DISABILITIES FOR DIRECT SUPPORT PROFESSIONALS

The University of Alaska Anchorage's Center for Human Development is offering the following free trainings by national expert Dr. Karyn Harvey:

Biological and psychological effects of trauma for people with IDD.

April 8, 2023
10 a.m. to noon

Supporting individuals with IDD with the effects of trauma.

May 13, 2023
10 a.m. to noon

Supporting individuals with IDD to build a positive identity.

June 10, 2023
10 a.m. to noon

Register Here

Students with disabilities invited to apply

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 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

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
OLYMPIA - High school students with disabilities can apply to the 21st annual Youth Leadership Forum to learn leadership, citizenship and personal skills.

About 30 students will attend this free overnight camp, which will be at the Dumas Bay Center in Federal Way from July 30 to Aug. 4. The Governor’s Committee on Disability Issues & Employment (GCDE) is accepting applications through May 31. There is no cost to parents for their student to attend.

The Youth Leadership Forum (YLF) is designed for students with disabilities who want to be or are leaders in their schools and communities. “YLF develops character, independence and creativity. It’s an amazing program,” says Candace Dickson, YLF chair.

Eligible youth are:

- High school juniors and seniors ages 16 to 21 who have a disability.
- Students up to age 21 who are receiving transition services.

The Youth Leadership Forum is a project of the GCDE with funding from the Division of Vocational Rehabilitation.

To apply:

- Go to the YLF page on the GCDE website and select 2023 initial YLF student application.
- Contact Elaine Stefanowicz by email or phone at 360-890-3774.

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Follow GCDE on social media:
facebook.com/GovDisabilityCommitteeWA/

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PERSON CENTERED PLANNING

This workshop is for Parents and individuals who are interested in a person-centered plan to set goals for their future. (Click for flyer)

Wednesday
April 5, 2023

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Free WORKSHOP
Intro to Homeschooling for Students with Disabilities

Join The Arc of Spokane and Jen Garrison Stuber, Advocacy Chair for the Washington Homeschool Organization (WHO), where you will learn the basics of Washington HBI (homeschool) law and the rights you have to classes and services in your local school.

The workshop will walk through the homeschooling requirements of the law and how to handle those issues that don’t line up for student with disabilities. Some examples include:

- How do you handle the test or assessment requirement for an 11-year-old who is working below a kindergarten level?
- What might the documentation for graduating an 18-year-old who reached a fifth-grade level in their studies look like in terms of the transcript and diploma?
- You’ll be encouraged on your homeschooling journey, whether you’ve made the leap yet or not!

**WHEN:** Wed, April 12, 2023, noon-1 p.m.

**WHERE:** Zoom

The Zoom link for the event will be sent to you after registering.

Questions? Contact Jennifer Ranney at (509) 789-8321 or email advocacy@arc-spokane.org

Register:

https://thearcospokane.salsalabs.org/homeschoolingworkshop/index.html?page=register&etExtEmailBlastContentId=8236e48d-0973-4200-b803-0c8ef3018c85&etId=1wAR07z5nf9aJQwoEfEzw1bMILLF5tblUQZ5KgFKWHHR0BTr4K1Jmeq98SM

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Medically Complex
6:00 pm – 7:00 pm
(Virtual Meeting on Zoom)

Join Zoom Meeting
https://us02web.zoom.us/j/87383343426
pwd=a1ZGNjlLQWJSWnlpTktnbVliell1U
T09

Meeting ID: 873 8334 3426
Passcode: 561057

At this work shop you will:

* Find out what person centered planning is all about
* Learn how it can help you to reach your life dreams and goals
* Hear success stories
* Participate in an open discussion about how a PCP can assist with designing the life you want to live.

Caregivers

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
7:30 PM - 8:30 PM
Via Zoom with Meeting ID #
8150 560 4085

Sibling Support - Online Future Planning Workshop

(English & Spanish flyers)

Every parent of a person with a disability asks: “What will happen to my child when I am gone?” Siblings worry about the future and the roles they will play. The Sibling Support Project’s Family Future Planning Workshop helps families find answers. The workshop brings together individuals with disabilities, parents, siblings, and other involved family members and friends to explore legal, financial, educational opportunities, and social considerations for the future. Families leave the workshop with an individualized plan of intent which serves as a roadmap for next steps in planning for a secure future for the loved one with a disability. This workshop is intended for individuals with disabilities age 18+ and their families.

Dates
All participants must attend each online session in the month you select. Please choose one:
March Future Planning Workshop – March 1, 8, 15, 22 6:30-8:00pm
May Future Planning Workshop – May 6, 13, 20, 27 6:30-8:00pm

How much does it cost?
This workshop is offered at no cost to participants.

For additional information and registration, visit kindering.org/future-planning-workshop or email us at siblings@kindering.org.
financial, residential, employment, and social considerations for the future. Families leave the workshop with an individualized letter of intent which serves as a roadmap for next steps in planning for a secure future for the loved one with a disability. This workshop is intended for individuals with disabilities age 18+ and their families.

Dates All participants must attend each online session in the month you select. Please choose one:

May Future Planning Workshop
May 4, 11, 18, 25 6:30-8:00 pm

How much does it cost? This workshop is offered at no cost to participants.

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

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
Study.com Student Scholarships
Application Deadline May 1st

Study.com wants to help empower students who have physical disabilities, learning difficulties, and other impairments by providing some financial relief toward a college degree. To do that, we're offering several Study.com Student Scholarships for students with different types of disabilities pursuing degrees. Our scholarships award $1,000 to help cover some of the costs of college. These scholarships include:

- Study.com Scholarship for Students with Disabilities
- Study.com Scholarship for Students with ADHD
- Study.com Scholarship for Students on the Autism Spectrum
- Study.com Scholarship for Students with Dyslexia

These scholarships all have an application deadline of May 1st, so we're trying to get the word out to help as many students with physical and learning disabilities as possible to pursue their college dreams.

Thank you for your consideration of our Study.com Student Scholarships and partnering with us to make education accessible to women in college.

Study.com in the News

xxxxxxxxxxxxx

National Task Force Group (NTG)
Survey on Intellectual Disabilities and Dementia Practices
To help support families of individuals with I/DD and cognitive decline/dementia.

Here is the survey link that can be shared with families:
https://www.surveymonkey.com/r/TJ8T5DV

INFORMATION ABOUT THE SURVEY…
The NTG is undertaking an initiative to expand the available information on dementia for families, agencies, and others and is reaching out to family and other caregivers to help us better understand where they get their information and what information might be of most use to them.

We have developed a brief 13-item survey with questions tapping some key areas related to information and its access. Please share.
1.) Join us in observing Child Abuse Prevention month during April. Please help us spread the word about Pinwheels for Prevention!

The Department of Children, Youth & Families (DCYF) is observing April 2023 as Child Abuse Prevention (CAP) month by raising awareness in communities about child abuse and neglect prevention. As the Prevent Child Abuse Washington State Chapter we encourage you to join the Pinwheels for Prevention initiative. This initiative uses pinwheels - a timeless symbol for childhood - to represent its campaign. This year there is also the option to plant a virtual pinwheel garden with the national office here. Virtual pinwheels start $10 each and you can dedicate them to a person or organization as well as customize a message or donation amount to either the national Prevent Child Abuse America organization or our Washington State Chapter.

2.) The HHS Maternal-Child Health (MCH) Emergency Planning toolkit is designed to improve the capacity of health care, public health, and social services professionals to address maternal and child health in emergency preparedness, response, recovery, and mitigation activities. The toolkit, built with federal MCH experts and partners, outlines basic planning steps, highlights key resources and promising practices, and explains critical data and information to be integrated into emergency planning for MCH populations. This toolkit provides guidance and advice to address the needs of women who are pregnant, postpartum, and/or lactating and typically developing infants and young children in emergencies. https://aspr.hhs.gov/.../MCH-Emergency-Plng-Toolkit-508.pdf

3.) Tierra Village is a Leavenworth, Washington-based Non-Profit connecting Adults with Developmental Disabilities to Nature and Community. We are a part of Tierra Learning Center. We specialize in Residential, Educational, Recreational and Employment Services. The Entities that comprise Tierra Village are:
~Coyote House Adult Family Home~
~TRAILS Day Program~
~Tierra Employment Services~
Our mission is to provide people with Intellectual Disabilities, homes in a beautiful natural setting, & service in a collaborative, integrated, diverse community. https://www.tierravillage.org/

4.) HHS Child and Adolescent Health Emergency Planning Toolkit. 14 million children in the US have special health care needs, and meeting those needs becomes more challenging during disasters. This new toolkit can help health care, public health, and social services professionals meet their disaster health needs. This toolkit is a joint effort led by the Administration for Strategic Preparedness and Response (ASPR) At Risk Individuals Program and MCHB. https://aspr.hhs.gov/at-risk/Pages/CYSHCN-planning-toolkit.aspx

5.) Essentials for Childhood Framework. The framework includes strategies to promote relationships and environments that can help create neighborhoods, communities, and a world in which every child can thrive.
6.) Brain Building Through Play.
https://developingchild.harvard.edu/resources/brainbuildingthroughplay/#view-handouts

7.) After-Pregnancy Coverage. APC is comprehensive Apple Health (Medicaid) coverage for individuals to access health care services any time in the 12 months after their pregnancy ends.
https://www.hca.wa.gov/free-or-low-cost-health-care/i-need-medical-dental-or-vision-care/after-pregnancy-coverage

8.) The Department of Social and Health Services Developmental Disabilities Administration is planning a special screening of the documentary “Unseen.”
The film focuses on the lives of parents who are caring for children and adults with disabilities and complex medical needs.
We will host a screening and panel discussion about the film from 2 to 4 p.m. on April 19.
Watch for our official invitation with the location and RSVP details in an upcoming message.

9.) Summer Camps Resource Information
https://arcwa.org/parent-to-parent/info-resources/camp-resources/

10.) Shriners Hospital for Children (Portland & Spokane regional hospitals)
The Regions Pediatric Orthopaedic Specialists (English flyer & Spanish flyer for more info)
Shiners Children's has been providing hope and healing to children in our region for nearly 100 years. 
One page information sheet
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.) **Would you like to share your story to improve healthcare?** ¿Quiere compartir sus historias para mejorar la atención de salud? Si es un miembro de las comunidades IDD y BIPOC y quisiera participar en nuestros estudios de enfoque virtuales sería compensado $50/hora (hasta 6 horas totales = $300) *(Enlace de enlace para el artículo)*


3.) **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. Durante este programa, hablaremos sobre los primeros hitos (metas) de la comunicación con Katherine Douglas, terapeuta del habla y del lenguaje de apoyo temprano en Kindering.

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.

Kindering embraces children of diverse abilities and their families by providing the finest education and therapies to nurture hope, courage and the skills to soar.

Presented on: EL REY

Kindering
BELLEVUE | BOTHELL | REDMOND | RENTON
WWW.KINDERING.ORG | (425) 747-4804

(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 2023.
   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
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

   9-8-8 services will be available for Native Americans, in Spanish, or interpretation services in over 250 languages.
April Showers—Judy Garland

When April showers may come your way
They bring the flowers that bloom in May
So when it’s raining have no regrets
Because it isn’t raining rain you know
It’s raining violets

And when you see clouds up on a hill
You know they’ll bring crowds of daffodils
So just keep looking for a bluebird
And listening for his song
Whenever April showers come along

And when you see clouds up on the hill
You know there’ll be crowds of daffodils
So just keep looking for a bluebird
And listening for his song
Whenever April showers come along

Fun Easter Treats to make with your kids for your family’s enjoyment…click here!

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

Connect With Us

The Arc of WA/Parent to Parent
2638 State Avenue NE,
Olympia, WA 98506
Unsubscribe info@arcwa.org
Update Profile | Constant Contact Data