Welcome May

Spring... Finally!
I’ve been looking so forward to May- such a beautiful month with trees and flowers blooming. And, on May 16-17, Parent to Parent Coordinators from across the state will gather together for our first in-person training in 3 years! We have many learning sessions scheduled and plenty of time to network and connect with one another, sharing innovative support ideas for the parents and families we serve. We’re also spending some time exploring our roots in Washington (the first Parent to Parent program started in King County in 1980!) as well as honor the amazing person we consider our ‘founding mother’, Susan Atkins. In fact, our annual training is now titled the Susan Atkins Annual Parent to Parent Coordinator’s Training, in honor of her. She would be so proud of our Network today!

In a recent survey, one parent stated the value of Parent to Parent like this:

‘I just got the diagnosis a year ago but I’m still having a hard time processing and doing all the paperwork. It was very helpful to talk to the Parent-to-Parent coordinator because she gave me a lot of information and made me feel supported.’

This was simply put, but conveys so well our primary mission- sharing information and support!

Welcome Kimberly Adams, Helping Parent Coordinator (Kitsap County) and Alexi Prante (Helping Parent Assistant for all counties) with South Sound Parent to Parent.

~~~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/2KCJHFD (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.

Mission
We walk alongside those parenting children with developmental disabilities and/or special health
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

Welcome
The 2022 IECC conference will be held May 2–6, 2022 virtually via Zoom.

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

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:

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 for Youth Leadership Forum

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)
July 30 to August 4

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. and
- 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/

COME AND LEARN ABOUT PERSON CENTERED PLANNING

Using Person Centered Planning to support my son or daughter with designing their own path for their future

Wednesday, June 21, 2023
6:00 pm - 7:00 pm
on Zoom

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

At this workshop you will:
- Find out what person centered planning is all about

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

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facebook.com/GovDisabilityCommitteeWA/

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

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

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Posts and Events from WA Hands and Voices

WA Hands and Voices - Become a Parent Guide

Job Posting / Application

WA Hands and Voices: How to Request a Parent Guide/Parent Support - Front English

WA Hands and Voices: How to Request a Parent Guide/Parent Support - Back English

WA Hands and Voices: How to Request a Parent Guide/Parent Support - Front Spanish
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.

This workshop will be on Zoom:
Join Zoom Meeting
https://us02web.zoom.us/j/81788119533?pwd=MkZhQXQ3WS80N2RlNjFZZW5ob0lpZz09
Meeting ID: 817 8811 9533
Passcode: 513953

This workshop is facilitated by:
Lisa Latchford
Fox Associates Consultation LLC
lisa@foxassociatesllc.com

Child Safety Learning Collaborative
May 2nd
12-1 pm

The Child Safety Learning Collaborative (CSLC), an initiative of the Children’s Safety Network (CSN) at Education Development Center (EDC), aims to reduce injury and violence among infants, children and youth. Now in its third cohort, the CSLC builds Title V capacity through technical assistance to cross-state, child safety topic teams by using data to inform decision making and applying quality improvement and innovation methods to sustainably implement and spread evidence-based strategies statewide. Currently 18 state strategy teams are actively working on infant safe sleep, bullying prevention, suicide and self-harm prevention, and motor vehicle traffic safety. In this webinar, CSLC participating states will share how they have used quality improvement and innovation tools to work toward their goals. The webinar will highlight stories, lessons, tools, and resources used by the CSLC that can be used and adapted by any injury prevention program.

https://edc.co1.qualtrics.com/jfe/form/SV_9Y6C7bdrH0c6j8W

Medically Complex 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
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, 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.

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, 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.

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How much does it cost?
This workshop is offered at no cost to participants.
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*
1.) The National Indian Council on Aging (NICOA) has released a toolkit dedicated to increasing awareness and knowledge of the needs of American Indian and Alaska Native persons living with disabilities. The toolkit — “Understanding Disabilities in American Indian & Alaska Native Communities” — contains information about disabilities, tribes and resources. https://www.nicoa.org/nicoa-releases-updated-disability...

2.) Enhanced Case Management Program Overview. The Enhanced Case Management Program helps when health or safety concerns put clients at higher risk for abuse or neglect. Individuals and families need extra support when there are concerns about isolation, the home environment or quality of care. ECMP provides case resource managers who have smaller caseloads of 30 or less and can offer specialized support. The CRMs can make home-visits at least once every four months. click here for flyer English and Spanish
Contact: Heather Lum, Enhanced Case Management Program Manager • Heather.lum@dshs.wa.gov • 360-407-1526

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

4.) 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
**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**

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**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.

Promovemos 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.) WA Hands and Voices: How to Request a Parent Guide/Parent Support - Front Spanish

2.) 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, movimos nuestras reuniones al cuarto...

Subtítulos e interpretación del Lenguaje de señas americano serán ofrecidos. La interpretación de algún idioma adicional deberá solicitarse dos semanas previas a la reunión
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.

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

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.)

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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.
25 Easy Cinco de Mayo recipes for family and friends' enjoyment...click here!

A Mother’s Love

No gift on earth is greater,
No treasure held above,
The joy that comes from knowing,
A mother’s endless love.

In spite of how it’s tested,
It grows from year to year,
Providing strength and comfort...
It gently draws us near.

It warms and it protects us,
And guides us from afar.
Shedding light upon us,
Like a bright and shining star.

And when all things are measured,
Not one shall rise above,
Or be compared in value,
To a Mother’s endless love!

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The Arc of WA/Parent to Parent | 2638 State Avenue NE, Olympia, WA 98506

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