Washington State Parent to Parent is starting a new contract year! We’re so thankful for our partnership with the Developmental Disabilities Administration (DDA), providing vital funding for families raising children with developmental disabilities and special health care needs. During this last contract year, we accomplished the following:

- 87,672 connections with parents and families for support, information and training
- 58,441 individuals on mailing lists
- 33,893 Social Media followers
- 918 trained volunteer Helping Parents
- 814 parent/caregiver matches for support and information

AMAZING!!!

We’re also grateful for the local agencies who contract with The Arc of Washington to ensure these essential family support programs are available in communities. They are:

Boost Collaborative (Whitman County)
Clallam Mosaic (Clallam County)
Island County Human Services (Island County)
Joyce L Sobel Family Resource Center (San Juan County)
Kittitas Valley Opportunities (Kittitas County)
Lifeworks (Cowlitz/Wahkiakum Counties)
Moses Lake Community Health (Grant/Adams Counties)
Multicare Yakima Memorial (Yakima County)
Okanogan Behavioral Healthcare (Okanogan County)
PAVE (Pierce County)
PEACE NW (Clark/Klickitat/Skamania Counties)
Reliable Enterprises (Lewis County)
South Sound Parent to Parent (Thurston/Mason/Kitsap/Jefferson Counties)
SPARC (Skagit County)
The Arc of Grays Harbor (Grays Harbor/Pacific Counties)
The Arc of King County (King County)
The Arc of Snohomish County (Snohomish County)
The Arc of Spokane (Spokane/Ferry/Stevens/Pend Oreille Counties)
The Arc of Tri-Cities (Benton/Franklin Counties)
The Arc of Whatcom County (Whatcom County)
The Brave Warrior Project (Chelan/Douglas Counties)
Walla Walla Valley Disability Network (Walla Walla/Columbia/Garfield/Asotin Counties)

Lastly, programming would not be possible without the amazing network of 50+ parent Coordinators who give so much to the families they serve, while also caring for their own children with disabilities. They are SUPER HEROES 😊

Goodbye Heather Avena, Yakima.

---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!
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

Recruiting for Parent Institute for Engagement - Cohort 6

The Early Support for Infants and Toddlers (ESIT) program is recruiting for the Parent Institute for Engagement (PIE) program. PIE is a 12-month leadership program for parents and caregivers of children who have received services through ESIT. We will help you build your skills and allow you to become better leaders, advocates, public speakers, and active members in your state.

If you are interested in this opportunity, ... please submit an application by August 4, 2023.

We will notify selected individuals the week of August 7, 2023.

English Link Here
Spanish Link Here
Chinese Link Here
Hindi Link Here
Vietnamese Link Here
For more information on how to apply, contact Vanessa Allen, ESIT Family Engagement Coordinator at Vanessa.allen@dcyf.wa.gov. Let me know if you have any questions!

CYSHCN ADVISORY COMMITTEE

Apply to Participate in the Children and Youth with Special Health Care Needs National Research Network

Whether you’re a young adult with special health care needs, a caregiver, a clinician, or you’re employed in the CYSHCN field, we want to hear from you! Apply to participate in our Advisory Committee to help our researchers create studies that improve the health care system for CYSHCN and their families.

Deadline for applications is August 10, 2023.

Click Here for Flyer

DSHS/DDA - We want to hear from you!

We are pleased to announce that we’re hiring our next Assistant Secretary of the Department of Social and Health Services’ Developmental Disabilities Administration. This executive leader will oversee nearly 5,000 employees who serve approximately 50,000 clients with intellectual and developmental disabilities. What qualifications would you like to see in that person?

Please register for one of our stakeholder sessions. Space is limited and will be available on a first-come, first-served basis, so you’ll want to register as soon as possible.

For those unable to attend a Zoom meeting or in the event we reach capacity you will have the opportunity to submit your feedback through a survey coming soon. Please stay tuned.

Tuesday, August 15
5:00 pm to 6:30 pm - Register here

Wednesday, August 16
10:00 am to 11:30 am - Register here

Thursday, August 17
1:30 pm to 3:00 pm - Register here
6:30 pm to 8:00 pm - Register here

Questions?
For more information about the stakeholder events, please contact Michelle Sturdevant-Case.

Thank you for your valuable participation and input!

WA State Fathers Network
The Annual Kickoff Breakfast
SAVE THE DATE: The 2023 Fathers Network Kickoff Breakfast will be held on Saturday, September 9th, 9:00 am-12:00 pm at the Kindering Bellevue Campus. More information, including the flyer and how to RSVP will be sent out soon.

WA State Fathers Network Annual Conference is Coming Back!

SAVE THE DATE: The Annual Conference will be November 4th in Bellevue. More information regarding the Annual Conference will be sent out, including registration information as we get closer. If you have any questions, please contact me at 425-653-4286 or by email at matthew.rickmon@kindering.org.

SURVEYS/Studies

WASHINGTN STATE COMMUNITY CONNECTORS
Connecting Families, Resources & Ideas

The Division of Behavioral Health and Recovery/Health Care Authority, in partnership with Washington State Community Connectors/ WA State Children’s Behavioral Health Statewide Family Network and A Common Voice | Center of Parent Excellence are seeking input from parents/caregivers of children and youth, and young adults with behavioral health needs. We are seeking your help as we design an inclusive project that will assist a diverse array of parents/caregivers in using their lived experience accessing and navigating the WA Behavioral Health System to participate in the family movement for Children’s Behavioral Healthcare. Some examples of these services are outpatient therapies, inpatient treatment, Independent Education Plans (IEP), WISe, Substance Use Disorder (SUD) treatment, interacting with treatment teams, etc.

This survey will be used to identify a variety of pathways to get involved in this movement. For example: participating on boards and committees, becoming a paid certified peer counselor, learning how to effectively advocate at the state level, learning how to listen for barriers to and effectively advocate for culturally appropriate supports/services, becoming a trainer through the Statewide Family Network, etc...

We look forward to your suggestions and ideas of various types of activities that would keep a parent engaged while they are still on the journey as a parent caring for their child/youth. Our hope is to empower them to participate in the family movement for Children’s Behavioral Health in whichever pathway(s) they identify. We also intend to identify pathways by which
interested parents/caregivers may apply the skills/training they receive through this project toward finding meaningful volunteer or paid employment in positions where their lived experience will positively impact our workforce, our care continuum, and our communities as a whole.

Please complete the survey using the link below: https://forms.gle/LhMu6VPi26WdBohn8
Please share this with other parents/caregivers.

XXXXXXXXX

2023 DDA Housing Survey

The intent of this survey is to collect housing needs data from people with Intellectual/Developmental Disabilities. Caregivers and family members may help complete the survey.

The information will be analyzed and shared within DDA, Commerce Housing Trust Unit, affordable housing developers and other stakeholders to help create more accessible and affordable housing for people with Intellectual/Developmental disabilities.

Please click the link below to take this short survey.

2023 DDA Housing Survey ( surveymonkey.com)

For translation request, email AffordableHousingDDA@dshs.wa.gov

XXXXXXXXX

DDA Wants Your Feedback:
Take the No-Paid Services Outreach Survey Today!

From the DSHS' Developmental Disabilities Administration

"The Department of Social and Health Services' Developmental Disabilities Administration submits a report to the Legislature every year about the service interests of individuals on the No-Paid Services caseload. This report includes information that you provide if you are DDA-enrolled and do not receive a service.

We are inviting you to take a survey that will ask about your needs and interest in receiving DDA services. Your answers are important as they help us plan for future service and training needs. They also help us inform state legislators of the needs of people enrolled with DDA.

Click here to take the survey: No-Paid Services 2023 Outreach Survey.

Please note: this survey is only meant to be taken once by individuals (or their representative) who are eligible for DDA, but do not currently receive services. The survey closes on July 31st.

We appreciate your time and look forward to reading your responses!"
Partners4Housing

If you have a Loved One with IDD, you know the reality of an uncertain future. For Betsy G., it was just too hard to think about a future where she and her husband couldn’t care for their daughter anymore.

"I couldn’t imagine anything worse than our daughter having lived with us all her life, and then having all of that disrupted."

Hear Betsy’s story and learn how her family set up a safe, supported and resilient housing solution for their daughter, while they were still able to be part of that transition.

"She’s grown in so many ways … and we’re just really proud"

For a limited time only, Washington State families can start to answer all those “what ifs …” at absolutely no cost. If you have a Loved One with IDD who is at least 17 ½ and you live in Washington State, claim your free Residential Assessment today.

We look forward to working with your family!
All the best, Pam Blanton

Claim your free Residential Assessment today!

This project is funded through a grant from Washington State’s Dan Thompson Memorial Developmental Disabilities Community Account.

RESOURCES

1.) Smart 911 - Protect What Matters Most
Plan ahead for any emergency by getting 911 the information to help you fast and keep your family safe. https://www.smart911.com/
2.) Free Residential Assessment for Washington Residents - Partners4Housing

Thanks to a generous grant from the Developmental Disabilities Council’s Dan Thompson Memorial Fund, Parents4Housing can now provide free Residential Assessments to families in Washington state. As a family member, completing a Residential Assessment (RA) will help you explore housing possibilities and make a plan for the future of your family member with IDD. The RA starts with an online questionnaire, where you and your family member will define your housing goals.

To learn more click here.

3.) Parents and Families - Services and Resources

Washington State Department of Health - Office of Healthy Communities

“The Office of Healthy Communities works with organizations, public health agencies, universities, other state agencies, and health care providers who provide services to women, infants, children, adolescents, and their families. Here are lists of some services and resources that may be helpful to you.”

To learn more visit https://doh.wa.gov/you-and-your-family/infants-and-children/health-and-safety/parents-and-families-services-and-resources

4.) Informing Families is a resource provided by the Washington State Developmental Disabilities Council, in partnership with the Developmental Disabilities Administration. Offers trusted news and information to individuals and families that empowers them to be active participants in planning and building a network of support and opportunities. Visit Website

5.) Detecting visual impairments in children with disabilities can be challenging, which is why we are striving to raise awareness through our guide, Caring for the Eyes of Children with Developmental and Intellectual Disabilities.

You can read the full version here: https://www.zocdoc.com/blog/caring-for-the-eyes-of-children-with-special-needs/

Key points parents and carers of children with IDDs need to know about eye care, including:
- Conditions that put children at a higher risk of vision impairment
- Challenges associated with vision impairments (e.g. visual attention)
- The importance of professional eye care from an ophthalmologist
- Options for financial assistance and other services for parents

Additionally, we have included insights on how to make children comfortable during an eye examination, such as explaining the procedures to them in advance.

6.) Heat Safety Tips and Resources Summer! As temperatures rise throughout the state, it is important to learn about heat safety to help protect you and your family. The Department of Health has released recommendations for heat safety along with resources for cooling centers throughout Washington.

To learn more click here.

7.) More Resources...

Info & Resources - Washington State (arcwa.org)

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.

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

2.) **Historia de mamas participantes a las reuniones de “Iniciativa de Liderazgo Virtual” (Enlace de enlace para el artículo)**

3.) **Que Es El Autismo Español**

El autismo, o trastorno del espectro autista (TEA), se refiere a una amplia gama de afecciones caracterizadas por desafíos con habilidades sociales, comportamientos repetitivos, habla y comunicación no verbal. Según los Centros para el Control de Enfermedades, el autismo afecta a aproximadamente 1 de cada 54 niños en los Estados Unidos hoy en día. ...

4.) **Espanol Recursos**

5.) **¿Como saber a dónde acudir para declarar los impuestos al IRS?**

El IRS tiene una pagina oficial en la cual cualquier persona tiene acceso, ahí encontrara preparadores de impuestos certificados por el IRS.

Para hacer su búsqueda más práctica, solo hay que acceder a la página oficial e ir al buscador. Al ingresar al sitio oficial, solo hay que escribir el código postal de su domicilio y elegir cuantas millas a la redonda o, dicho de otra manera, que tan distante esta el preparador de impuestos al que puede acceder.

Tome en cuenta que, esta información es para individuos. Su responsabilidad es ponerse en contacto con la oficina que usted haya elegido, preguntar si lo pueden atender con cita o no es necesario hacer cita. Asegúrese de preguntar que documentos necesita traer para ir bien preparados y evitar vueltas sin éxito.

Los preparadores de impuesto se reducen cuando no es sesión de declaración de impuesto, pero aun hay tiempo de declarar.

Lo invito a que visite la página oficial para que practique y encuentre su preparador de impuestos cercano al siguiente enlace.
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 lenguaje de señas. Después de contactar a las organizaciones que ofrecen clases de señas, movimos nuestras reuniones al cuarto miércoles de cada mes comenzando el 26 de octubre de 7-8 PM. (La reunión de noviembre será el quinto miércoles del mes).

Por favor comparte con otras familias y profesionales que conozcas.

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

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

(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.

Fechas para Qué tal miércoles de 7-8 PM del 2023.

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/M5JZWW
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*

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

*9-8-8 services will be available for Native Americans, in Spanish, or interpretation services in over 250 languages.*
“Start where you are. Use what you have. Do what you can. It will be Enough.”

-Theodore Roosevelt

Back to School Treats to make with your kids …click here!

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

Connect With Us

Visit Our Website

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

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