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## WA State Parent to Parent (P2P) Newsletter: July 2022

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Welcome Summer...

So nice to FINALLY have some warmer temps and sunshine!

The Parent to Parent Network of nearly 50 Coordinators comes together regularly for training and education, meeting virtually via Zoom. This year we've had some excellent presentations including

Lifespan Respite, SafeInHome, Developmental Disabilities Ombuds, Special Olympics Washington, Supported Decision Making, and PROVAIL/Telecommunication Equipment Distribution Program. We look forward to upcoming presentations in July and August by the Developmental Disabilities Administration (DDA). Continued learning about services and resources helps us provide the most current, relevant information and support to the families we serve! We're so appreciative of our statewide partners that help us help our families!

Welcome to Roxanna, Multicultural Coordinator for Skagit County Parent to Parent (P2P). Goodbye, Kimberly Adams, Kitsap/Jefferson Counties Parent to Parent.

---Tracie, Theresa, Patricia and Jackie

Remember to check out our [Parent to Parent page](#) on The Arc of Washington's website ([P2P Map](#) & [Coordinator info](#) here). Here is where you can find up-to-date information about Coordinators and programs serving every County in Washington State!

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[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.**

## **SURVEY**

### **Recruiting for Parent Institute for Engagement (PIE) Cohort 5**

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 early intervention 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 Aug. 1, 2022.

We will notify selected individuals the week of Aug. 8 [Download flyer here](#)

[English Survey Link](#)  
[Hindi Survey Link](#)  
[Vietnamese Survey Link](#)  
[Chinese Survey Link](#)  
[Spanish Survey Link](#)  
[Arabic Survey Link](#)

For more information on how to apply, contact Vanessa Allen, ESIT Family Engagement Coordinator, at [Vanessa.allen@dcyf.wa.gov](mailto:Vanessa.allen@dcyf.wa.gov).

## CONFERENCES / SEMINARS & SPECIAL EVENTS



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



### WA STATE FATHERS NETWORK MONTHLY WEBINARS

Cost: Free

Time: 7:30–8:30 p.m.

Location: Virtual – A Zoom link will be sent a week before each session to those who registered

Men, Women and All Couples Are Welcome

All Sessions Will Be Recorded

### SESSION SCHEDULE

- January 4 Sibling Support: 7 Simple Strategies for Parents to Connect with Their Typically Developing Kids
- February 1 Washington State Parent to Parent Network
- March 1 Planning for Housing: Accessing Benefits, Roommate Matching, and Shared Living Development Services
- April 6 Helping Our Children Develop Meaningful Relationships
- May 3 Social Communication 101
- June 7 Supporting Bilingualism for Children with Special Needs

Register for one or more sessions. The Registration page contains links to the session descriptions and information about the presenters.

[REGISTER](#)

BELLEVUE | BOTHELL | REDMOND | BENTON  
WWW.KINDERLING.ORG | (425) 747-0494

## 2022 WA STATE FATHERS NETWORK IN-PERSON GATHERING

**Date & Time: Saturday, July 30 9AM-3:30PM**

Location: Bellevue School District Wilburton Instructional Service Center, Bellevue, WA

Who should attend: Men who have a child with a disability or special health care need in their life.

Cost: \$25 per person\*

(\*Special funding arrangements make it possible for registrants from the following counties to register at no cost: King

[Flyer with more information](#)

## [The 20th Annual Youth Leadership Forum](#)

[August 7-12, 2022](#)

[Dumas Bay Center in Federal Way, WA.](#)

**WHO?** Students 16 years of age prior to the start of YLF and under the age of 22.

**WHAT?** The Washington State Youth Leadership Forum (YLF) is an innovative, intensive, six-day, 5-night leadership training program for upcoming high school juniors and seniors with disabilities. Delegates are selected from around the state of Washington to cultivate leadership, and citizenship skills while having fun and making friends.

**WHY?** It is critical that young people with disabilities growing into adulthood learn to identify themselves with pride as individuals and members of the very accomplished disability community.

**COST?** The YLF is **free to attend**.

These services are made possible by the Washington State Department of Social and Health Services, Division of Vocational Rehabilitation.

[2022 YLF event flyer](#) (PDF)

[2022 YLF student application](#) (Word)

[Follow YLF on Facebook.](#)

For more information about the Youth Leadership Forum, contact Elaine Stefanowicz at [elaine.stefanowicz@esd.wa.gov](mailto:elaine.stefanowicz@esd.wa.gov) or 360-890-3774.

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## What is the Legal Transitions to Adulthood Class? (Free Class)

[English flyer](#) & [Spanish flyer](#)

Attorneys present information for parents and caregivers of youth who are approaching adulthood who will need ongoing support, help with decision-making, disability-related benefits, and other services. The young person may also attend.

**What does the class cover?**

Public benefits:

- SSI, DDA
- Financial planning to maintain eligibility
- Legal decision-making:
  - Supported decision-making
  - (Durable) powers of attorney
  - Legal guardianship

July 18th

September 19th

November 21st

10 am - 12 pm with interpretation

2 - 3:30 pm in English

Click on flyers above for more information in English and Spanish.

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## 30th Annual Governor's Employer Awards Program

The Governor's [Committee on Disability Issues and Employment](#) (GCDE) is now accepting nominations for the 30<sup>th</sup> Annual [Governor's Employer Awards Program](#). This long tradition of recognizing employers and individuals who **power America's recovery by promoting inclusion** for individuals with disabilities has never been more important.

Now is your chance to help us identify those innovative leaders in the community. Utilize your personal experiences or collaborate with others to develop a strong nomination. Please share your stories, and highlight creative approaches to recruiting, hiring, and advancing employees with disabilities. What a great way to recognize and celebrate the many businesses and individuals around the state that promote inclusion for all.

The outstanding efforts of those employers and individual leaders can now be acknowledged by nominating them for one of the following awards:

1. Public, Private, and Non-Profit Employers - small, medium, and large categories; governmental entities (Federal, State, County, City, or municipality); and those who generate revenues from the services and products they provide, or are registered with the state and maintain 501(c)(3)

certification

2. Youth Employer - employers supporting youth with disabilities through employment preparation and job skills training
3. Governor's Trophy in Memory of Carolyn Blair Brown - a lifetime achievement award presented to an individual with a disability in Washington State
4. Direct Support Professional Award - an outstanding career professional, with three (3) years of experience providing long-term supported employment services to individuals with intellectual, developmental, and/or psychological disabilities as a Job Developer or Job Coach
5. Toby Olson Lifetime Impact Award - This award, which is in its third year, recognizes an individual who has made a lifetime commitment to addressing the inequities people with disabilities face in their community and at the state and national levels and can demonstrate specific, direct actions dramatically changing the lives of those in the disability community.

More information and [instructions](#) are included in [this nomination packet](#) or on our [website](#). **August 25<sup>th</sup>, 2022 is the nomination deadline for this year's Awards Program.** Electronic Nominations are preferred and can be submitted via [Survey Monkey](#).

This year's milestone event will be hosted by the GCDE. In light of the continued pandemic, the venue has not yet been set, however the date is targeted for October 21, 2022. Thank you for partnering with us in this exciting celebration of excellence. If you have questions or need more information, please contact Emily Heike at (360) 890-3776 or email at [GCDEawards@esd.wa.gov](mailto:GCDEawards@esd.wa.gov) (email preferred).

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## [17th Annual Hydrocephalus \(HA Connect\) Conference-click here](#)

[July 14th through 16th 2022](#)

Expand your awareness about hydrocephalus from leading experts in the field and make valuable, lifelong connections with hundreds of individuals in similar situations. Whether you're newly diagnosed or have been living with hydrocephalus for many years, the program will cover topics of interest to all members of the hydrocephalus community.

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## RESOURCES

1.) [Pandemic babies are behind. Years of stress, isolation have affected their brain development \(click here for the rest of the article\)](#)

2.) [How to get help from Social Security Local Social Security](#) offices are offering more in-person appointments and have resumed in person service for people without an appointment.

(1) As we expand in-person service, we expect our offices to be very busy. We strongly encourage you to continue to go online, call us for help, and schedule appointments in advance.

- The best way for people with access to the internet to get help from Social Security is online at [www.ssa.gov](http://www.ssa.gov). Going online or calling us can save you a trip to a busy office. [\(See attached document for more information\).](#)

3.) **What is the Affordable Connectivity Program?** The Affordable Connectivity Program (ACP) is a [Federal Communications Commission \(FCC\) program](#) that replaces the Emergency Broadband Benefit Program (EBB Program) to help low-income households pay for internet service and connected devices.

If your household is [eligible](#), you can receive:

- Up to a \$30/month discount on your internet service.
- Up to a \$75/month discount if your household is on qualifying Tribal lands.
- A one-time discount of up to \$100 for a laptop, tablet or desktop computer (with a co-payment of more than \$10 but less than \$50).
- The Comcast Internet Essentials Plan at no cost (after subsidy).

Only one monthly service discount and one device discount is allowed per household. To receive the connected device discount, consumers need to enroll in the ACP with a [participating provider that offers connected devices](#) (Note: not all internet companies offer device discounts.) The

internet company will provide the discount to the consumer.

Consumer FAQs on the program:

[Affordable Connectivity Program Consumer FAQ | Federal Communications Commission \(fcc.gov\)](#)

Information from the White House:

[FACT SHEET: Biden-Harris Administration Announces 10 Million Households Enroll in Broadband Affordability Program, Thanks to Bipartisan Infrastructure Law | The White House](#)

Information on the Comcast Internet Essentials Plan:

[Affordable Connectivity Program - Xfinity ACP Internet Credit by Comcast](#)

4.)

[Washington's Hands and Voices Summer Art Festival Virtual Event](#)  
[Washington's Hands and Voices Summer Art Festival Virtual Event \(Spanish\)](#)

[Washington's Hands and Voices Family Reunion Picnic - Shoreline](#)  
[Washington's Hands and Voices Family Reunion Picnic \(Spanish\) - Shoreline](#)

[Washington's Hands and Voices Family Picnic - Spokane](#)  
[Washington's Hand and Voices Family Picnic \(Spanish\) - Spokane](#)

5.) **Financial Support for Families With Children Diagnosed With a Chronic or Terminal Illness**

By [Erin C. Perkins](#)

Trying to care for a child with a chronic, or worse, terminal illness can take a huge emotional and financial toll on the entire family. Anxiety over the child's quality of life, stress about medical bills and medication, *rising health insurance cost* and the impact of it all on other family members are just a few of the challenges parents and caregivers face. Fortunately, there are financial resources, support tips and expert insights in this guide to help navigate this difficult situation. [\(For the rest of the article click link.\)](#)

6.) **The Entire On-Demand Library**

Sign up for the entire On-Demand Library with access to over 250 hours of content. Training topics include: Community Inclusion • Customized and Supported Employment • Diversity, Equity and Inclusion • Positive Behavior Supports • School-to-Work Transition and more with new content added every week.

The On-Demand Library also includes the following A la Carte Collections: CESP Pre-Approved Courses and Onboarding for People Providing Supported Employment Services.

[Wise Subscriptions - WISE LEARNING CENTER REGISTRATION \(gowise.org\)](#)

7.) **Staying Safe in Extreme Heat**

Sharing information from the Administration for Community Living.

A large part of the United States has been, or will soon be, experiencing extreme heat conditions (high heat and humidity with temperatures above 90 degrees for several days). Our bodies must work extra hard to maintain a normal temperature in extreme heat, and heat-related distress can occur quickly and without warning. Extreme heat can be dangerous for all, but especially for older adults and people with chronic conditions. Take steps to prepare and stay safe using these tips from Ready.gov:

- Find air conditioning.
- Avoid strenuous activities.
- Wear light clothing.
- Check on family members and neighbors.
- Drink plenty of fluids.
- Watch for heat cramps, heat exhaustion and heatstroke.
- Never leave people or pets in a closed car.

Check out the [Extreme Heat Safety Social Media Toolkit](#) and other resources from [Ready.gov](#), the [CDC](#) and the [National Institutes of Health](#).

**Cooling Stations and Care Provider Bulletins**

Please take a few minutes to learn what you can do to keep the people you support and yourself safe while enjoying the summer.

- [Extreme Heat Cooling Centers](#)
- [Snohomish County Cooling Centers](#)
- [Skagit County Cooling Centers](#)
- [Heat Safety Care Provider Bulletin](#)

## 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.

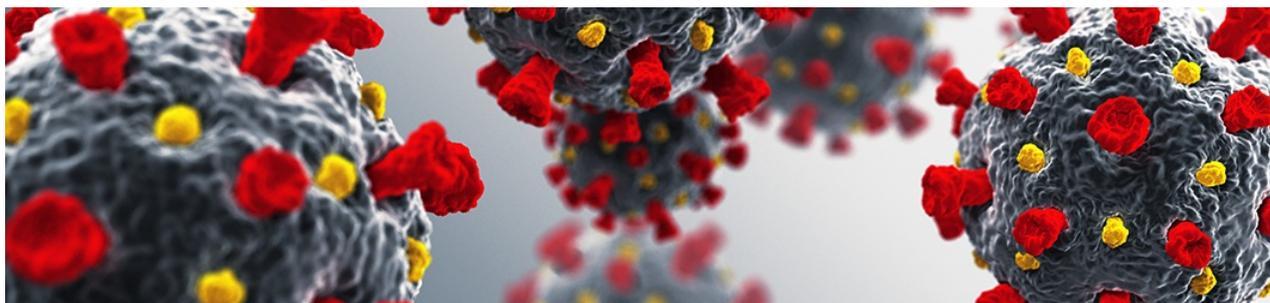
**Honramos** el trabajo gratificante y desafiante de los padres, cuidadores y aliados comunitarios.

**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. [Understood.org](https://www.understood.org) - *Recurso en inglés y español*. Información sobre el sistema escolar en Educación Especial, historias de padres y estudiantes y mucho más. Fácil de entender y navegar. Cómo podemos ser un buen defensor de nuestros hijos usando el mismo lenguaje que usan los profesionales.
  2. *Wa Oficina del Defensor del Pueblo de la Educación* <https://www.oeo.wa.gov/es>
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## COVID - 19 RESOURCES

### *Archived COVID-19 Resource Links*

#### *Extension of the Public Health Emergency*-Bulletin

The Health Care Authority (HCA) learned from [the Department of Health and Human Services \(HHS\)](https://www.hhs.gov) that the current COVID-19 public health emergency (PHE) has been extended through April 16, 2022. According to [HHS' letter to the Governors](https://www.hhs.gov), the PHE may be extended in 90-day increments and HHS will provide states with 60 days' notice prior to termination. HCA will

continue to share updates as new information becomes available, and communicate to clients, partners, and stakeholders before any eligibility changes take place....[for more info](#)

The White House is rolling out an online order form for free at-home COVID tests—families will be able to order up to 4 tests per household. In order to prioritize high-risk communities, we've been asked to help share the order form to help people with disabilities access tests. You can visit this website to order tests: <https://nachw.org/covid-test-kit-order-form/>. Spanish [COVIDtests.gov - Pruebas caseras gratuitas de COVID-19](#)

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.

[Parent Guide to COVID-19](#) (English) [other languages](#).

### [COVID-19 Vaccination for Children 5 through 11 Years Old](#)

Information for Jurisdictions, Healthcare Providers, Pharmacists, Schools, and Community Partners...

RESOURCES ON THE PFIZER COVID-19 VACCINE 12-15 AGE EXPANSION. In response to the authorized of Pfizer COVID-19 to children ages 12-15, the CDC has developed several useful tools for parents and clinicians to utilize.

- Myths and Facts about COVID-19 Vaccines. <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/facts.html>
- Key things to know about COVID-19 Vaccines. <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/keythingstoknow.html>
- How to talk with parents about COVID-19 Vaccination. [https://www.cdc.gov/vaccines/covid-19/hcp/pediatrician.html?CDC\\_AA\\_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fvaccines%2Ftoolkits%2Fpediatrician.html](https://www.cdc.gov/vaccines/covid-19/hcp/pediatrician.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fvaccines%2Ftoolkits%2Fpediatrician.html)
- Pfizer-BioNTech COVID-19 Vaccine Questions. <https://www.cdc.gov/vaccines/covid-19/info-by-product/pfizer/pfizer-bioNTech-faqs.html#vaccination-minors>
- Talking with Patients about COVID-19 Vaccination. <https://www.cdc.gov/vaccines/covid-19/hcp/engaging-patients.html>

10 ways we can respond to the pandemic in a trauma-informed way.

<https://theconversation.com/10-ways-we-can-better-respond-to-the-pandemic-in-a-trauma-informed-way-168486>

A Person Centered Approach to Prepare for the COVID Emergency or Crisis Event  
(download [English](#) & [Spanish](#) flyers)

Important Considerations for COVID-19 Vaccination of Children With Developmental Disabilities.

A new report published online in Pediatrics summarizes data showing that children with developmental disabilities may be at higher risk from COVID-19 illness because of increased prevalence of underlying health conditions, suboptimal vaccination rates, and systemic inequities. <https://pediatrics.aappublications.org/content/early/2021/07/15/peds.2021-053190.long>

Find a COVID-19 testing location near you. To make it easier to find a test near you, the DOH has created a webpage to help people find [COVID-19 testing locations](#) throughout the state.

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The state COVID-19 Assistance Hotline is a general information line related to COVID-19. If you need information or have a general question, call 1-800-525-0127, then press # or text 211-211 for help. New hours of operation are 6 a.m. to 10 p.m. Monday, and 6 a.m. to 6 p.m. Tuesday through Sunday and *observed state holidays*. You can also text the word “Coronavirus” to 211-211 to receive information and updates on your phone wherever you are. You will receive links to the latest information on COVID-19, including county-level updates, and resources for families, businesses, students, and more.  
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Washington Listens helps people manage stress and anxiety they may be experiencing because of COVID-19. If you or anyone you know is having difficulties managing stress, call the Washington Listens support line at 1-833-681-0211. Hours are from 9 a.m. to 9 p.m. Monday through Friday, and 9 a.m. to 6 p.m. Saturdays and Sundays. TTY and language access services are available by using 7-1-1 or their preferred method. Resources and self-help tips are available on [walistens.org](http://walistens.org).  
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COVID-19 News: DOH is launching a new mobile COVID-19 vaccination effort called Care-A-Van. Community partners and local health jurisdictions can submit a request to have the DOH Care-A-Van at their event. DOH will prioritize events serving communities disproportionately impacted by COVID-19. <https://www.doh.wa.gov/Emergencies/COVID19/Vaccine/CareaVan>  
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Pandemic continues to impact children's mental health. Here are resources in Washington to help. <https://www.king5.com/article/news/health/mental-health-resources-for-teens-children-washington-state/281-739c05c7-7c42-408f-98db-d216ef556668>  
.....

*DOH Homebound Service Access for COVID-19 Vaccines*  
.....

*Intellectual Disability Among Greatest COVID-19 Risk Factors, Study Finds*  
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New research suggests that people with intellectual disability are about six times more likely to die if they contract COVID-19, a higher risk than almost anyone else.  
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*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*  
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*Taking Care of Your Mental Health During COVID-19.* COVID-19 has many of us feeling isolated, but you can always take care of your mental health with self-care. Having a solid self-care routine can alleviate feelings of stress and bring you to a more positive place when things feel overwhelming. Our new blog post provides tips from the Mental Health First Aid curriculum on how to develop a self-care routine so you can #BeTheDifference for yourself during these uncertain times.  
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*Get Vaccinated to Protect Yourself, Family and Community: American Indians and Alaska Indians are disproportionately affected by the COVID-19 pandemic.*  
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*Taking Care of Yourself.* Offers providers a list of ideas for self-care strategies to use after a difficult event. This checklist outlines the three basic aspects of self-care including awareness, balance, and connection.  
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Care Connect Washington -

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COVID Stress Taking a Toll on Children’s Mental Health, [CDC Finds](#).

.....  
Mental Health-Related Emergency Department Visits Among Children Aged <18 Years During the COVID-19 Pandemic-United States, January 1-October, 2020 | [CDC’s Morbidity and Mortality Weekly Report](#).

.....  
HELPING CHILDREN WITH TRAUMATIC SEPARATION OR TRAUMATIC GRIEF RELATED TO COVID-19. [\(PDF\)](#)

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## Archived MENTAL/BEHAVIORAL HEALTH

1. [Phases of Disaster](#) - Adapted from Zunin & Myers as cited in DeWolfe, D. J., 2000. Training manual for mental health and human service workers in major disasters (2nd ed., HHS Publication No. ADM 90-538). Rockville, MD: U.S. Department of Health and Human Services, Substance Abuse and Mental Health Services Administration, Center for Mental Health Services. [\(pdf format to share\)](#)

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2. [Tips for Healthcare Professionals: Coping With Stress and Compassion Fatigue](#).  
This tip sheet explores stress and compassion fatigue, as well as signs of distress after a disaster. It covers strategies healthcare providers can use to reduce their stress during this time and information about coping with compassion fatigue.

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

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4. [Mental health symptoms in school-aged children in four communities](#).

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If you or your family is experiencing distress and need 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 1-800-273-8255
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