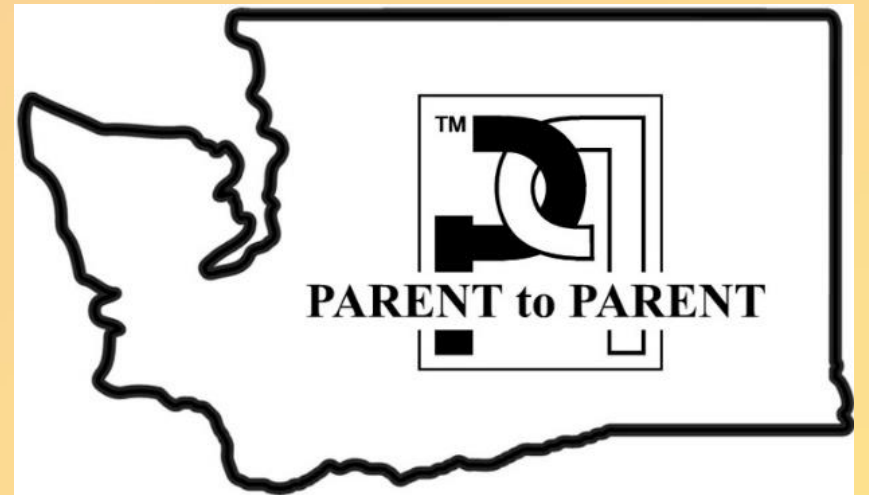


Washington State Parent to Parent Programs

Infant and Early Childhood Conference
May 3, 2022



A little about me...



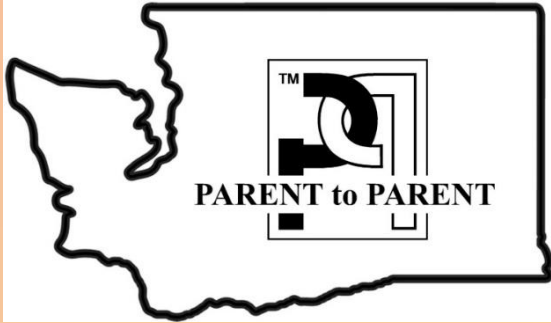
- Andy, Sarah and Mark's mom
- Manager of Family Support Services at Children's Village (clinic serving children with special health and developmental needs and their families) in Yakima since 1997
<https://www.yakimachildrensvillage.org/>
- Washington State Parent to Parent Manager since July 1, 2019

Washington State Parent to Parent

Providing social, emotional and informational support to parents/caregivers raising children with developmental disabilities and/or special health care needs... for parents and caregivers BY parents and caregivers.

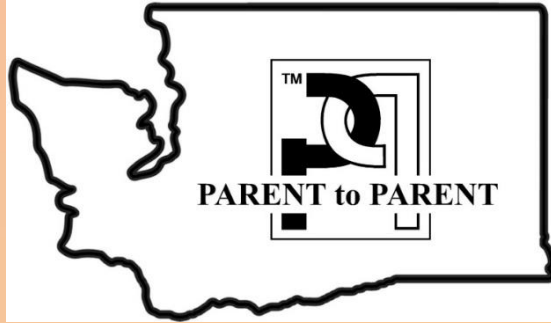
Each program provides:

- Early outreach, support and education to parents and caregivers
- Matching of a trained volunteer support parent with a new parent who has a child with similar needs to the child of the support parent
- Tools and resources for parents to be successful as they learn to understand the support and advocacy needs of their child and family



Our History...

- Pilot Parents
- WA established in 1980 with the first program in King County
- Today: 26 programs/50 Coordinators/14 programs with multicultural Coordinators offering Spanish language programming and African American Programming
- Serving every County in Washington State
- Program map: <https://arcwa.org/parent-to-parent/map/>



Sponsorship, funding and state-wide leadership

- Sponsored by The Arc of Washington State
- Hosted locally by various agencies
- State funding- Developmental Disabilities Administration, Washington State Department of Health/Children and Youth with Special Health Care Needs, Washington State Developmental Disability Council/Informing Families
- Additional Statewide leadership:
Theresa Van Pelt- Network Support Coordinator
Patty Gonzalez- Multicultural Support Coordinator
- P2PUSA Alliance Member <https://www.p2pusa.org/>
- WA P2P: <https://arcwa.org/parent-to-parent/>
- Follow us on Facebook: <https://www.facebook.com/groups/155502866875/>

Mission, Vision and Values

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.

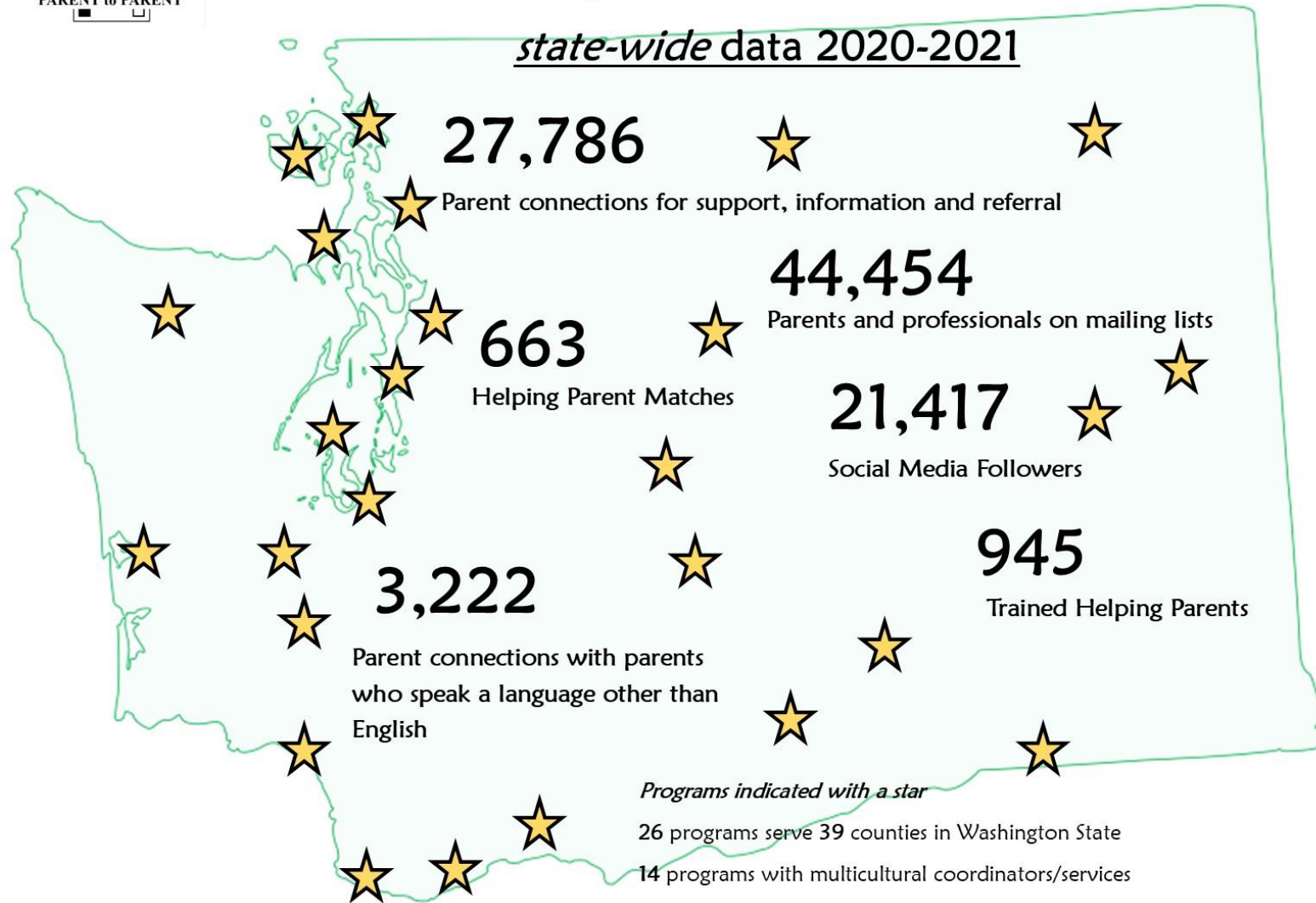
We engage community partnerships through outreach, listening and education to encourage inclusive communities where families can thrive.

We promote building communities that are equitable, non-biased and socially healthy where all families and children can live inclusive, safe and fulfilling lives.



Washington State Parent to Parent

state-wide data 2020-2021





Hearing from our families...

Jeri, Okanagan County

Rosa, King County

Andrea, Yakima County

Lizzy, Pierce County

Victoria, Clark County

Sally, Yakima County

Jenna, Yakima County



Virtual engagement...Parent to Parent programs across Washington State meeting social/emotional/informational needs of families during the Pandemic:

- Parent matching
- Traditional support groups
- Fathers Groups
- Movie and Book Clubs
- Game nights (Bingo, and more)
- Arts and Crafts Class
- Building with LEGOs
- Walk-a-thon
- Talent Show
- Costume Party
- Zumba
- Mindfulness Classes
- Pumpkin decorating
- Sibshops
- Coffee Chat
- Scavenger Hunts
- Happy Hour
- Show and tell
- Cooking Class
- Pokémon Club
- Training with agencies (OEO, PAVE, DD Ombuds, etc)
- Helping Parent Training
- New Diagnosis Support Group



THE ARC OF SNOHOMISH COUNTY

Virtual Supports

- Mothers Network
- Fathers Network
- Miercoles de Mamas
Cocina Y Manualidades
- Padres Unidos
- Helping Parent and IEP
Parent Partner Training
- Sib Connections Sibshop
- Teen Sib Connect Sibshop
- Adult Sib Meet-up
- LEGO & Art Zoom Club
- Connecting Families
Speaker Events
- Adult Caregiver Support
Group Speaker Events

New Programs

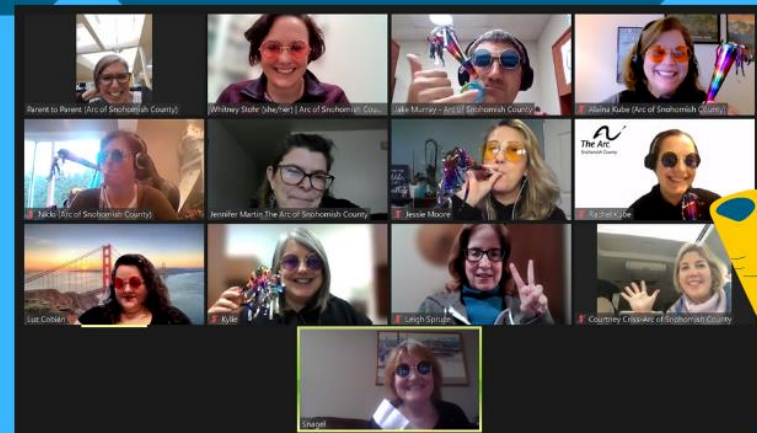
- "The Arc Amplified!!" blog
- Caregiver Connections
Self-Care Support Group
- My Sib & Me - Sibshop
family events

Challenges

- Still mostly virtual
- Zoom fatigue
- Family engagement
- Staff work/life balance

2021-22 Wins!

- Arc office move
- Fall Harvest Festival
- Dia Del Nino(a) Drive-
Thru event
- Still able to offer virtual
support
- Speaker recordings on
Vimeo ([link](#))
- Annual Summer
Recreation Guide ([link](#))
- Trauma Informed
Resource Guide ([link](#))





Parent to Parent Of Chelan and Douglas County



Triumphs

Challenges

- Holland
- Family Social Events
- Art and Play
- Birthday Parties
- Not so Scary Halloween
- Family Game Night
- Little Warriors
- Parent Support
- Resources
- new families

- Child care for parents for them to attend support groups and Parent trainings.
- Rapid Growth (it's a good thing but it's fast paced)



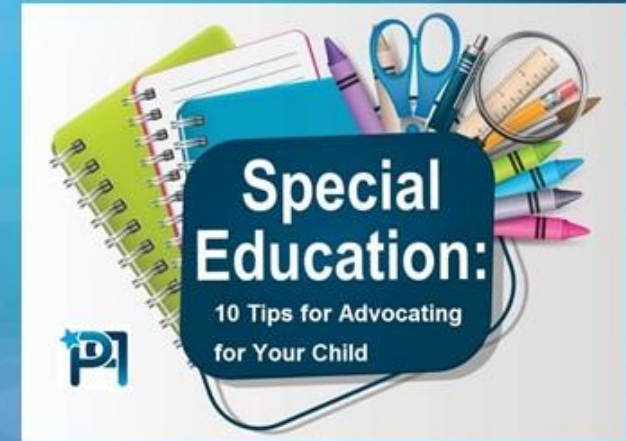


Skagit County PARENT to PARENT

HIGHLIGHTS:

- ERAP Contract
- Practicum Student
- Moved into a new office
- WA P2P & PAVE collaborations
- Behavioral Health collaborations

EMERGENCY RENT ASSISTANCE PROGRAM





Agencies P2P works with on Islands: Family Resource Centers; San Juan County Health Dept.; Toddler Learning Center; HeadStart; San Juan Island School District; San Juan County Autism Collaborative; San Juan County Transition Task Force; San Juan County Juvenile Courts Services



P2P San Juan County

Sibshops Certification



Support Group Online

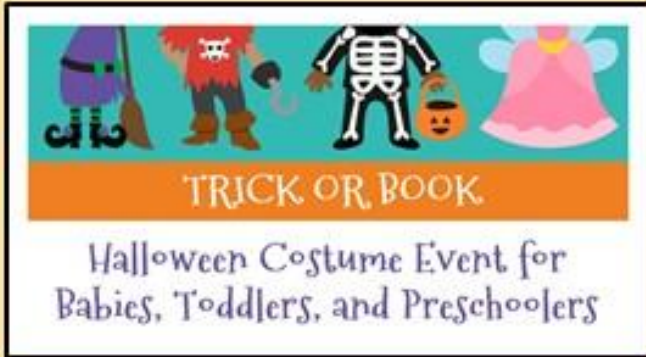


FRC/P2P/YAAS! Fundraiser Benefit Concert

Future Goals:

Helping Parent Trainings to All Islands; Multicultural Outreach Program; SibShops programs; In-person Support Groups; More family events....

Raised approx. \$2000 for the P2P and YAAS! Programs.



Jen DeShon - Program Coordinator



Lewis County Parent to Parent A Reliable Enterprises Program



Events:

- Fishing event
- Picnic and life jacket giveaway
- Pumpkin Patch
- Pool Party
- Movie Night at the Museum
- Christmas gift giveaway
- Santa photos
- Children's Hands on Museum
- Easter egg hunt

Supports and Trainings:

- Coffee and Conversation
- PALS (support group)
- Emergency Prep. Education and backpack giveaway
- Pathways to Adulthood presentation series
- Sibshops
- Ben's Fund applications

Upcoming Events and trainings:

- IEP Parent Navigator Training w/Greg Abell
- Camp Prime Time
- Sibshops
- Swimming event
- Annual summer picnic
- Rascal Rodeo (fingers crossed)
- Fishing event

Challenges:

- Transitions from zoom to in person
- Feeling inadequate as a support group facilitator
- Getting new families involved





Through The Year...

- Lunch & Learn- We invite providers (DDA, PAVE, etc.) once a month to come and share with parents. Parents are free to ask questions in a safe environment.
- Cafe Chat- Our weekly support group for parents.
- Mother's & Father's Day- We celebrate parents & caregivers by giving them bags full of goodies just for them.
- Games- Our families love Bingo! They love Scavenger Hunts too! It's always fun to see the kids light up when they yell Bingo or run around the room to find things.

Family Engagements



We love our pets!

Families sent pictures of their pets and received a Pectco gift card.

Gingerbread houses

Families signed up for kits and took pictures of how they decorated their houses!



Cupcakes!

Families signed up for cupcake kits and took pictures of their creations.



Why Parent to Parent...

Outcomes:



Research has found the following results from support through a parent match:

1. Gains in parental cognitive adaptation to disability/acceptance of disability
2. Improved coping skills for child and family situations
3. Improved progress in meeting the primary need about which they were concerned at first contact with Parent to Parent
4. Improved feelings of self-efficacy and competence
5. Increased sense of belonging and being valued by a social group

The [American Academy of Pediatrics](#) endorses parent to parent support as a Family-Centered Practice to improve health outcomes in children and families.

And...

- Over 80% of parents find Parent to Parent support helpful
- 'Parent to Parent support should be an essential component of a comprehensive family support system'
- 'The kind of support Parent to Parent offers is unique and can not come from any other source'
- 'Parent to Parent support increases parents' acceptance of their situation and their sense of being able to cope'

Source: *A participatory action research team of parents and researchers conducted a 3-year national study to determine the effectiveness of parent to parent support for Referred Parents. Parents and researchers worked together to design the study, write the grant application, and carry out this important study involving 400 parents nationally. George Singer, PhD. was the Director of the study (later becoming a P2P USA Board Member).*

The original study appeared in the following journal: Singer, G.H.S., Marquis, J., Powers, L., Blanchard, L., DiVenere, N., Santelli, B., & Sharp, M. (1999). A multi-site evaluation of Parent to Parent programs for parents of children with disabilities. Journal of Early Intervention, 22(3), 217-229.

Questions

