



Lewis County

Parent to Parent Newsletter

June 2016

Connect ~ Care ~ Community

Focusing on Transitions

We all have many roles we transition seamlessly into throughout the day – parent, colleague, partner, friend, sibling and more. And once we transition to role of parent – wow, what a wealth of resources! Blogs, books, magazines, websites, Pinterest, anyone? What is your question – Google probably can find your answer!

But what happens when you transition to the role of a parent or caregiver of a child with special needs? Do you know where to find YOUR support, YOUR answers, YOUR road map?

Lewis County Parent to Parent is your local organization to assist you with information, resources and support for every stage you transition through; from diagnoses to learning about therapies and services, to accessing your community to getting support for your child and yourself. And men – just for you – there is [Washington State Fathers Network](#). WSFN is the only regional program in the United States fully devoted to fathers of children with special health care needs and developmental disabilities.

As a parent or caregiver of a child with special needs, you will need to learn to navigate three major systems – [education](#), [publicly funded services](#) and supports and [health care](#).

As Lewis County Parent to Parent transitions to this e-newsletter format, we will have the opportunity to share much more valuable information that you can access 24/7. Find our first great resource regarding transitions, [Informing Families Building Trust](#), one of the most comprehensive websites available today. Make sure to download the [Person-Centered Planning Guide](#) as your first step to feeling empowered and in control. This guide is appropriate for everyone – from infancy, school age, adulthood to retirement this interactive step-by-step guide will become one your most valuable tools.

Lewis County Parent to Parent supports all families and caregivers regardless of diagnosis. Please join our community of support by attending events, becoming a parent mentor, or contributing information to this newsletter. Make joining Parent to Parent your best transition yet!

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Parent to Parent offers emotional support and provides information about disabilities and community resources to parents who are just learning about or seeking new information on their child's disability, illness or special health care needs. The program utilizes veteran families of loved ones with disabilities called "Helping Parents" who understand the emotions behind the disabilities.

In their own words...

"Hearing that your child has special needs can be very difficult. I am so grateful that I felt prepared and ready for my son's diagnoses. Parent to Parent has really helped my family with our journey so far. Just being able to talk to someone, tell them how I feel or vent about a situation I'm dealing with, and hearing that they can relate is a weight lifted off of me. I don't always have someone to relate to or talk to and I am able to get that with Parent to Parent.

I used to have a low self-esteem before getting involved with In-Tot and then Parent to Parent, but after being around so many encouraging, positive people my self-worth feels much greater now. I love that I can connect and relate to other parents that may be feeling the same as me. Normally before going places, I feel worried about if my son will have a hard time. I love that Parent to Parent throws events that we can go to and not have to worry about judgment because everyone else attending is understanding and has had hard days as well.

Being a part of these two groups has helped my son grow in so many ways. The day we went to the "Frozen" party was so heartwarming to see him so unbelievably happy. I myself have gone through such a transformation as a person and I thank these programs for that. I now have the confidence to reach out and connect to others and have even thought of bigger and better career goals in my life. If you are not yet involved with Parent to Parent, I highly recommend it. Connecting to others is what life is truly all about and is so rewarding."

– Mother of 2-year-old



We welcome your joys, success stories, challenges, questions, wisdom, recipes, comments and suggestions. Please email your submissions to Sara, at spalm@reliableenterprises.org.



Join other parents and caregivers at Fiddler's Coffee for coffee and stimulating conversation! Share resources, ask questions and join in your community of support! Group meets every 3rd Tuesday of the month at 9:30!

[Fiddler's Coffee](#) (Upstairs)
1220 Mellen Street, Centralia

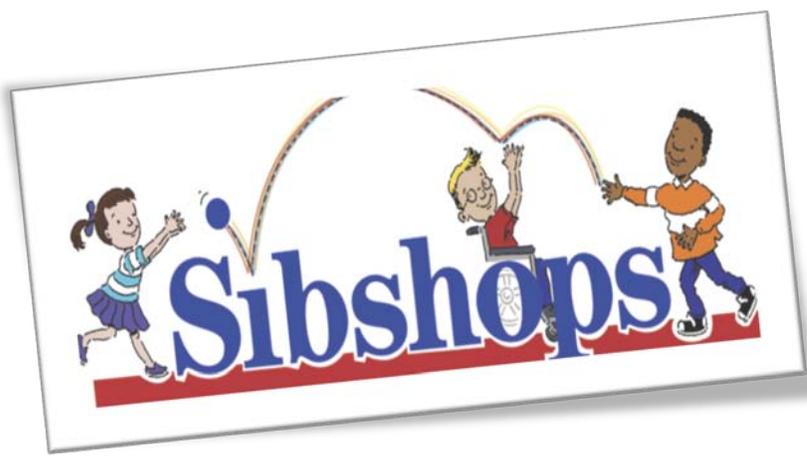
June 21
Jerry Mullin, Developmental Disabilities Admin.
Learn about what services are available through DDA and how to access them.

July 19th
TBA

Stay connected, keep informed!

[Lewis County Parent to Parent](#)
[Lewis County Family Support Network](#)
[In-Tot Developmental Center](#)
[Reliable Enterprises](#)





What are Sibshops?

Sibshops are fun, action packed workshops for children (ages 8-13) who have a brother or sister with special needs. It is a chance to connect with others who get it!

Upcoming Sibshops dates are:

Saturday, June 4th 10am-1pm

Saturday, July 9th 10am-1pm

Saturday, August 6th 10am-1pm

Lunch will be provided!

Registration fee of \$15 includes all 3 Sibshop events, a family event, and a gift for the participating siblings! ***Limited scholarships are available!** Contact Sara Palm-Sons at 360.520.9299 or spalm@reliableenterprises.org for your registration form. Please mail your completed registration form and check to: Parent to Parent, P.O. Box 870, Centralia, 98531.

CAMP PRIME TIME



Lewis County Parent to Parent Weekend

September 30 – October 2, 2016

Registration is now open to Lewis County families for this year's Camp Prime Time.

[Camp Prime Time's](#) mission is to enrich the lives of families with children who are seriously ill or developmentally disabled by providing an outdoor wilderness experience where families can enjoy themselves in a supportive atmosphere without financial burden.

How to Register

Contact Parent to Parent to request a registration packet. Priority is given to families who have not previously attended. Don't wait – cabins are limited! If you have questions, please contact Sara at 360.520.9299 or email spalm@reliableenterprises.org

Community Connections

Sensory Friendly Story Time

Story time for children with autism and other special needs

May 6th

June 3rd

July 1st

August 5th

10:30 am

Enjoy stories, songs and movement games in a safe, non-judgmental environment. If you have any questions please ask a librarian.



Centralia
Timberland Library
110 S. Silver St. 736-0183 www.TRL.org



2016 Special Education Boot Camp Conference

This conference is four days of comprehensive focus on special education issues. All participants will take Special Education Law on Monday and then select up to nine additional courses Tuesday – Thursday. Parents are encouraged to register for this conference.

Limited scholarships are available.

Email [Jill Dahlen](mailto:jill.dahlen@centralia.edu) for more info on how to apply for scholarships or call 253.765.7088.

July 18-21, 2016

Great Wolf Lodge

20500 Old Highway 99 SW, Centralia

360.273.7718

Registration fee \$320

Includes training, morning refreshments and lunch

Children with Special Health Care Needs

Children with Special Health Care Needs (CSHCN) serves children who have serious physical, behavioral or emotional conditions that require health and related services beyond those generally required by children.

There is no charge for consulting with a CSHCN Nurse Coordinator, regardless of family income.

For more information, call 360.740.1489 or visit the Washington State Department of Health [CSHCN website](http://www.cshcn.org).

Organizing your information is also critical. Seattle Children's CSHCN department has created FREE Care Organizers with suggestions for the most commonly needed documents. Care organizers are great for:

- *Keeping track of medicines or treatments
- *Organizing contact information for health care providers and community organizations
- *Preparing for appointments
- *Filing information about your child's health history.



Seattle Children's will mail you one [free organizer](#) per child. Check out Seattle Children's Hospital, [cshcn.org](http://www.cshcn.org), for a list of suggested documents and other helpful resources!

"The Link" at Centralia College

Sponsored by the [Lewis County Autism Coalition](#) and Centralia College, the link is central location for connecting families with resources for Autism and behavioral issues.

Phone: 360.736.9391 ext. 749

Email: autismlinkcoordinator@gmail.com

Councils, Coalitions and Groups ~ Get Involved!

June 2016

June 2 – Mental Health Coalition
June 14 – Healthy Families Coalition
June 16 – Early Learning Coalition
June 18 – People First Chapter Meeting
June 27 – Developmental Disabilities
June 24 – Autism Coalition

July 2016

July 7 - Mental Health Coalition
July 11 – Healthy Families Coalition
July 16 – People First Chapter Meeting
July 21– Early Learning Coalition
July 22 – Autism Coalition
July 25 – Developmental Disabilities

[Lewis County Developmental Disabilities Coalition](#) – Topics include what is happening at the state level, service provider reports and how to better serve clients in all communities. Contact: [Meja Handlen](#) at 360.748.1418. Meets the 4th Monday of month at 4:00 pm at 156 Chehalis Avenue, Chehalis.

[Lewis County Early Learning Coalition](#) and The LC Interagency Coordinating Council – The future of Lewis County is our children! Current projects include the Early Learning Calendar and Summer STEM camp. Contact: [Donna Burkhart](#). Meets the 3rd Thursday of month from 3:30 – 5 pm, at Centralia College, Health Center, Room 106.

[Lewis County Autism Coalition](#) – Community members, doctor and parents working for resources. Open to all. Meets the 4th Friday of month from 8-9 am, 156 NW Chehalis Avenue. Contact: Cristi Heitschmidt, 360.736.9391x 654.

[Healthy Families Coalition](#) - Helping kids and families learn healthy food choices. Current projects include community gardens, outreach fairs and monthly cooking classes. Meets the 2nd Tuesday of month at 3:00 at Centralia College. Contact: Kari Winsor at 360.269.2843.

[Lewis County Mental Health Coalition](#) – Parents of children with mental health diagnosis are especially welcome to join. Meets 1st Thursday of month at 156 NW Chehalis Ave, Chehalis. Contact: Carolyn Price, MSW at 740-1430.

[People First Chapter Meeting](#) – The purpose of People First of WA is “to assist people of disability to realize and appreciate that we are PEOPLE FIRST and our disabilities are secondary and that we are equal citizens in our communities. NEW MEMBERS WELCOME. Meets the 3rd Saturday of the month from 1:30 – 3:30 pm at 1227 Harrison, Harrison Square, Centralia. Contact: Paula Wind at 360.880.0672

Support Groups at Centralia Hospital

Diabetes Support Group – Fourth
Thursday of each month, 5:30-7pm.
Chehalis Campus. Call Lunell
360.740.0112 x 244 or Melissa,
360.740.8362.

Traumatic Brain Injury – Group of
persons/survivors and family. Call
360.864.4341 for information.

JUMP!

Chehalis Thorbecke’s

Mondays 11-12 and
Thursdays 4-5 pm

www.thorbeckes.com

Joining
Unifying
Motivating
People

SPARC

This program provides social and
recreational events that increase self-
esteem, better health and public
awareness of people with disabilities,
16 years and older.

Follow them on Facebook for info on
dances, bingo, dine-outs, bowling
and more!

www.reliableenterprises.org

Lewis County Family Support Network

Our Family Support Network (FSN) coordinator works directly with families who are navigating education, medical and transition services. The FSN coordinator can offer assistance to families and/or caregivers that need coordination of services. FSN can provide information about local, state and federal resources.

WHO IS ELIGIBLE FOR FSN SERVICES?

*People with developmental disabilities of all ages

*Families and/or caretakers of people with developmental disabilities who are seeking information or support

If you are a parent and/or caregiver of someone with special needs and have questions regarding services and resources available to you and the individual, please contact Sara Palm-Sons at 360.520.9299 or email spalm@reliableenterprises.org

What is DDA?

Developmental Disabilities Administration (DDA) is where people go to get help for in-home and community-based services. Learn more about DDA services at www.dshs.wa.gov/dda.

To request a packet, or for assistance with applying, contact your local Parent to Parent Coordinator. Call Sara Palm-Sons at 360.520.9299 or email at spalm@reliableenterprises.org.

Tips to help your child transition

- Use visual schedules to help your child anticipate what will happen next.
- Have a transition object or routine that your child enjoys.
- Try to stick to predictable routines to ease your child's anxiety of the unknown.
- For some children using a timer or giving warnings works well. For others this can create anxiety...follow your child's cues and do what works for them!
- Sing a transition song (i.e. clean up song, snack song).
- Give your child something to look forward to (e.i. After we finish doing____, we will have a snack.)
- Praise your child when they transition smoothly.

School Transitions

Planning for school transitions can be overwhelming. Trying to figure out what needs to be done and how to access services can be a daunting task. Luckily there are many resources available to help you and your child with this process!

Preschool Transition Resources:

[Tips for a successful IEP](#)
['Our Next Step' Parent Workbook](#)
[List of IEP and 504 Modifications](#)

High School Transition Resources:

[Autism Transition Toolkit](#)
[Transition Planning Checklist](#)
[Services Overview](#)
[Transition Timeline](#)