Please join us for our Annual Parent to Parent Holiday Party

Join us for crafts, fun activities, photos with Santa and much more!

Saturday, December 8
Bloedel Donovan Park
Large Multipurpose Gym
2214 Electric Avenue, Bellingham

There are 2 time slots families are welcome to join:
Families of a child with special needs ages birth to seven are invited from: **12 noon to 1:30 pm**
Families of a child with special needs ages eight and up from: **1:30 pm - 3 pm**

*Beverages will be provided. Please bring your favorite healthy potluck dish to share.

How to Support The Arc of Whatcom County:

- Become a Member! Your membership helps to fund programs for individuals with developmental disabilities. Visit [http://arcwhatcom.org/wp/contribute/become-a-member/](http://arcwhatcom.org/wp/contribute/become-a-member/)
- Support The Arc by linking your Fred Meyer Rewards card to our organization. Visit [https://www.fredmeyer.com](https://www.fredmeyer.com). Make sure to update your non profit each July.
- AmazonSmile is a simple and automatic way for you to support us, at no cost to you! [https://smile.amazon.com/](https://smile.amazon.com/)
- Donate to Our Down syndrome Outreach program at [https://give.classy.org/2018whatcomcountybuddywalk](https://give.classy.org/2018whatcomcountybuddywalk)
Developmental Disabilities Administration (DDA) 2019-21 Washington State Budget Increase Request

<table>
<thead>
<tr>
<th>BUDGET ITEM</th>
<th>INCREASE REQUEST</th>
</tr>
</thead>
<tbody>
<tr>
<td>RESIDENTIAL HABILITATION CENTERS (RHC)s:</td>
<td></td>
</tr>
<tr>
<td>Increased staffing, replace failing buildings, equipment, &amp; vehicles.</td>
<td></td>
</tr>
<tr>
<td>State General Funds Requested:</td>
<td>$22,388,000</td>
</tr>
<tr>
<td>Total Funds Requested (includes federal dollars):</td>
<td>$44,668,000</td>
</tr>
<tr>
<td>STATE OPERATED LIVING ALTERNATIVES (SOLA)s:</td>
<td></td>
</tr>
<tr>
<td>To establish a new children’s SOLA and transfer some individuals from RHCs to SOLAs.</td>
<td></td>
</tr>
<tr>
<td>State General Funds Requested:</td>
<td>$25,020,000</td>
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<tr>
<td>Total Funds Requested (includes federal dollars):</td>
<td>$48,813,000</td>
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<tr>
<td>COMMUNITY SERVICES:</td>
<td></td>
</tr>
<tr>
<td>Rate increases for community providers, out of home placements for individuals with aging caregivers, respite, transitions services, forecasted caseload cost increases.</td>
<td></td>
</tr>
<tr>
<td>State General Funds Requested:</td>
<td>$194,653,000</td>
</tr>
<tr>
<td>Total Funds Requested (includes federal dollars):</td>
<td>$393,062,000</td>
</tr>
<tr>
<td>DDA ADMIN:</td>
<td></td>
</tr>
<tr>
<td>Implementation of Electronic Visit Verification and Consumer Directed Employer, facilities costs, Comprehensive Assessment and Reporting Evaluation (CARE) system upgrades, increased staffing, and reduced processing time for financial eligibility.</td>
<td></td>
</tr>
<tr>
<td>State General Funds Requested:</td>
<td>$44,728,000</td>
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<tr>
<td>Total Funds Requested (includes federal dollars):</td>
<td>$60,733,000</td>
</tr>
</tbody>
</table>

How Many People Live Where?

Number of DDA Clients:
- In-Home: 28,100
- Community Residential: 7,391
- Residential Habilitation Center (RHC): 697
- SOLA: 150

RHC Costs Now:
- 13.0% of the Budget for 1.4% of the Clients
- DDA wants at least $22.4 Million MORE State Dollars for RHCs?

Current Percent of DDA Budget Spent

- In-Home: $511.8 M
- Community Residential: $572.6 M
- Residential Habilitation Center (RHC): $195.6 M
- SOLA: $32.8 M
- DDA Admin $120.0 M

Budget Steps

The state budget process takes place each year. Every odd-numbered year the biennial (two-year) budget is created. In even-numbered years a supplemental budget makes fixes needed for unanticipated issues in the budget.

1. Start Here: Each Spring, the Governor directs all state agencies to put together decision packages, based on his requests for budget cuts and/or increases.
2. In the Winter, the Legislature develops budget proposals in response to the Governor’s budget. They have to agree before it can pass and go to the Governor for his signature.
3. The Governor decides in the Fall how he wants to spend or save money, based on the information state agencies provide. He sends his budget recommendations to the Legislature in time for legislative session (usually toward the end of December).
For many of us raising children with disabilities, welcoming people into our homes around the holidays can be stressful. In preparation for our most welcomed and highly anticipated visitors, following are some tips for visiting our family.

Focus on achievements, not deficits.
You will definitely notice inappropriate and unacceptable behaviors. Keep in mind though, that for every “bad” behavior you see, there are other skills we’ve been tirelessly chipping away at, like our child’s growing vocabulary and saying please and thank you. We hope you notice and celebrate all the things he does well.

Be patient.
Go slow. Start with a wave from across the room, or maybe a high-five. Give lots of chances to engage with you. Be interested in the things our child loves—toys, room, favorite TV show, games.

Don’t take it personally.
Our child will probably tell you to leave, and maybe even to shut up. He might turn his back on you and refuse to acknowledge your presence. Please, please, please don’t feel hurt. He isn’t trying to hurt your feelings. He is just expressing his discomfort in the only way he knows how.

Ask questions.
We’d love to tell you what we’re working on, which methods we’ve found helpful (and which ones aren’t), and our thoughts about our child’s future. In fact, he’s one of our favorite topics.

Give siblings all the attention they deserve.
While our child’s antics can take up more than his share of the attention, remember that his brother is here and deserves the spotlight too. He’s quieter about it, and will probably not color on any walls or wet his pants, but he needs and deserves to have his family show equal interest in his goals, challenges and plans for the future. He is an incredible kid.

Watch how we interact, and do what we do.
We know when to be firm, when to use distraction, when to offer a reward, and when to resort to a time out. Most everything we do is thoughtful, intentional, and done with years of experience behind it. Be wary of offering suggestions. It’s safe to assume we’ve tried everything (twice) and have zeroed in on what does and doesn’t work for us.

Love our child for exactly who he is.
Silly, loud, inconsiderate, affectionate, extremely messy, and a total handful. He can make you laugh and, minutes later, cause you to pull your hair out in frustration. He will drop a rock in your drink, and tell you to shut up when you compliment his t-shirt. Love him in spite of it. No, better yet, love him because of it. Take time to get to know him and learn what makes him such an incredible, complex, multi-dimensional person. He is one of our never-ending sources of love and happiness, and we are so overjoyed to share him with you.

Holiday Guest Guide was written by Rachel Nemhauser at The Arc of King County, read more at https://informingfamilies.org/holiday-resources/
You are invited to attend…

The Arc’s Parent Coalition Legislative Workshop

6 - 8pm, Tuesday, December 18
The Arc’s Dan Godwin Community Center
2602 McLeod Road, Bellingham

An important goal of the Parent Coalition is to provide the resources for families to make their voices heard with their elected officials. This workshop will provide an informational forum and guided discussion on issues in the upcoming legislative session that are of interest to individuals with developmental disabilities and their families. Whether you are knowledgeable about the legislative process or completely new, this will provide you with the information you need to be an informed participant in our legislative process. Please RSVP to 715-0170 x303 or parentcoalition@arcwhatcom.org.

Managing Ourselves while Managing Life with a Child with Special Needs
Free Webinar
10 – 11:15am, Wednesday, January 9th

Self-care for the caregiver of a child with special needs is a complicated topic that caregivers may find frustrating. The reality is simply most of us cannot fathom having the time or the capability to address our own needs ahead of a child with complex needs. This presentation encourages us to redefine what self-care really means for the parent of a child with special needs. How do we reframe self-care in the context of our challenging lives? How do we discover achievable self-care? And, most importantly, how do we prioritize our own physical and mental health throughout this all-consuming journey? While material in this webinar is focused on caregivers of children with special needs, the content is applicable for all of us learning how to better take care of ourselves.

Details about how to join the webinar will be sent to you upon registration. (If you’re unable to join, a recording will be available on the website.)
Register for the free webinar at: https://register.gotowebinar.com/register/5834751261935856643

Parent Support Meeting
Topic: Self Care for Caregivers

7 - 8:30pm, Monday, Jan 14
The Arc of Whatcom County
2602 McLeod Rd., Bellingham

Would you like to connect with other parents on a similar journey? Join us for our confidential support meetings. Join us as we meet and talk about the importance of Self Care and share tips on how to achieve it. Free supervised care for children is available to those who RSVP by Friday, January 11. Contact us at p2p@arcwhatcom.org or (360) 715-0170 ext 302

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S.P.I.N. Dance

6 - 8pm, Monday, December 17
Bellingham Senior Center
315 Halleck St, Bellingham

December Theme: Winter Wonderland

The Max Higbee Center provides a monthly dance for individuals with disabilities. All persons age 14 and over are invited for music, dancing, and fun! For more information, call Amanda: (360) 778-7000.

Self - Advocacy Group Meeting

4:30-6:30pm, Thursday, December 6
The Arc of Whatcom County
2602 McLeod Road, Bellingham

Topic: INVEST in Your Future with Education

For more information, visit http://arcwhatcom.org/wp/programs/self-advocacy/, call 360-715-0170 or email selfadvocacy@arcwhatcom.org

Holiday Craft Sibshop!

1 - 3pm, Saturday December 15
The Arc’s Dan Godwin Community Center
2602 McLeod Road, Bellingham

Sibshops are events for brothers and sisters of kids with developmental differences, delays, and on-going health care needs. We will be decorating treats, making holiday themed crafts, and listening to festive music! This sibshop is offered for siblings ages 6 - 12. RSVP by December 10, at p2p@arcwhatcom.org or (360) 715-0170 ext 302

Whatcom Infants & Children’s Council

At Large Meeting

12 - 1:30pm, Tuesday, December 11
St. Luke’s Health Education Center (HEC)
3333 Squalicum Parkway, Bellingham

The Whatcom Infant & Children’s Council (ICC) is an advisory group that provides input to the Lead Agency (Opportunity Council) regarding the system of services for children birth to three years old who have disabilities or developmental delays. It is part of a larger system that includes the State ICC. Parents of children with special needs and service providers share information and experiences to shape the way children and families receive services in our community.

The focus of this At Large Meeting is a Parent Panel on Feeding Challenges.

Attention Parents! Child care is available at the meeting. You do not need to request child care in advance.

You’re Invited!

Please be our guest at the Infants and Children’s Council

Provider Networking Social

5 - 7pm, Thursday, December 13
Jalapenos - Barkley
2945 Newmarket Place, Bellingham

Join us for an informal networking gathering. Enjoy food and drink, while you get the chance to connect with other providers serving young children in Whatcom County! For more information, please contact Kristin Clements at (360) 671-3660, ext. 105, or Monica Burke at (360) 715-0170, ext. 303.
Treatments and Therapies

Applied Behavior Analysis (ABA)

ABA is a method used to reduce challenging behaviors and to help people gain and improve skills including language, attention, social awareness, self-help, and play. ABA is very effective for children diagnosed with Autism Spectrum Disorder and similar developmental disabilities. For more information see: ABA Handout

Whatcom ABA providers:

<table>
<thead>
<tr>
<th>Bayside Autism</th>
<th>Endless Potential, LLC</th>
<th>Magnolia Behavior Therapy</th>
</tr>
</thead>
<tbody>
<tr>
<td>425-429-4793</td>
<td>360-930-6063</td>
<td>206-453-4882</td>
</tr>
</tbody>
</table>

For information on getting ABA covered by Apple Health and a list of covered providers:

Medicaid Applied Behavioral Analysis (ABA) Therapy Program: 360-725-1681

Counseling, Family Therapy, or Psychotherapy

These types of therapies help to treat mental health issues like anxiety or ADHD and behavioral concerns. Family therapy can help both the child with autism and the whole family.

How do I find a counselor, family therapist, or psychotherapist?

- Ask your child’s primary care provider for a referral.
- Contact your insurance company for an approved list of mental health providers.
- For children on Apple Health call Access to Mental Health (1-888-693-7200) and ask for services.
- Check online directories of mental health providers at NAMI Whatcom (360-671-4950) and at Psychology Today’s Searchable Directory

Medication

Medication may help manage mental health symptoms, along with other therapies. Only certain types of providers can prescribe medication. Your doctor may be able to prescribe medication in consultation with a psychiatric provider, or may recommend a psychiatric provider.

You will need a prescription from your child’s doctor for the following therapies:

- SLP Speech/Language Pathologist
  An SLP works to improve your child’s ability to communicate. This could range from teaching a child to communicate with a pictures, gestures, words and sentences, to working with a group of teens on social skills. Some SLPs may also provide feeding therapy.

- OT Occupational Therapist
  An OT helps with the development of motor skills used in daily living. The OT may focus on sensory issues, coordination of movement, and balance, and include self-help skills such as dressing, eating, or grooming.

- PT Physical Therapist
  Physical therapists use a variety of treatments to help build strength, improve movement, and strengthen skills needed to complete daily activities.

Whatcom Speech/Language (SLP), Occupational (OT), and Physical Therapy (PT) providers:

<table>
<thead>
<tr>
<th>Bayside Autism</th>
<th>Connections</th>
<th>Harmony Physical Therapy</th>
<th>Integrative Physical Therapy Services</th>
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<tbody>
<tr>
<td>425-429-4793</td>
<td>360-756-1495</td>
<td>360-441-6053</td>
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<table>
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<tr>
<th>Kids in Motion</th>
<th>Catalyst Therapies</th>
<th>Konnerstone Kids</th>
<th>Pacific Kids Therapy</th>
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<tbody>
<tr>
<td>412-444-5437</td>
<td>360-389-3468</td>
<td>360-752-1115</td>
<td>360-393-6210</td>
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<tr>
<th>PeaceHealth Medical Group</th>
<th>Children’s Therapy</th>
<th>Pediatric NDT and SI Therapy Services</th>
<th>Washington Elks Therapy Program</th>
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<tbody>
<tr>
<td>360-752-5622</td>
<td>360-398-2772</td>
<td>800-825-3557</td>
<td>OT</td>
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<table>
<thead>
<tr>
<th>Sendan Center</th>
<th>WWU Speech-Language-Hearing Clinic</th>
</tr>
</thead>
<tbody>
<tr>
<td>360-305-3275</td>
<td>360-650-3881</td>
</tr>
</tbody>
</table>

For helpful handouts, resources, videos, and upcoming events, please visit

https://whatcomtakingaction.org/

Search Facebook: Whatcom Taking Action for Children and Youth with Special Health Care Needs
The Parent Coalition of Whatcom County provides leadership support for individuals with developmental disabilities and their parents/guardians. The goal of the Parent Coalition is to enable persons with developmental disabilities and their parents/guardians to become effective and involved in accessing services.

The Parent Coalition newsletter is published monthly by:

The Arc of Whatcom County
Dan Godwin Community Center
2602 McLeod Road
Bellingham, WA 98225
(360) 715-0170
www.arcwhatcom.org

OFFICE HOURS:
10am-1pm Monday - Friday

Newsletter Production Staff:
Melissa Abraham, Karlene Umbaugh,
Monica Burke, Mt. Baker High School students
and volunteers

Executive Director: Beverly Porter
Program Director: Monica Burke
Care & Resource Coordinator: Mary Jo Durborow
DsO & Self Advocacy: Jessika Houston
P2P Coordinator: Karlene Umbaugh
P2P Parent Assistant: Melissa Abraham
Padres a Padres: Marta Mejia

Board of Directors
Emily Shiels, President;
Susan Larson, Vice President;
Dale Whipple, Secretary;
Michelle Karaffa, Barbara Roxas, Luke Phifer

Stay Connected
Online Community Calendar:
Visit The Arc’s website at www.arcwhatcom.org and click on Events.
Facebook: Visit our FB page: www.facebook.com/ArcWhatcom for the latest information and events.
E-alerts: The Parent Coalition emails updates on legislation, workshops and upcoming activities. To sign up, visit www.arcwhatcom.org or email monicab@arcwhatcom.org.

You KNOW me...
I live in the 42 District

I am a loved part of my family,
I like to work out at the gym,
I like to sing,
and I need more transportation assistance!

There are an estimated 117,000 individuals with a developmental disability in Washington State. Some of us need state services and supports to fully participate and be included in our community.

More than 47,500 of us are qualified for support services with the Developmental Disabilities Administration (DDA) to help us be productive citizens, but over 13,000 people sit on DDA wait lists for services, others can’t find providers, all due to lack of state funding.

Stay Connected
Online Community Calendar:
Visit The Arc’s website at www.arcwhatcom.org and click on Events.
Facebook: Visit our FB page: www.facebook.com/ArcWhatcom for the latest information and events.
E-alerts: The Parent Coalition emails updates on legislation, workshops and upcoming activities. To sign up, visit www.arcwhatcom.org or email monicab@arcwhatcom.org.

The Self Advocacy Group, a program of The Arc of Whatcom County, is working on their stories and here is an example of what they look like. See page 5 for more details about our upcoming Self - Advocacy Meeting.

The Arc of Washington State ~ (888) 754-8798

Help us create a state where people with intellectual/developmental disabilities are included in their communities and neighborhoods and where quality supports and services respond to their needs and personal choices.

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**December 2018**

*Please note there will be no Parent Support Meetings in December. Meetings resume in January.*

6 Thursday, 4:30 - 6:30pm
Self Advocacy Meeting
Topic: INVEST in Your Future with Education
see page 7 for more details

8 Saturday, 12 - 3pm
Parent to Parent Holiday Party
Blodel Donovan Multipurpose Building
see page 1 for more details

11 Wednesday, 12 - 1:30pm
Infants & Childrens Council At-Large Meeting
see page 5 for more details

13 Thursday, 5 - 7pm
Provider Networking Social
Jalapenos - Barkley
see page 5 for more details

15 Saturday, 1 - 3pm
Holiday Craft Sibshop!
see page 5 for more details

17 Monday, 6 - 8pm
SPIN DANCE
Theme: Winter Wonderland
see page 5 for more details

19 Wednesday 5:30 - 6:30pm
Arc of Whatcom County’s Board of Directors Meeting
Contact Beverly 715-0170 ext 306 or beverlyp@arcwhatcom.org

**January 2019**

*Please note there will be no Self Advocacy Meeting in January. Meetings resume in February.*

9 Wednesday 10 - 11:15am
Managing Ourselves while Managing Life with a Child with Special Needs Webinar
see page 4 for more info

14 Monday, 7 - 8:30pm
Parent Support Meeting
see page 4 for more info

15 Tuesday 6 - 8pm
Parent to Parent & Parent Coalition Workshop
Topic: Telling Your Story with a Purpose
see page 4 for more info

23 Wednesday 5:30 - 6:30pm
Arc of Whatcom County’s Board of Directors Meeting
Contact Beverly 715-0170 ext 306 or beverlyp@arcwhatcom.org

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The Bellingham Housing Authority will be opening waiting lists for the following programs on Monday December 3, 2018.

- Public Housing City of Bellingham:
  - 3 & 4 bedroom
- Public Housing Whatcom County:
  - 3 & 4 bedroom
- Varsity Village HUD Multifamily:
  - 1, 2 & 3 bedroom
- Project-Based HCV City of Bellingham:
  - 1, 2 & 3 bedroom
- Project-Based HCV Whatcom County:
  - 2 & 3 bedroom
- Project-Based HCV City of Bellingham Senior Housing:
  - Age 55+ & 2 bedroom only

Starting December 3, 2018 at 9:30AM pre-applications can be submitted online through [www.bellinghamhousing.org](http://www.bellinghamhousing.org) Applications will only be accepted for households who meet Bellingham Housing Authority’s subsidy/occupancy standards for specified unit sizes. For more information, or if assistance with the application process is needed, you can visit the Bellingham Housing Authority at 208 Unity Street in Bellingham, WA or call (360) 676-6887.

The Arc of Whatcom County is open from 10am - 1pm, Monday through Friday, to be accessible to families during the lunch hour. Please call to make an appointment if you are looking for support services outside of our scheduled business hours.

Our office will be closed starting Wednesday, December 19, 2018 and will reopen Wednesday January 2, 2019.

Our office follows the Bellingham School Districts closure policy for inclement weather. If we are closed due to weather, all nighttime support meetings and workshops will be cancelled also.

Our full community events calendar can be found at [arcwhatcom.org/wp/events/](http://arcwhatcom.org/wp/events/)