

Please join us for our Annual  
Parent to Parent

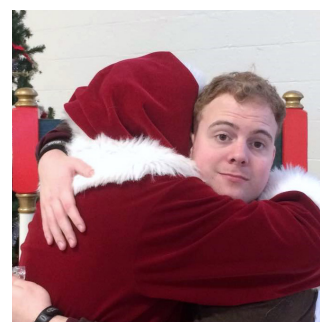
## Holiday Party

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:

- Make a donation at <http://arcwhatcom.org/wp/contribute/financial-support/>
- Become a Member! Your membership helps to fund programs for individuals with developmental disabilities. Visit <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>. 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/>
- Donate your used car by visiting <http://www.thearc.org/car-donation-form>.
- Donate to Our Down syndrome Outreach program at <https://give.classy.org/2018whatcomcountybuddywalk>

# Parent Coalition

## Developmental Disabilities Administration (DDA)

### 2019-21 Washington State Budget Increase Request

BUDGET ITEM	INCREASE REQUEST
<b>RESIDENTIAL HABILITATION CENTERS (RHC)s:</b>	
Increased staffing, replace failing buildings, equipment, & vehicles.	
State General Funds Requested:	\$22,388,000
Total Funds Requested (includes federal dollars):	\$44,668,000
<b>STATE OPERATED LIVING ALTERNATIVES (SOLA)s:</b>	
To establish a new children's SOLA and transfer some individuals from RHCs to SOLAs.	
State General Funds Requested:	\$25,020,000
Total Funds Requested (includes federal dollars):	\$48,813,000
<b>COMMUNITY SERVICES:</b>	
Rate increases for community providers, out of home placements for individuals with aging caregivers, respite, transitions services, forecasted caseload cost increases.	
State General Funds Requested:	\$194,653,000
Total Funds Requested (includes federal dollars):	\$393,062,000
<b>DDA ADMIN:</b>	
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.	
State General Funds Requested:	\$44,728,000
Total Funds Requested (includes federal dollars):	\$60,733,000



## 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.

### 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.

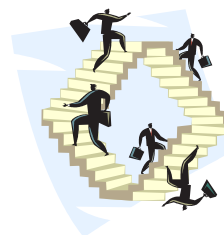


### In the Winter, the Legislature

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.

### State agencies work

during the Summer to deliver their decision packages to the Governor by Fall. This gives him some basis for making his budget proposals.



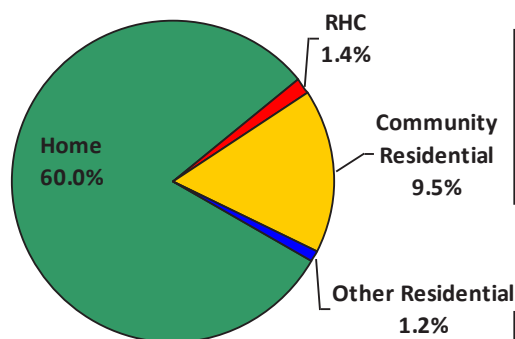
The Governor decides in the Fall how he wants to spend or save money, based on the information state agencies provide. He sends his budget recommendations to the Legislature in time for legislative session (usually toward the end of December).



## How Many People Live Where?

### Number of DDA Clients:

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

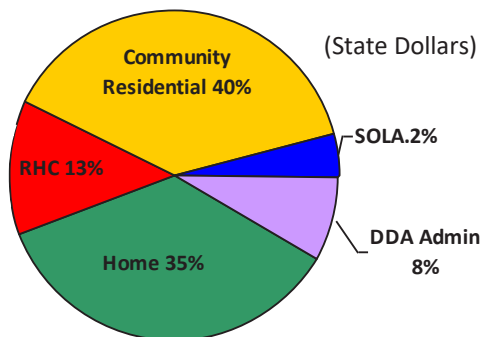


RHC Costs Now:  
13.0% of the Budget  
for  
1.4% of the Clients

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: \$572.6M  
Residential Habilitation Center (RHC): \$195.6 M  
SOLA: \$32.8 M DDA Admin \$120.0 M



Information provided by The Arc of Washington, <http://www.arcwa.org/>





## Holiday Guest Guide

by Rachel Nemhauser

*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/>

# Community Events

## 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](mailto:p2p@arcwhatcom.org) or (360) 715-0170 ext 302

## 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](mailto:parentcoalition@arcwhatcom.org).



Washington Hands & Voices

## Family Meet & Greet

For families of deaf, deaf-blind and hard of hearing children  
and their friends to meet one another and have fun!

*All Communications are Welcome!*

Light snacks and fun activities will be provided

For questions & RSVP: Christine Griffin [gbys@wahandsandvoices.org](mailto:gbys@wahandsandvoices.org) (425) 268-7087  
For more information about Washington Hands & Voices [www.wahandsandvoices.org](http://www.wahandsandvoices.org)



All ages  
Thursday, Dec. 20, 2018  
11am-2pm  
Ferndale Library  
2125 Main St.  
Ferndale, WA 98248



Birth to 7 years old  
Saturday, Feb. 9, 2019  
10am-12pm  
Maritime Heritage Park Pavilion  
500 W Holly St  
Bellingham, WA 98225

Thank you to our co-sponsors: Whatcom Educational Credit Union, Bellingham Parks & Rec and volunteers from the NSSLHA chapter at WWU for making these events possible



## 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](mailto:selfadvocacy@arcwhatcom.org)

## Unity Club at Western Washington University

6-7pm, Thursday, January 10  
Academic West, Room 205, WWU Campus

Contact Chloe Rosenfiled at 206-909-6801 or [rosenfc@wwu.edu](mailto:rosenfc@wwu.edu). Join the Unity Club Facebook page! (Search WWU Unity Club)

## 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](mailto: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



# Whatcom Taking Action

## 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:

[Bayside Autism](#)  
425-429-4793

[Endless Potential, LLC](#)  
360-930-6063

[Magnolia Behavior Therapy](#)  
206-453-4882

[Pacific Northwest Autism](#)  
360-348-6414

[Sendan Center](#)  
360-305-3275

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.

For a comprehensive  
[Resource Directory](#) and helpful  
informational tools, visit  
[www.whatcomtakingaction.org](http://www.whatcomtakingaction.org)

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

<a href="#">Bayside Autism</a> 425-429-4793 <b>SLP</b>	<a href="#">Connections</a> 360-756-1495 <b>SLP</b>	<a href="#">Harmony Physical Therapy</a> 360-441-6053 <b>PT</b>	<a href="#">Integrative Physical Therapy Services</a> 360-715-8686 <b>PT</b>
<a href="#">Kids in Motion</a> <b>SLP</b> <b>OT</b> 412-444-5437	<a href="#">Catalyst Therapies</a> <b>SLP</b> 360-389-3468	<a href="#">Kornerstone Kids</a> <b>SLP</b> <b>PT</b> <b>OT</b> 360-752-1115	<a href="#">Pacific Kids Therapy</a> <b>OT</b> 360-393-6210
<a href="#">PeaceHealth Medical Group Children's Therapy</a> 360-752-5622 <b>SLP</b> <b>OT</b> <b>PT</b>		<a href="#">Pediatric NDT and SI Therapy Services</a> 360-398-2772 <b>OT</b>	
<a href="#">Sendan Center</a> <b>SLP</b> 360-305-3275		<a href="#">Washington Elks Therapy Program</a> <b>OT</b> 800-825-3557	
<a href="#">Whatcom Physical Therapy</a> <b>PT</b> 360-332-8167		<a href="#">WWU Speech-Language-Hearing Clinic</a> <b>SLP</b> 360-650-3881	

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

# Self - Advocacy

The Arc is working on a "You Know Me" campaign to create awareness and inform legislators about services that individuals with developmental disabilities need. The Arc of Washington State is making a booklet with stories from every district that will be given to all legislators. These stories feature individuals with developmental disabilities of all ages.

The Arc of Whatcom County has a template we can use if you would like your family member included in this booklet or just have a You Know Me story to share with your legislators. If you would like to help us inform Olympia about you and your family's legislative priorities by creating one of these handouts, please contact us at (360) 715-0170 or [ParentCoalition@arcwhatcom.org](mailto:ParentCoalition@arcwhatcom.org).

Each story includes a picture and some text about the person. The picture should be of the individual doing something in their home or in the community. Try not to use just head shots, photos with other people, etc. The personal text should have 3 positive statements about the person and one item about a DD service they need.

## 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 15,000 people sit on DDA wait lists for services, others can't find providers, all due to lack of state funding.

### PLEASE ADEQUATELY FUND COMMUNITY DDA SERVICES!

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.

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

*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.*



*For people with intellectual  
and developmental disabilities*

### The Parent Coalition

The Arc 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](http://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: Jessica  
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:

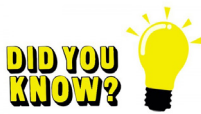
Visit The Arc's website at [www.arcwhatcom.org](http://www.arcwhatcom.org) and click on Events.

**Facebook:** Visit our FB page: [www.facebook.com/ArcWhatcom](http://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](http://www.arcwhatcom.org) or email [monicab@arcwhatcom.org](mailto:monicab@arcwhatcom.org).



PARTNER AGENCY



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.

# Event Calendar

## 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*

**18 Tuesday, 6 - 8pm**

**Parent Coalition Workshop**

Topic: Legislative Workshop

*see page 4 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](mailto:beverlyp@arcwhatcom.org)

**20 Thursday, 11am - 2pm**

**Washington Hands & Voices  
Family Meet & Greet**

**Ferndale Library**

*see page 4 for more details*

## 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](mailto:beverlyp@arcwhatcom.org)



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

