



Parent and Family Led Networks in Washington

Here is a quick guide to help you understand the roles of three key programs that support families and individuals with intellectual and developmental disabilities in Washington State. These programs offer specific supports and programs to help you and your loved ones navigate systems and services in Washington state.



Peer support and connection for parents and family members. P2P focuses on matching families with trained parent mentors and providing personalized guidance. To learn more visit <https://arcwa.org/parent-to-parent>.

What they do...

- Free, confidential services
- Matching parents in one-to-one relationships with skill, experienced parents called Helping Parents. Matches are based on diagnoses and family issues.
- Follow up by local County Coordinators on each P2P referral who also help with system navigation and resource identification.
- Culturally relevant services
- Support and social groups for families
- Information/Educational Trainings
- Leadership trainings for parents who want to become volunteer Helping Parents
- Newsletters, Facebook, and E-Group



Statewide resource library with coordinator support that connects families to accurate and timely information about services and supports. To learn more visit informingfamilies.org

What they do...

- Provide accessible information about DD services in Washington State.
- Partners with local county programs and schools to connect families.
- Attend local events (virtual and in-person) to stay informed on community needs and connect with families.
- Connect families with the services and resources in their local county and statewide such as DDSCS.

Washington State Parent and Family Coalitions

Parent and Family Coalitions in Washington State work to help families find their voices to become effective advocates and be heard on issues important to them and their family members with intellectual and developmental disabilities. To learn more visit arcwa.org/parent-coalition/.

What they do...

- Accessing and improving the service delivery system.
- Linking families with community supports.
- Advocate for adequate funding for supports and services.
- Forming a strong advocacy base.
- Informing opinion leaders and policy makers through parent stories and experiences.
- Working for a better future in the community for people with intellectual/developmental disabilities.