

Island County Parent to Parent Newsletter

November
2025

Are you anxious about meeting new people? Me too. Join us and engage as little or as much as you want. Check us out. No pressure.



Masquerade Ball

Sunday, November 16th

A poster for a masquerade ball. It features a large, ornate masquerade mask in the center, with gold and teal colors. The word 'MASQUERADE' is written in large, gold, serif capital letters at the bottom. The background is dark with gold and teal patterns.

This year our Night to Remember Prom will be a Masquerade Ball.

For Ages 14 & up with disabilities. Masks will be provided.

Come join us for a magical time of music and dancing at the

Oak Harbor Elks Lodge Noon – 2:30pm

Dress to impress for this unforgettable event. Whether you're flying solo or coming with friends, you're sure to have a great time. Don't miss out on the chance to make memories that will last a lifetime.

See you there!



Use QR Code to RSVP. Please list the "dancer's name" as the primary person.

Add tickets for any additional support/caregivers that may attend so we have enough food for all. Thank you.

Lunch will be provided by the Elks Lodge at Noon. Dancing will follow after lunch.

We are always looking for volunteers.

Questions? Contact Tiffany with Parent to Parent (360)632-7539 call/text

Helpful Resources

Parent to Parent:

<https://www.islandcountywa.gov/198/Parent-to-Parent>

Informing Families:

<https://informingfamilies.org/>

DDA is now DDCS:

www.dshs.wa.gov/dda

Learning Disability Association of WA

www.ldawa.org/resources/

Disability Rights of WA

www.disabilityrightswa.org



Want to know more about Parent to Parent? Check out our website and Facebook page.

(360)632-7539 Call/Text

November

1—Sensory Friendly Movie: K-Pop Demon Hunters Sing-along at Oak Harbor Cinemas—Family movie at 2:00pm \$8 per person

4—Mom Meet-Up at Whidbey Coffee next to Wendy's 1:00pm-2:00pm

4—Parent Connect virtual support group email for link 5:30-6:30pm

11 Sensory Friendly Zone at the Veteran's Day Parade in Oak Harbor, in front of Sister's Closet on Pioneer. Starts at 2pm Designated parking on the corner of Midway and Pioneer. Look for signs in our Zone & Parking

16—Prom: The Masquerade Ball at Elks Ages 14 & up Scan QR Code to RSVP More details on front page.



December

2—Mom Meet-Up at Whidbey Coffee next to Wendy's 1:00pm-2:00pm

2—Parent Connect virtual support group email for link 5:30-6:30pm

6—Sensory Friendly Movie at Oak Harbor Cinemas—Family movie at 2:00pm \$8 per person Title will be announced on our Facebook Page

6 Sensory Friendly Zone at the Santa Parade in Oak Harbor in front of My Sister's Closet on Pioneer. Starts at 4:00pm Designated parking on the corner of Midway and Pioneer. Look for signs in our Zone & Parking.

13—Holiday Party with Santa at The Center (next to pool) Oak Harbor Noon-2:00pm. More details on back page. Arts & Crafts and photos with Santa.

Designated **Sensory Friendly Zone** for Veteran's Day Parade on November 11th, Santa Parade on the 1st Saturday of December and St. Patrick's Day on March 17th. Located on Pioneer, in front of My Sister's Closet with reserved parking on Midway. Look for the signs



What events, activities or trainings would your family be interested in attending? We want to hear from you. We would love to try somewhere/something new. Does your family have a favorite spot that caters to those with disabilities? Or might be interested in offering a sensory friendly version? Let us know. We want to hear your ideas. (360)632-7539 call/text



Parent to Parent FREE Resource Toolkit: Services, Resources, Community Support and More

Our resource toolkit can help you identify support, resources and activities in and around Island County. You will receive a folder full of programs, providers, disability & autism resources, support groups, Developmental Disabilities Community Services DDCS information, our monthly newsletter and more. We just need your snail mail address. Email [Tiffany t.wheeler-thompson@islandcountywa.gov](mailto:tiffany.t.wheeler-thompson@islandcountywa.gov) or text (360)632-7539 with your address. Our toolkits and resource guides are also available in English and Spanish on website <https://www.islandcountywa.gov/198/Parent-to-Parent>

Holiday Party



The Center

51 SF Jerome Street, Oak Harbor
Saturday, December 13
Noon-2:00pm

Hosted by Island County Parent to Parent
(The old Senior Center, by the pool)

Parent to Parent Annual Holiday Party
Come One! Come All! Celebrate the holidays with other families on a similar journey, supporting a child/adult with special needs.
Free Event, Potluck, Arts & Crafts and of course, Santa.
Santa will be making an appearance about 12:30ish
Tiffany (360)632-7539 for more details.

All Ages, All Abilities Welcome!
Questions: Tiffany (360)632-7539 call/text



Bullying: Get Help Now! <https://www.stopbullying.gov/>

The problem	What Can You Do
There has been a crime or someone is at immediate risk of harm	Call 911
Someone is feeling hopeless, helpless, thinking of suicide	<p>Talk to Someone NOW</p> <ul style="list-style-type: none">• Call or text 988• Chat with Suicide Crisis Lifeline online https://chat.988lifeline.org/• For Spanish Speakers Text Ayuda to 988• Deaf or Hard of Hearing use preferred relay service or dial 711 then 988• Veterans Service Members and their Loved Ones call 988 then press1• Text 838255
A child is being bullied at school	<p>Contact</p> <ol style="list-style-type: none">1. Teacher2. School Counselor3. School Principal4. School Superintendent5. State Department of Education <p>https://www.stopbullying.gov/prevention/at-school</p>
The school is Not adequately addressing harassment based on race, color, national origin, sex, religion or Disability	<p>Contact</p> <ul style="list-style-type: none">• School Superintendent• State Department of Education• US Department of Education, Office for Civil Rights https://www.ed.gov/about/ed-offices/ocr• US Department of Justice, Civil Rights Division https://civilrights.justice.gov/#three
A child is being cyberbullied	Contact the provider such as YouTube, TikTok, Snapchat, Instagram, Facebook, Discord, X, Twitch, Xbox Party Chat, PlayStation Party Chat, Tumblr, etc

What Is Harassment, Intimidation & Bullying HIB

Definition of HIB

Under RCW 28A.600.477, Washington State defines Harassment, Intimidation and Bullying as any intentional electronic, written, verbal, or physical act including, but not limited to, one shown to be motivated by any distinguishing characteristic when the intentional electronic, written, verbal, or physical act:

- Physically harms a student or damages the student's property;
- Has the effect of substantially interfering with a student's education;
- Is so severe, persistent, or pervasive that it creates an intimidating or threatening educational environment; or
- Has the effect of substantially disrupting the orderly operation of the school
- The affected student is not required to actually possess a characteristic that is a basis for the harassment, intimidation, or bullying.

<https://ospi.k12.wa.us/student-success/health-safety/school-safety-center/harassment-intimidation-and-bullying-hib>

What is the difference between bullying and harassment?

Bullying and harassment are both about:

- actions that hurt or harm another person physically or emotionally
- an imbalance of power the target having difficulty stopping the action

The difference?

When the bullying behavior directed at the target is also based on a protected class, that behavior is then defined as harassment. Protected classes include race, color, religion, sex, age, disability, and national origin.

5 WAYS TO ADDRESS BULLYING IN THE IEP

- Social pragmatic language intervention with a speech and language pathologist
- Accommodations for adult supervision during passing periods, in the PE locker room, on the bus, etc.
- Goals for safety awareness to combat peer pressure
- Self-advocacy goals
- Counseling services

 www.undivided.io



Bullying Resources:

- **Stop Bullying** <https://www.stopbullying.gov/>
- **Office of Superintendent of Public Instruction** <https://ospi.k12.wa.us/student-success/health-safety/school-safety-center/harassment-intimidation-and-bullying-hib>
- **WA State Governor's Office of the Education Ombuds** <https://www.oeo.wa.gov/en/education-issues/bullying-harassment-and-intimidation>
- **Informing Families—Bullying on the school bus** <https://www.informingfamilies.org/bulletins/school-bus-information>
- **WA PAVE: Bullying at School** <https://wapave.org/bullying-at-school-resources-and-the-rights-of-students-with-special-needs/>

Bullying information continued on page 5.....

There are 3 Types of Bullying

<u>Verbal Bullying</u>	<u>Social Bullying</u>	<u>Physical Bullying</u>
is saying or writing mean things. Verbal bullying includes: <ul style="list-style-type: none">• Teasing• Name Calling• Taunting• Inappropriate sexual comments• Threatening to cause harm	sometimes referred to as relational bullying, involves hurting someone's reputation or relationships. Social bullying includes: <ul style="list-style-type: none">• Leaving someone out on purpose• Telling other children not to be friends with someone• Spreading rumors about someone• Embarrassing someone in public	involves hurting a person's body or possessions. Physical bullying includes: <ul style="list-style-type: none">• Hitting/kicking/ pinching• Spitting• Tripping/pushing• Taking or breaking someone's things• Making mean or rude hand gestures

Mental Health and Crisis Resources for Youth Continued

Seattle Children's

Mental Health Resource Hub for children and teens

<https://www.seattlechildrens.org/health-safety/mental-health-resources/>

HearMeWA

HearMeWay is a youth-centered crisis response program offering free support 24/7. If a youth is experiencing stress, anxiety, a violent threat, sexual abuse, or anything that makes life hard, HearMeWay can help. Call, text, or use the app at <https://hearmewa.org/>. Text HEARMEWA to 738477 to get a link to their help form.

WA State Department of Health Teen Health Hub

Find links to quality, accurate information on health topics that are important to you. Each link is vetted by DOH's Adolescent and Young Adult Health Team and reviewed by the Youth Advisory Council. <https://doh.wa.gov/teenhealthhub>

Mental Health and Crisis Resources for Youth

If someone is in immediate danger, call 911.

Crisis services are available to youth in Washington state. A young person you care about might need help right away. They may be feeling overwhelmed or at risk of harming themselves or others. This is a mental health crisis and requires immediate attention. Support and resources are available to youth regardless of income or insurance status. [988](#)



988 is a free and confidential phone lifeline for people in distress and will connect you to the National Suicide Prevention Lifeline. They offer prevention and crisis resources for you or a family member. This service is available 24 hours a day, 7 days a week, 365 days a year. To learn more about 988 and for additional resources, visit <https://wa988.org/>.

Native and Strong 9-8-8 Line

One of Washington's three 988 crisis centers offers a dedicated line for Washington's American Indian and Alaska Native communities. When someone calls 988, they can ask to be connected to the Native and Strong Lifeline. This call line is answered by Native Crisis Counselors, who are tribal members and descendants closely tied to their communities. These counselors are fully trained in crisis intervention and support, with a strong focus on cultural and traditional practices related to healing.



[Teen Link](#)

Teen Link is a program of Crisis Connections that serves youth in Washington State. Teen Link is a peer-to-peer support line. Phone lines are open 7 days a week from 6–10 p.m. Call or text 866-833-6546. Teen Link also offers

a Where to Turn for Teens database with thousands of resources for youth in Washington State, including substance abuse resources, mental health services, legal services, and more. To learn more visit <https://www.teenlink.org/>.

[Seattle Children's Psychiatric Emergency Room](#)

Seattle Children's provides same-day in-person or video visits for urgent mental and behavioral health concerns that do not require emergency department care. This service is available for youth ages 4 through 17. To learn more <https://www.seattlechildrens.org/clinics/psychiatry-and-behavioral-medicine/>.

EVERYTHING WAS RECENTLY UPDATED ON OUR WEBSITE

Have you checked out our website recently?

Oh boy, there is lots of new content, resources, information and more.

<https://www.islandcountywa.gov/198/Parent-to-Parent>

Hard copies of these resource guides, Family Toolkits and “Island County Transition: School-age to Adulthood In Depth Guide: English” are also available. Email t.wheeler-thompson@islandcountywa.gov. Provide your contact information to ensure a reply.

Island County Disability Resources

- ◆ Island County Disability Resource Guide: English & Spanish
- ◆ Island County Autism Resource Guide: English & Spanish
- ◆ Autism Resources for Families website. English & Spanish
- ◆ Special Education Quick Guide: English
- ◆ Island County Behavioral/Mental Health Resource Guide: English

Transition Support & Resources

- ◆ Transition Packet Info, Timelines and Checklists
- ◆ Transition IEPs, Services, Planning
- ◆ Transition DDA
- ◆ Transition Employment Support
- ◆ Transition HS vs College
- ◆ Transition Advocacy and Social Emotional
- ◆ Transition Resource Federal State Local
- ◆ Transition Legal and Financial Planning
- ◆ Transition Healthcare
- ◆ Transition-Toolkit PAVE

Other resources: Ages & Stages

- ◆ P2P Resource Birth to Three
- ◆ P2P Resource Three to Six
- ◆ P2P Resource Six to Fourteen
- ◆ P2P Resource Fourteen to Twenty One
- ◆ P2P Resource Twenty One-Adulthood

Island County Parent to Parent

Support & Resources for Special Needs Families in Island County

Tiffany Wheeler-Thompson ,Coordinator

105 NW 1st Street Coupeville, WA 98239

(360)632-7539 call/text

Email: t.wheeler-thompson@islandcountwa.gov

**Check us out on Facebook for up-to-date resources, information and activities **

www.facebook.com/islandcountyparent2parent



We have resource guides on our website:

*Island County Parent to Parent Disability Resource Guide

*Autism Spectrum Disorder Resource Guide & website <https://www.pilotace.org/>

*Special Education Quick Guide

*Island County Behavioral Health Resource Directory

*Island County School Age to Adulthood Transition Guides

<https://www.islandcountywa.gov/198/Parent-to-Parent>

All events are subject to cancellation or rescheduling. Check our Facebook Page before you head out to the event