

Developmental Disabilities Resource Guide



Resources, Information, Community Connection & Support For
Families In Island County, Statewide And Throughout The Region

Island County Parent to Parent

They say “It Takes A Village”,
and in Island County,
“It Takes Two Islands”

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



Navigating various complex systems can be overwhelming at times. Another saying is **“You Don’t Know, What You Don’t Know”**.



This guide can help you and your family navigate your journey. We provide a comprehensive list of resources for families with special needs/disabilities in Island County. Information on resources, opportunities & support in our community.

Island County Parent to Parent Coordinator

Tiffany Wheeler-Thompson (360)632-7539 call/text.

t.wheeler-thompson@islandcountywa.gov

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

Variety of resources available on the Parent to Parent website:

- Autism Resources for Families Resource Guide
- Special Education Quick Guide
- Transition Resources - School Age through Adulthood
- Behavioral Health Directory
- Free Resources, Products and Services Directory
- Sensory Friendly Fun Guide
-

Other resources at your fingertips on the website: Developmental Disabilities Administration (DDA) information & forms, Ages & Stages, Transition Quick Guide, Links to top resources and more.

We walk along aside those parenting children/adults with developmental delays and/or special healthcare needs. Connecting them with peer support, information, resources and community connections so they can take the next step. For an online, updated and printable versions of this guide available in English and Spanish, visit our website



Island County Autism Spectrum Disorder (ASD) Resources for Families Website Autism Partnership of Island County presents an Island County ASD website of resources for families. Have a concern? Need a screening? Need resources? Need support?

<https://www.pilotace.org>





**Join Us! We offer events all year long.
All Ages, All Abilities, All Welcome!**

April

Autism Celebration BBQ
Autism Community
Connections Summit

Spring

Hawaiian Dance Party

Summer

Variety of Weekly Events
End of Summer BBQ

October

Halloween Dance Party

November

Special Needs Prom Ages 14+

December

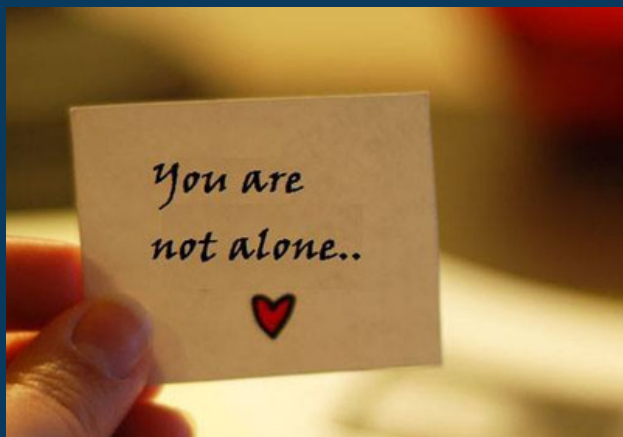
Holiday Party with Santa

Island County Parent to Parent (P2P) offers a variety of events and opportunities throughout the year. The above events are offered annually. We also host Sensory Friendly Movies, Parades and Plays/Musicals at the Whidbey Playhouse. Our highly anticipated yearly event at the M Bar C Ranch. During the summer months we have activities every week, ending with the End of Summer BBQ. Join our monthly newsletter email list or follow our Facebook Page to keep up to date. Send us an email or text to be added. (360)632-7539 parent-to-parent@islandcountywa.gov



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Get Connected

Join our mailing list: parent-to-parent@islandcountywa.gov
Keep up to date on latest events, trainings, resources & community connections

Join our Facebook Page for Information, workshops, resources, support & more

<https://www.facebook.com/islandcountyparent2parent>

FAMILY SUPPORT

Island County Parent to Parent Provides Resources, Information, Community Connections & Support For Special Needs Families

Emotional Support and Resources for families raising and supporting children/adults with developmental delays, chronic health care needs and/or disabilities. *Informacion en Espanol, Padres a Padres



Parent to Parent No Cost Services

- Support
- Resources
- Newsletters
- Support Meetings
- Educational Workshops
- Social/Recreational Events
- Presentations in our Community



Call/Text (360)632-7539 parent-to-parent@islandcountywa.gov
<https://www.islandcountywa.gov/198/Parent-to-Parent>

- A variety of Resource Guides are available on the Island County Parent to Parent website. Topics Include:
- Autism Resource Guide
- Behavioral Health Directory
- Special Education Quick Guide
- Transition Services Guide & Brochure
- Ages & Stages
- Developmental Disabilities Community Service Information and Forms
- Free Resources, Services and Products Directory

· **PAMI Padres Apoyando Motivando Informando**

Grupo de apoyo en Espanol para familias de neno con necesidades especiales. Te esperamos. Cualquier duda porfavor comuniquese con Laiza al (787)529-6788

· **Exceptional Family Member Program (EFMP)** NAS Whidbey (360)527-5266

Resources, information and support group for military families.

<https://www.militaryonesource.mil/special-needs/efmp/>

· **University of Washington Caregiver Virtual Support Group**

<https://depts.washington.edu/uwautism/resources/hosts-uwac-caregiver-support-resource-zoom-group/>

· **Open Doors for Multicultural Families** (253) 216-4479 <https://opendoorswa.org/>

A variety of languages. Ensuring families with family members with developmental/intellectual disabilities and special health care needs have equal access to culturally and linguistically appropriate information, resources and services.

FAMILY SUPPORT Continued

- **People First of Washington:** Island County Contact Mike Etzell (360) 5401 call/text. Support and advocacy for adults with disabilities that meets monthly for support, advocacy skills and social events.
- **Circle of Friends** Facebook Group. Community of adults with disabilities that gather a couple of times a month to hang out, go to dinner, etc. Search for group on Facebook
- **Washington Father's Network:** <https://fathersnetwork.org/> Mike Etzell (360)499-5401 Information and resources for fathers/grandfathers raising a child with special needs.
- **Flying Fingers Deaf & Hard of Hearing Social** (360)221-0383 Langley— Contact Susan for more details. susanishakawa555@gmail.com
- **Family Caregivers Support Program** Coupeville (360)678-4886, SW (360)321-1600, OH (360)675-0311, Camano (360)678-4886

SIBLING & KINSHIP EDUCATION AND SUPPORT

- **Siblings Guide** to Autism by Autism Speaks:
<https://www.autismspeaks.org/tool-kit/siblings-guide-autism>
- **Sibling Support** by OAR, colorful guide workbooks and booklets for parents, autism siblings, and self-advocates: <https://researchautism.org/how-we-help/families/sibling-support>
- **Grandparent's Guide to Autism** and "Friend's Guide to Autism", by Autism Speaks:
<https://www.autismspeaks.org/tool-kit/grandparents-guide-autism>
- **Washington State Department of Social and Health Services (DSHS) Kinship Care**
<https://www.dshs.wa.gov/altsa/home-and-community-services-kinship-care/kinship-care>
The financial, legal, and emotional issues of raising a relative's child can be challenging. Services and support when raising a relative's child can be a lifesaver. Getting answers to questions and finding services, programs, and support can be confusing and overwhelming. We are here to help.

SUPPORT VIDEOS AND WEBINARS

- Conversations about Autism: Autism Series by Seattle Children's available to be viewed at home! A lecture series that provides information related to autism spectrum disorder is now available to be viewed at home through a PC or mobile device on YouTube. <https://www.youtube.com/playlist?list=PLjvfRtcMhn4PBONTW0RlvsMJGu1Csnn5s>

PARENT TRAINING

- **Island County Early Childhood & Parent Program** (360)678-7880
- **Blue Water Behavior Consulting** Anacortes, Oak Harbor (360)333-5684
- **CADA** Parenting Classes Oak Harbor (360)675-7057
- **Connected Families** Joy@connectedtoplay.com

SUPPORT & SOCIAL GROUPS

For families, caregivers, self-advocates and others supporting children & adults with disabilities

Mom Meet Up A great chance to ask questions, hear other's experiences, plus maybe make a new friend. **1st Tuesday of the Month** 1:00pm-2:00pm at Whidbey Coffee next to Wendy's in Oak Harbor Questions? Ask Tiffany (360)632-7539 call/text No meetings in July, August or September.

Parent Connect with Parent to Parent Meets virtually via Zoom. **1st Tuesday of the Month.** This unique opportunity to ask questions and gain valuable insight about experiences from other families. Email Tiffany to receive Zoom link parent-to-parent@islandcountywa.gov No meetings in July, August or September.

PAMI Padres Apoyando Motivando Informando (Grupo de apoyo para familias de niños con necesidades especiales) Aquí encontraras información importante sobre* Ayudas y recursos en la isla *Ideas y actividades del mes *Apoyo motivación para seguir adelante ***Segundo Martes del Mes** Laiza Ramos (787)529-788 call/text

Flying Fingers Social group for deaf/hard of hearing. **1st Friday of the Month** Location: Langley Methodist Church. 5:30pm-7pm. For additional information, contact Susan (360)221-0383 susanishakawa555@gmail.com

People First of Washington: Island County Chapter Support and advocacy for adults with disabilities. Realize and appreciate that we are People First and our disabilities are secondary. We meet monthly for support, advocacy skills and social events. Email Mike Etzell mikeet@islandcountywa.gov

Circle of Friends Adults with disabilities gather the 1st Thursday of the Month and go out to dinner. Meet other adults with disabilities in social events like watching movies and playing games. Follow their Facebook Page for updates <https://www.facebook.com/groups/613260006484363>



For more information, contact Tiffany Wheeler-Thompson with Island County Parent to Parent (360)632-7539 call/text

RESPITE CARE/CHILD CARE

- **Home Care Referral Registry of Washington State** (360)707-2368 Island County The Home Care Referral Registry is customized internet-based system operated by local registry offices across Washington State. It is designed to assist seniors, individuals with developmental disabilities, their families and representatives to find pre-screened home care workers that best meet their personal and respite care needs.
- **All Ways Caring** (360)240-0044 Oak Harbor (360)331-7441 S Whidbey Respite care offers family caregivers temporary relief from care for Individuals with various needs.
- **All Heart Agency** (360)969-3553 Provides quality support services for people with developmental disabilities.
- **Visiting Angels** (888)264-3528 We assist people in Whatcom, Skagit, Island, San Juana and Snohomish County. We are a non-medical franchise agency and not a nursing agency. It is our job to assist people.
- **A Better Solution** –In Home Care Camano (866)669-4510
- **Home Care Agency– Sunrise Service** Oak Harbor (360)336-0798 Keeping independence and the comforts of home a reality
- **Island County Senior Resources Private In-Home Provider** (PI) List (360)675-0311 OH (360)321-1600 Langley (360)387-6201 Camano <https://senior-resources.org/private-in-home-provider/>
- **Exceptional Family Members (EFMP) Respite Care** (800)424-2246 What is Navy EFMP Respite Care? This program is a partnership specifically designed for EFM families identified as Category IV or V. EFMP Respite Care will help Navy families with children with special needs by providing 40 hours of respite care a month so they can leave the house, go to an appointment or just rest, knowing your child is well cared for. For Navy Active Duty and Reserve on Active Duty, children must reside with the service member.
- **Childcare Subsidy Program** (877)501-2233 The Working Connections Child Care program pays for child care subsidies to eligible households with parents who are working or are participating in a DSHS approved work activity and whose children meet citizenship requirements.

UNIVERSAL DEVELOPMENTAL SCREENINGS, CHILD FIND and SPECIAL EDUCATION No referral Needed

Early Intervention Services– Ages Birth-3:

- **Steps** Whidbey (360)679-1039
- **Sherwood Community Services** Camano (360)629-1236

Ages 3-22 School District Special Education

- **Stanwood/Camano School District** (360)629-1236
- **South Whidbey School District** (360)221-6808 xt 2206
- **Coupeville School District** (360)678-2404
- **Oak Harbor School District** Ages 5-22 (360)279-5071 (Hand in Hand) Ages 3-5 (360)279-5928

INDIVIDUALIZED FAMILY SERVICE PLAN (IFSP)

IFSP Individualized Family Service Plan- Ages **Birth to 3 years old** No Referral Needed!

The IFSP is a written treatment plan for Early Intervention (EI). It details your child's current levels of functioning, specific needs and goals for treatment (referred to as outcomes). The first step in writing the IFSP will be for the members of your child's team to conduct various types of assessments to identify your child's individual strengths and needs. The IFSP is developed with input from the child's entire family, and it includes features that are designed to support the entire family. The IFSP will include information about your child's current level of development in the following areas:

- Physical development, Cognitive development, Communication development, Social & emotional development, Adaptive development, Fine and gross motor skills, vision, hearing, etc.

Department of Children, Youth and Families (DCYF) <https://dcyf.wa.gov/>

Information and resources for children's first and most important teachers— parents—as well as others who care for and teach young children. Early Support for Infants and Toddlers (ESIT) -Provides services to children birth to 3 who have disabilities and/or developmental delays. Eligible infants and toddlers and their families are entitled to individualized, quality early intervention services in accordance with the federal Disabilities Education Act (IDEA), Part C.

<https://www.dcyf.wa.gov/services/child-development-supports/esit/early-intervention-services>

- Whidbey Island: **Steps** (360)679-1039 <https://takingstepstogether.org/>
- Camano Island: **Sherwood Community Services** (360)629-1236
<https://www.sherwoodcs.org/birth-to-three-road-map>

SPECIAL EDUCATION LAW (IDEA)

US Department of Education: Building the Legacy: IDEA 2004. Ages 0-22 years <http://idea.ed.gov>

The Individuals with Disabilities Education Act (IDEA) is a law ensuring services to children with disabilities throughout the nation. IDEA governs how states and public agencies provide early intervention, special education and related services to more than 6.5 million eligible infants, toddlers, children and youth with disabilities. Infants & toddlers with disabilities (birth-2) and their families receive early intervention services under IDEA Part C. Children and youth (ages 3-22) receive special education and related services under IDEA Part B.

INDIVIDUALIZED EDUCATION PROGRAM (IEP)

Ages 3 to 22 years old. Special Education The Office of Superintendent of Public Instruction (OSPI) fulfills the requirements of the federal Individuals with Disabilities Education Act (IDEA), which ensures all children with disabilities have access to a free appropriate public education.

<https://www.k12.wa.us/student-success/special-education>

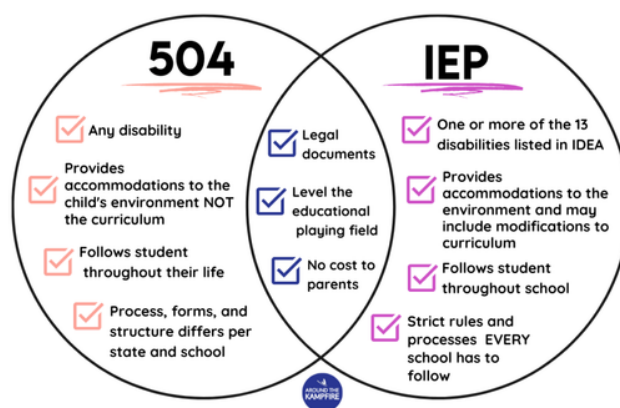
What is an individualized education program or “IEP?”

An IEP is a detailed description of the instruction and services a student with disabilities needs to receive a free appropriate public education. The individualized education program, or IEP, is a document describing the specific special education services a student will receive. An IEP is a legal document and students are entitled to receive all of the services outlined in the IEP. An IEP should be tailored to a student's educational needs, and it can include creative strategies for delivering services.

Approximately 143,000 to 184,000 students in Washington state receive special education services, representing about 14% of the student population, with enrollment growing 14% from 2012–2022.

Special education costs over 14.5% of the state's public education budget, with per-pupil spending varying widely by district (\$8,708 to \$33,056).

How does a **504 plan** differ from an IEP? The basic difference between an IEP and a 504 plan can be summed up in one sentence: both plans provide for accommodations, but only an IEP provides for specialized instruction for students in grades K–12, while a 504 plan can serve students at both the K–12 and college levels.



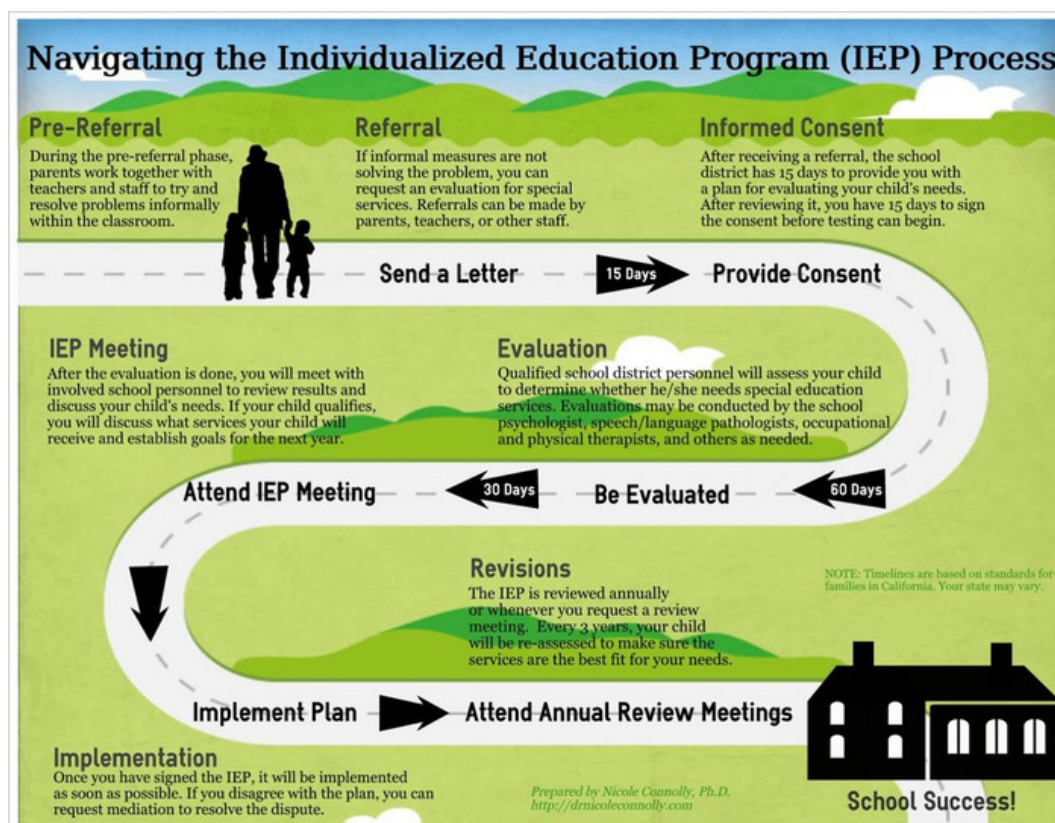
SPECIAL EDUCATION ADVOCACY AND RESOURCES

Federal Program:

- **US Department of Education:** Office of Special Education Programs <https://www.ed.gov/about/ed-offices/osers/osep> (800)872-5327 for infants, toddlers, children and youth with disabilities ages birth through 22 by providing leadership and financial support to assist states and local districts. Laws & Policy for Special Education <https://www.ed.gov/laws-and-policy/individuals-disabilities>

Washington State:

- **Office of Superintendent of Public Instruction–Special Education** (360)725-6075 <https://www.k12.wa.us/student-success/special-education> Special Education serves more than 143,000 eligible students in Washington State. We are here to fulfill the requirements of the federal Individuals with Disabilities Education Act (IDEA), which ensures that all children with disabilities have access to a free and appropriate public education. Special Education Procedural Safeguards <https://ospi.k12.wa.us/sites/default/files/2023-10/proceduralsafeguards.pdf>
- **Washington State Governor's Office of the Education Ombudsman** <http://oeo.wa.gov> (866) 297-2597 Email: OEInfo@gov.wa.gov
We listen to concerns and perspectives. Advocate for consumer access to fair processes. Resolve complaints through alternative dispute resolution techniques. Special Education Ombuds (360)725-6075 <https://www.oeo.wa.gov/en/education-issues/supports-students-disabilities/special-education-dispute-resolution>
- **Navy School Liaison NASWI Whidbey Island** <https://whidbey.navylifepnw.com/programs/8b8d8013-f6ff-4df2-a478-4f279507da16> (360)257-6863 Email: naswislo.cnrrw@navy.mil The School Liaison is the primary point of contact between the military installation, the local schools and school districts, transitioning families and the community.



Washington PAVE (800)5-PARENT
<http://wapave.org> Email: pave@wapave.org PAVE works with families, individuals with disabilities and community members in all walks of life and with all types of disabilities.

Special Education: What is an IEP?
<https://www.understood.org/en/articles/what-is-an-iep>

Autism Speaks Guide to IEP Toolkit
<https://www.autismspeaks.org/toolkit/guide-individualized-education-programs-iep>

SECONDARY EDUCATION

Skagit Valley College (360)416-7623 Campuses in Island and Skagit Counties. INVEST Program is a Fast Track Employability Certificate: The INVEST program is designed to address the unique academic and employment needs of post-secondary students with intellectual disabilities. INVEST students may earn a 1 or 2 year local employability certificate. INVEST courses focus on academic enrichment, inclusive socialization and recreation, assistive technology, self-advocacy, independent living skill development, career exploration and integrated work experiences. Contact the Director of Disability Services for more information. “Individualized Next Step Vocational Education and Social Skills Training” (INVEST) <https://www.skagit.edu/academics/areas-of-study/basic-education-for-adults/invest-program/>

- **Washington Vocational Services ATTIC Program** The ATTIC Transition Program is for students with disabilities aged 18-22 located at our Skagit County/Burlington location to provide training to develop work skills and increase the student’s ability to live and work independently, making contributions in their community. , Burlington, (360) 419-0910 www.wvs.org/attictransition
- **Washington State University College of Education** has launched a new on-campus program in Pullman, aimed at providing educational opportunities and a college experience to young adults from around the country with intellectual or developmental disabilities. The two-year post-secondary program is called ROAR (Responsibility, Opportunity, Advocacy, and Respect). Brenda L. Barrio – Assistant Professor of Special Education (509)335-2525 <https://ceshs.wsu.edu/undergradprograms/wsuroar/>
- **Bellevue College** Neurodiversity Navigators: As an educational program of the Center for Career Connections as part of the R.I.S.E. Learning Institute, the Neurodiversity Navigators (formerly Autism Spectrum Navigators) program offers educational opportunities along with individualized advocacy and access services for Neurodivergent Bellevue College students. <https://www.bellevuecollege.edu/autismspectrumnavigators/>
- **University of Washington Access Program** Universal design and effective accommodations to physical spaces, instruction, services, and technology in technical schools, colleges, universities and the development of self-determination, technology, and academic skills for students with disabilities. <https://doit.uw.edu/>
- **College Consensus: THE COMPLETE GUIDE TO COLLEGE FOR STUDENTS WITH DISABILITIES** <https://www.collegeconsensus.com/resources/college-life/guide-for-students-with-disabilities/>
- **Very helpful Toolkit, with or without Autism, regarding college/university/secondary education** <https://www.autismspeaks.org/tool-kit/postsecondary-educational-opportunities-guide>

All colleges and universities have developed some means by which students can request and receive specific disability-related accommodations. Examples of such accommodations may include: Extended time and a distraction-reduced environment for exams, Note-takers for lectures, Access to certain assistive technology, Housing accommodations

For Transition to Adulthood resources and support, check out Island County Developmental Disabilities <https://www.islandcountywa.gov/194/Developmental-Disabilities-Program> and Parent to Parent <https://www.islandcountywa.gov/198/Parent-to-Parent>

EMPLOYMENT ASSISTANCE

- **Division of Vocational Rehabilitation (DVR)** (800)637-5627 <https://www.dshs.wa.gov/dvr> Helps individuals with disabilities participate fully in their communities and become employed. Provides individualized employment services and counseling to people with disabilities. Also provides technical assistance and training to employers about the employment of people with disabilities. Island County Coordinator: (564)900-0407
 - **Service Alternatives** (800)292-6697 Community & Employment Services (CES), a division of Service Alternatives, Inc., provides a multitude of services designed to support people finding and keeping meaningful employment in their communities.
 - **Washington Vocational Services (WVS)** (360)419-0910 Provides employment services to persons with a variety of disabilities while specializing in services to person who are deaf or hard of hearing and person with disabilities who desire customized employment services.
 - **Sherwood Community Services** (425)334-4071 Sherwood never stops believing in the abilities and potential of people.
 - **WorkSource Whidbey** (360)675-5966 Provides employment and training services to the public through partnership of government, non-profit and community service organizations. Dedicated to meeting the needs of our local business by building a skilled workforce and contributing to our region's economic growth. Job search and career planning workshops, resume reviews, interviews help.
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EMPLOYMENT SUPPORT

- **Island County Developmental Disabilities Program** Coordinates, funds, and manages local services for adults 21 and over who have developmental disabilities. We work actively with families, schools, the business community, as well as local, state, and federal governments to facilitate full contribution for all citizens who experience developmental disabilities. Our underlying belief is that all individuals with developmental disabilities have the skills, interests, and talents to enhance their community and have a responsibility to do so. We also know that employment is a powerful way to contribute both to the larger community as well as to continue to grow and learn. To contact the coordinator for Island County Developmental Disabilities please call or e-mail Mike Etzell at (360)499-5401 or MikeEt@islandcountywa.gov
<https://www.islandcountywa.gov/194/Developmental-Disabilities-Program>

ASSISTIVE TECHNOLOGY

- **Washington Relay** (877)501-2233 <https://www.dshs.wa.gov/altsa/odhh/telecommunication-relay-services> Free service that provides full telephone accessibility to people who are deaf, hearing, hard of hearing, deaf-blind, late –deafened, or have a speech disability. Allows text-telephone (TTY) or captioned telephone users through specially trained relay operators. Calls can be made anywhere in the world, 24 hours a day with no restrictions on the number of calls, length or type of calls. Long distance rates apply.
- **Western WA University-The Ershig Assistive Technology Resource** (360)650-2783 <https://wce.wvu.edu/e-atrc> Contains a collection of over 300 assistive technology (AT) items, equipment and products, with a focus on tech supports for students with diverse learning needs in preschool through grade 12
- **Washington Assistive Technology Act Program (WATAP)** (800)214-8731 Resources and expertise to obtain technology and related services needed for employment, education and Independent living.
- **University of WA Center on Technology & Disability** <https://uwctds.washington.edu/direct-services> The Center on Technology and Disability provides a wealth of free resources – personal and professional development (PPD) webinars, articles, guides, training materials and more.
- Washington Assistive Technology Act Program Technology resources for employment, education and independent living.
- **Washington Sensory Disabilities Services** (WSDS) (800)572-7000
- **Provail** <https://provail.org/> (206)363-7303 Life opportunities for individuals with disabilities. Finding a voice with assistive technology.
- **Special Education Technology Center** <https://specialedtechcenter.com/> (509)963-3350 Assists with special technology needs of a special education student.
- **Safe in Home** www.safeinhome.com (855)476-6665 Connected technology supporting lifelong learning. How Remote Supports Works: intelligent system integrates multiple technologies and sensors for superior accuracy and real-time 24-hour response.
- **Text 2 Speech** <https://www.text2speech.org/> Text to Speech Converter– FREE

Understanding the Bigger Picture of Government Programs

FEDERAL PROGRAMS

SUPPLEMENTAL SECURITY INCOME (SSI)

- Linked to Medicaid
- Provides Monthly payments to adults/children with a disability, income and resource qualifications
(800)772-1213

SOCIAL SECURITY ADMINISTRATION (SSA)

- US Citizen
- Medically Disabled
- Apply at age 18 or younger, based on income
(800)772-1213

SOCIAL SECURITY DISABILITY INSURANCE (SSDI)

- Paid into the system through employment
- Or based on parents
- Medicare
(800)772-1213

WASHINGTON STATE PROGRAMS

Developmental Disabilities Administration (DDA)

- Early Intervention Services (Birth-3)
- Case Management
- DD Endowment Trust Fund
- Employment Support
- Supported Living Program
- Adult Family Home Referral
- Personal Care Services
Island County Region 2
(800)326-1247
Email:
DDA2IETEAM@dshs.wa.gov

WA Sensory Disability Services (WSDS)

(800)572-7000
www.wsdswa.gov

Home and Community Services (HCS)

- Services seniors and adults with disabilities who do not qualify for DDCS
- COPES (Physical Needs)
- MPC Personal Care
- Nursing Facilities
- Adult Family Homes
- Assisted Living
Island County Region 2
(360)429-2961
Northwest Regional Council
(360)676-6749

Department of Services for the Blind (DBS)

- Services to support home, school, mobility and employment
(800)552-7103

Community Service Office (CSO)

- Medicaid
- Childcare
- Food Stamps/SNAP
- Financial
- Employment/Training
Island County (877)501-2233
www.dshs.wa.gov

Division of Vocational Rehabilitation (DVR)

- offers vocational rehabilitation services designed to help you prepare for, get, keep and or advance in a job. Begins working with students in their final year of school.
Everett (425)339-4880
Mt. Vernon (360)429-3097

Island County

- Developmental Disabilities contracts with community providers that include: Birth-Three Early Intervention Services and Employment Support (job development/coaching) Mike Etzell (360)499-5401 call/text
- Island County Parent to Parent Tiffany Wheeler-Thompson (360)632-7539 call/text

FEDERAL ASSISTANCE

Social Security Administration (SSA) (800)772-1213 <https://www.ssa.gov>

Supplemental Security Income (SSI) (800)772-1213 <https://www.ssa.gov/ssi>

Social Security Disability Insurance (SSDI/DAC) (800)772-1213 <https://www.ssa.gov/disability>

Supplemental Security Income (SSI), a program administered by the Social Security Administration (SSA), pays benefits to disabled adults and children who have limited income and resources. A cash benefit program to help with daily living expenses, A child younger than age 18 can qualify if his or her family's income and resources fall within the eligibility limits and he or she meets SSA's definition of disability for children. For some conditions, if the child is eligible based on the family's income and resources, SSI payments are granted right away, while the agency decides whether he/she meets the disability definition. If the agency decides that the child's disability is not severe enough for SSI, the family will not have to pay back the SSI payments that the child received. Tip: the hold times are much longer at the beginning of the month.. Holds can be up to 2 hours and sometimes you can't even be put on hold.

*US Citizen

*Medically Disabled

*Apply at age 18 or younger

*Based on income

Eligibility Determination Services Office

Locations:

Mount Vernon Office serves North Whidbey Island (866)931-7108

Everett Office serves South Whidbey Island and Camano Island (866)563-4595

Social Security Disability Insurance (SSDI)

*Paid into system through employment *Or based on parents *Medicare. Social Security program that pays monthly benefits to you if you become disabled before you reach retirement age and aren't able to work. Some people know it as "workers disability."

SSDI vs SSI: At a Glance

SSDI Social Security Disability Insurance	SSI Supplemental Security Income
Provides benefits to disabled persons based on prior earnings and work history	Provides benefits based on financial need, not based on work history
Wait period of 5 months after becoming disabled before you can collect SSDI payments	No wait period for SSI payments. Benefits begin on the first of the month that you filed your application
Maximum benefit amount based on prior income	Maximum Federal benefit amount for an eligible individual in 2023 is \$914/month



disabilityhelpcenternv.org

WASHINGTON STATE ASSISTANCE

Department of Social and Health Services (DSHS) <https://www.dshs.wa.gov> (877)501-2233
Oak Harbor Community Service Office (360)240-4700

Here is a list of what DSHS can help you with:

Apply for benefits such as Basic Food, Child Care, Cash, TANF, SSI, Disability, Medicaid

Each administration within DSHS:

- 1) Aging and Long-term Support Administration**
- 2) Behavioral Health Administration.**
- 3) Developmental Disabilities Administration (DDA)**
- 4) Economic Services Administration**
- 5) Rehabilitation Administration**
- 6) Financial Services Administration**
- 7) Services and Enterprise Support Administration**

Developmental Disability Administration (DDA) <https://www.dshs.wa.gov/dda>

Island County Region 2 (800) 788-2053

Everett: (425)740-6400 Mt. Vernon (360) 429-3103 Email: DDA2IETEAM@dshs.wa.gov

A division of DSHS. Assists individuals with developmental disabilities and their families to obtain services and supports based on individual preference, capabilities and needs. Services are based on

DDA guidelines and available funding. Children: <https://www.dshs.wa.gov/dda/children>

Adults: <https://www.dshs.wa.gov/dda/adults>

- **HCS - Home & Community Services** Services seniors and adults with disabilities who do not qualify for DDA *COPES (Physical Needs) *MPC (Personal Care) Island County (866)608-0836
<https://www.dshs.wa.gov/dda/home-and-community-based-waivers>
- **Long Term Services & Info** (360)676-6749
- **Long Term Care Housing** *In-Home Care for Adults *Caregiver Resources *Northwest Regional Council <https://www.nwrcwa.org/resources>
- **Department of Services for the Blind DBS** (800)552-7103 www.dsb.wa.gov Services to support home, school, mobility & employment.
- **Community Services for the Blind** (800)458-4888
- **Community Services for the Deaf/Hearing Impaired** (877)301-0006
- **Division of Vocational Rehabilitation DVR** (800)637-5627 <https://www.dshs.wa.gov/dvr>
Employment and training for persons with disabilities who want to work. Begins working with students in their final year of school preparation for employment.
- **Learning Disability Association of Washington** (425)882-0820 Provides a referral service for individuals with learning disabilities

ISLAND COUNTY ASSISTANCE

Island County Developmental Disabilities Mike Etzell (360)499-5401 mikeet@islandcountywa.gov

This program coordinates, funds, and manages local services for children from birth to three and for adults 21 and over who have developmental disabilities.

Contracts with Community Providers Include: Early Intervention Services (Birth—Three) *

Employment Providers (Job Development/Coaching)

Our underlying belief is that all individuals with developmental disabilities have the skills, interests, and talents to enhance their community and have a responsibility to do so. We also know that employment is a powerful way to contribute both to the larger community as well as to continue to grow and learn. Program coordinator, Mike Etzell (360)499-5401 call/text Email:

Mikeet@islandcountywa.gov Island County Human Services (360)678-7880

<https://www.islandcountywa.gov/194/Developmental-Disabilities-Program>

BENEFITS PLANNING & SPECIAL NEEDS TRUSTS

- **NW Access Funds** <https://www.nwaccessfund.org/>

Northwest Access Fund offers financial products and services designed to meet the unique needs of people with disabilities and seniors in Washington, Oregon, and Idaho. We offer financial coaching services, including one-on-one financial coaching and benefits planning and group workshops, designed to meet the needs of people with disabilities with low-incomes or accessing social security benefits.

- **Benefits U** <https://www.benefitu.org/benefits-information-for-individuals-and-families/>

BenefitU is currently offering benefits planning services and referral support in all counties across Washington State.

- **ABLE Account** <https://www.washingtonstateable.com/>

A Washington State ABLE Savings Plan allows people with eligible disabilities to save for their everyday needs, invest in a tax-advantaged account and prepare for the future without losing their state or federal benefits.

- **Developmental Disabilities Endowment Trust Fund (DDEF)** <https://ddetf.wa.gov/>

Preserve eligibility for government benefits and services. Provide money for life-enriching activities and services not covered by benefits.

ADVOCACY

- **Washington Autism Alliance and Advocacy** (WAAA) Extends access to healthcare, education and services for people with autism spectrum disorders (ASD's) & related intellectual and developmental disabilities (IDD) in Washington State. Advocacy
<https://washingtonautismalliance.org/advocacy/>
- **WA PAVE** (800)5-PARENT The process of special education can feel overwhelming. This is for parents of students ages 3-22, with known or suspected disabilities, who may have unique educational needs that require additional supports and services through an Individualized Education Program (IEP) or a Section 504 Plan. <https://wapave.org/parent-family/links-for-parent-and-family/>
- **Washington State Governor's Office of Education Ombuds** Online Intake Form
<https://www.oeo.wa.gov/en> (866)297-2597
- **WA State Special Education Ombuds** (360) 725-6075 <https://www.oeo.wa.gov/en/education-issues/supports-students-disabilities/special-education-links-and-resources>
- **UW Advocacy Organization Directory**
<https://depts.washington.edu/uwautism/resources/organizations/#advocacy>
- **Office of DD Ombuds** (833)727-8900 <https://ddombuds.org/> Complaint line
- **NW Justice Department** CLEAR Line <https://nwjustice.org/clear-hotline>
- **Navy School Liaison** NASWI Email: NASWI.SLO.CNRNW@navy.mil (360)257-6863

LEGAL ASSISTANCE

- **Northwest Justice Project** www.nwjustice.org (888)201-1017
Provides free civil legal assistance and representation to low-income people in situations affecting basic human needs. CLEAR (888)201-1014 Washington's centralized intake, advice and referral service for low income people seeking free legal advice with civil (not criminal) legal problems.
- **Disability Rights of Washington (DRW)** www.disabilityrightswa.org (800)562-2702 Legal services for disability rights violations, general information about legal rights
- **Northwest Access Fund** (206)328-116 <https://www.nwaccessfund.org/> Open to all people with disabilities, all incomes, all ages, and all types of disabilities. Online classes on applying for SSI, budgeting and more. Benefits applications support.
- **Benefit U** <https://benefitu.org/> Benefit U is your go-to website to navigate your government benefits.
- **WA Law Help** www.washingtonlawhelp.org
Provides education, materials, tools and information for an array of legal , issues, linking to programs and resources. Available in multiple languages.
- **Benefits Law Center** <https://benefitslawcenter.org>
Legal advocacy, physical and mental disability, DHAP & SSAP projects, Social Security, SSDI and SSI
- **Northwest Immigrant Rights Project** <https://nwirp.org> (800)445-5771
Provides direct legal services for low-income immigrants
- **Jones and Ibrahim** www.seattledisabilitylaw.com (206)405-3240
Serving people with disabilities and their families. Estate planning, guardianship, special needs trusts, probates, benefits advocacy and special education.

ACCESSIBILITY

- **Island County Accessibility Community Committee** (360)632-7539

Join us as we brain storm ideas to make our communities more accessible for all. Camano Island and Whidbey Island work together on the proposals, projects and outreach. We brainstorm, draft a proposal and seek funding from the Governor's Accessibility Committee.

Email: parent-to-parent@islandcountywa.gov Call/Text (360)632-7539

- **US Department of Justice** www.ada.gov (800)514-0301

Provides information and technical assistance on the Americans with Disabilities Act (ADA)

- **WA State Parks** www.parks.wa.gov (888)226-7688

Provides information about state parks and accessible outdoor recreation. An accessible Pass is good for 50% off on nightly camping, free watercraft launching and trailer dump.

- **ADA Access: Accessing Washington's Outdoors for Persons with Disabilities**

www.wdfw.wa.gov/accessibility Washington State is recognized for its wide array of outdoor recreational activities and wildlife. The Department of Fish and Wildlife (WDFW) encourages all persons with a disability to experience recreation in Washington's wonderful outdoors. Numerous opportunities are offered for hunters and anglers with disabilities through legislative mandates, statutes, and policies complying with provisions of the Americans with Disabilities Act (ADA). We have Trustland Trails, which is ADA Compliant. Trustland Trails located in South Whidbey near the intersection of Hwy 525 & Craw Rd

TRANSPORTATION

- **Island Transit and Paratransit** Whidbey (360)678-7771 (800)240-8747 Camano (360)387-7433

Specialized Transportation provides curb-to-curb transportation to people who are unable to ride fixed route buses due to a mental or physical disability. Everyone who rides Specialized Transportation must first apply for eligibility. Eligibility requirements have been established by the Americans with Disabilities Act (ADA). Train the Rider program is available to those that might need a little extra help navigating the system. <https://www.islandtransit.org/>

- **Medicaid Transportation**—Northwest Regional Council <http://www.nwrcwa.org/medicaid-transportation> (800) 860-6812 or (800) 585-6749 (in other counties and Point Roberts)

- **Island Senior Resources of Island County** <https://senior-resources.org> (360)321-1600 Offer volunteer drivers for adults with disabilities ages 18 and up and seniors

- **Volunteer Medical Transportation** Camano (360)387-0222 Coupeville and Langley (360)678-4886

- **Skagit Transit** (877)584-7528 Community Transit (800)562-1375

- **Care E Me** based in Mt. Vernon (360)755-3239 Owner: Carolyn Anderson

HEALTH INSURANCE ACCESS

- **Washington Health Plan Finder** (855)923-4633; TTY (855)-627-9604
<https://www.wahealthplanfinder.org/us/en/home-page.html>
 - **WAHealthPlanFinder.org** is the official insurance exchange for Washington State use this site to apply for Apple Health for Kids, Medicaid, and Affordable Care Act (ACA) health plans.
 - **Health Care Authority/Apple Health/Medicaid** <http://www.hca.wa.gov> (800)562-3022
Managed Care Health Plans offered by Apple Health.
1. Amerigroup (800)600-4441
 2. Community Health Plan of WA (800)440-1561
 3. Coordinated Care Corp (877)644-4613
 4. Molina Healthcare of WA (800) 869-7165 (as of April 2026, most healthcare providers in Island County do not accept Molina)
 5. United Healthcare Community Plan (877)542-8997

*Many Apple Health recipients may qualify for a free cell phone with minutes/data. If your child experiences a developmental delay and is on Medicaid after age 4, they may qualify for free diapers. Call your Apple Health provider for more details.

Other programs that can assist on applying for healthcare includes:

- **Within Reach** <https://resources.helpmegrowwa.org/> (800) 322-2588
- **Opportunity Council** (360) 679-6577 (800) 317-5427
- **State Health Insurance Benefits Advisors (SHIBA)** (800)562-6900
- **Washington State Insurance Commissioner** (800)562-6900
- **Tricare Military Medical Insurance** (844)866-9378

AREA HOSPITALS

- **Whidbey Health** (360)678-5151 Coupeville
- **Island Hospital** (360)299-1300 Anacortes
- **Providence Regional Medical Center**
Everett: Colby Campus (425)261-2000 Everett Pacific Campus (425) 261-2000
- **Skagit Regional Health Hospital** (360)424-4111 300 Mt Vernon
- **Seattle Children's Hospital** (206)987-2000 <http://www.seattlechildrens.org>
- **University of Washington Medical Center** (206)520-5000 <https://www.uwmedicine.org>

WALK –IN CLINICS Most are closed on Sundays. Always call ahead.

- Whidbey Health : Clinton (360)341-5252
- Coupeville (360)682-2814
- Oak Harbor (360)679-5590
- North Island Medical Oak Harbor (360)682-5444
- Everett Clinic/Optum—Stanwood (360)629-1505
- Island Hospital Walk In Anacortes (360)293-3101
- Skagit Regional Health (360)428-2500

FINANCIAL ASSISTANCE WITH MEDICAL CARE

- **Safe Harbor Free Clinic** Stanwood (425)870-7384 Free health care & referral service for those underinsured.
 - **North Whidbey Medical Help** (360)675-0681 Zip Codes 98277 & 98278 only for prescriptions
 - **Small Miracles Medical Support Fund** Coupeville (360)672-5651 <https://smallmiraclescpv.com/>
 - **Friends of Friends Medical Support Fund** South Whidbey (360)221-4535 <https://www.fofmedicalsupportfund.org/>
 - **Kids Health** <http://kidshealth.org> Kids Health provides families with perspective, advice, and comfort about a wide range of physical, emotional, and behavioral issues that affect children and teens.
 - **WA Prescription Drug Discount Care** (800)913-4146 Free to anyone who lacks prescription drug coverage.
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HEALTH DEPARTMENT

- **Island County Public Health** (360)679-7350, Coupeville
 - **Washington State Department of Health** (800)525-0127 <https://doh.wa.gov/>
-

ADAPTIVE/HOME EQUIPMENT

- **Summit Assistance Dogs** (360)293-5609 Oak Harbor info@summitdogs.org Providing highly-skilled mobility-assistance dogs for people living with disabilities, giving them increased independence and renewed confidence.
 - **Whidbey Home Medical** 360)679-7927 Oak Harbor
 - **Island Senior Resources** (360)321-1600 Medical Equipment Lending Library Need a walker, wheelchair, or other assistive devices? [Camano Center](#) by calling (360)387-0222
-

TRANSITION TO ADULT HEALTH CARE

- **Seattle Children's** <https://www.seattlechildrens.org/patients-families/transitioning-adult-healthcare/>
- **Got Transition** www.gottransition.org

SYSTEM DIFFERENCES BETWEEN PEDIATRIC AND ADULT HEALTH CARE

System Characteristics	Pediatric	Adult
Orientation to Care	Growth and development	Maintenance of well-being with aging
Practice Approach	Family-centered; shared decision-making with parents	Patient-centered; shared decision-making with young adult
Primary Care Practice Patient Population	Majority of patients do not have chronic conditions	Majority of patients have chronic conditions
Specialty Clinic Affiliation/Location	Most pediatric specialty clinics located in children's hospitals	Most adult specialty practices located in private office-based settings
Multidisciplinary Staffing	Most pediatric specialty clinics are co-located with other specialists and can offer ancillary therapies	Most adult specialty clinics are not co-located with other specialists and need to refer out to other specialists and ancillary therapists
Availability of Care Coordination	Most pediatric subspecialty clinics and many pediatric primary care practices have care coordination services. Several public care coordination programs (e.g., State Title V program) are available for youth with specific chronic conditions	Few adult specialty clinics and even fewer adult primary care practices have the availability of care coordination services. Few public care coordination programs are available for adults with chronic conditions
Length of Appointment	Longer time	Shorter time
Time Alone	Sometimes for part of visit	Legally required for confidentiality over age 18, unless young adult gives permission for others to be present
Patient Role as Self Advocate	Less, given parental support/presence during visit	Essential
Patient Role in Making Appointments and Medication Refills	Parent handles	Patient handles
Adherence to Care	Offer more reminders and work arounds (e.g., using shots or intravenous medications); provider has legal option of contacting protective services if needed	Expectation of adherence; up to patient to follow treatment/medication recommendations; provider has no legal options
Medication Dosage	Depends on weight	Commonly one adult dose, but occasionally related to weight
Use of Pain Medications	More liberal availability	More restrictive availability
Time in Care System	Usually about 20-25 years	Average 50+ years

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HELP IS THREE NUMBERS AWAY!

988 SUICIDE & CRISIS LIFELINE They can help with: • Thoughts of suicide • Mental health crisis • Substance use crisis • Emotional distress	211 COMMUNITY RESOURCES & REFERRALS They can help with: • Food • Housing • Utility Assistance • Healthcare Services • Childcare • Employment • Support Groups	911 MEDICAL & PUBLIC SAFETY EMERGENCIES They can help with: • Medical • Fire • Crime • Abduction • Domestic Violence • Impaired Driving • Suspicious Activities
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THE TREVOR PROJECT
LGBTQ CRISIS HOTLINE
CALL 1-866-488-7386

The Trevor Project offers 24/7 crisis support for LGBTQ+, including online chat and text options. Learn more at TheTrevorProject.org

BEHAVIORAL HEALTH (Formally known as Mental Illness/Health)

- Mental Health **Crisis Line** (available 24 hours) (800)584-3578
- National **Suicide** Prevention Lifeline (800)273-8255
- **Texting** Crisis Line available 24 hours a Day/7 Days a Week 741741 & 988
- **Island County Outreach Behavioral Health** (360)678-2346
- **Access Line** for Medicaid Outpatient Services (888)693-7200
- **Trevor Project** LGBTQ (866)488-7386 Text #678-678
- **Washington's Mental Health Referral Service for Children and Teens** (833)303-5437
 M-F 8am to 5p.m for a referral specialist and information.
<https://www.seattlechildrens.org/clinics/psychiatry-and-behavioral-medicine/>
- **National Institute of Mental Health** NAMI www.nimh.nih.gov
- **National Alliance on Mental Health** (NAMI) <http://www.nami.org> NAMI Skagit
www.namiskagit.org NAMI advocates for access to services, treatment, supports and research.
 NAMI Support Groups: Mt. Vernon (360)770-5666 Anacortes (369)424-8224 Camano (360)941-0996 or 360-420-7422

INPATIENT/OUTPATIENT BEHAVIORAL HEALTH

- **Ituah: Island County Stabilization Center** Oak Harbor (360)499-7011
 Voluntary sub-acute detox short-term residential facility for people experiencing sub stance use issues and/or mental health crisis.
<https://pioneerhumanservices.org/treatment/ituha-stabilization-facility/>
- **Skagit Valley Hospital** (acute voluntary/involuntary treatment) (360)814-2422
- **Smokey Point Behavior Hospital** (inpatient/outpatient) (844)202-5555
<https://smokeypointbehavioralhospital.com>
- **Seattle Children's Psychiatry and Behavioral Medicine** (206)987-2164
www.seattlechildrens.org/clinics/psychiatry-and-behavioral-medicine
- **Island County Outreach Behavioral Health** (360)678-2346
- **Whidbey Health Behavioral Health Department** (360)240-4000 (360)331-5060
- For a **comprehensive list** of individual therapist in Island County
<https://www.psychologytoday.com/us/therapists/wa/island-county>
- **Compass Health** OH (360)682-4100 Coupeville (360)678-5555
<http://www.compasshealth.org> Medicaid only
- **Sea Mar Community Health Centers** (360) 679-7676
<https://www.seamar.org/island-bh-oakharbor.html> Medicaid only
- **Sunrise Community Behavioral Health** OH (360) 544-3800 Camano (360)929-8490 Medicaid Only
- **Island Hospital Psychiatry and Behavioral Health** Anacortes (360)299-4297
- **Behavioral Health Urgent Care** Everett (425)261-4510
- Don't forget to check the **Island County Behavioral Health Resource Guide** on our website
<https://www.islandcountywa.gov/198/Parent-to-Parent>

THERAPIES (OT, PT, SLP, ART/PLAY, HORSE)

Occupational Therapy (OT), Physical Therapy (PT), Speech Therapy (SLP)

- **Whidbey Health** OT, PT & SLP (360)678-7619 (360)321-7656xt2250 (360)679-1415
- **Island Hospital** OT, PT & SLP (360)299-1328 Anacortes
- **Oak Harbor Physical Therapy** 360-279-0100
- **IRG Physical Therapy** (360)914-5504 Oak Harbor
- **Harada Physical Therapy & Rehab Services** (360)679-8600 (360)682-2770
- **Coupeville Physical Therapy** OT (360)678-1200 Coupeville
- **Move Well** PT (360)331-0337
- **Island Speech** (360)299-8676 Anacortes
- **South Whidbey Physical Therapy** (360)331-5272
- **Whidbey Performance Physical Therapy** (360)331-0141
- **Life Without Limits** OTR/L Oak Harbor-Log Cabin Building (360)675-6000 Sharon Andor
- **WA Elks Therapy Program for Children** OT/PT(800)825-3557 All Island
- **Stanwood Camano Physical Therapy** (360) 629-8043 Stanwood
- **North Sound Physical Therapy** Stanwood (360)629-9768
- **Hand Therapy** Stanwood (360)629-9768 OH(360)279-1445
- **Saratoga Transitional Rehabilitation** (360)629-2126
<https://www.josephinecc.com/transitional-rehabilitation/>
- **Hope Therapeutic Riding Program** (360) 221-7656 Langley <https://www.hopewhidbey.com/>
- **Iron Hills Ranch** Jaimie (360)632-5931 <https://ironmillsranch.com/>
- **NW Riding Academy** in Oak Harbor <https://pnwriding.com/>
- **Plaeful Counseleing** (360)221-6808 xt 2706 <https://plaefulcounseling.com>
Play therapy is to children what counseling is to adults. Ages 3-12
- **Everbloom** (425)405-0241 Whidbey & Camano

** There may be a waitlist for some services. Get on as many waitlists as your insurance allows.

VISION—HEARING

- **Washington Sensory Disabilities Services (WSDS)** (800)572-7000
<http://www.wsdsonline.org/deaf-blind> 1. Technical Assistance and Consultation and trainings - Assess how the child is currently functioning and if there are classroom or home modifications that could help. Develop IFSP outcomes or IEP goals and activities that are meaningful to the student. Locate staff resources or materials.
- **National Federation of the Blind** <https://nfb.org> Advocacy, education, research, technology, and programs encouraging independence and self-confidence. Information about vision loss. Resources for Living, Working, Learning and Recreation
- **Department of Services for the Blind** (800)552-7103 <https://dsb.wa.gov>
- **Children's Eye Health Guide** (866)257-2851 <https://www.nvisioncenters.com/childrens-eye-health>
- **Washington State Hands & Voices** <http://www.wahandsandvoices.org> A parent-driven nonprofit organization providing families whose children are deaf, deaf/blind or hard of hearing with resources, networks, and information needed to improve communication and educational outcomes for their children. Guide by Your Side Program Provides: A Parent Guide to listen and share resources. (425)268-7087
- **Early Hearing-loss Detection, Diagnosis and Intervention (EHDDI)**
The Early Hearing-loss Detection, Diagnosis and Intervention (EHDDI) Program. Enroll child in early intervention by six months of age (if a hearing loss was found) <https://doh.wa.gov/you-and-your-family/infants-and-children/health-and-safety/early-hearing-detection-and-support>
- **Washington School for the Deaf** (360)696-6525 <https://www.wsd.wa.gov>
- **Office of the Deaf and Hard of Hearing (ODHH)** (800)637-5627 Services for persons who are deaf, hard of hearing, deaf-blind, or hearing with speech disability.
- **Hear Loss Association of Washington** <https://hearingloss-wa.org> info@hearingloss-wa.org
- **Speech to Speech** (877)833-6341 <http://www.speechtospeech.org> This service, called Speech-to-Speech (STS), provides communication assistants (CA's) for people with difficulty being understood by the public on the telephone. It is available for business, medical, and personal communication.
- **My Hearing Centers** Freeland (360)639-4318 Oak Harbor (360)639-4324 Stanwood (360)386-3472
- **Stanwood Hearing** (360)926-1020

ORAL HEALTH

- **Access to Baby and Child Dentistry** (ABCD Program) (360)678-8281 www.abcd-dental.org
A dental program for children birth to age 5 with Apple Health for Kids (DSHS) that helps kids get early dental care. Island County contact: Public Health (360)679-7530
- **Sea Mar Community Health Centers** (360)679-9216 Community-based organization committed to providing quality, comprehensive health and human services in Washington State. Dental Medicaid
- **Oral Health for People with Special Needs** 206)616-6996
<https://doh.wa.gov/you-and-your-family/oral-health/oral-health-people-special-needs>

Educational Materials: Oral Health Promotions Cards and Brochures for Children and Youth with Special Needs oral health resources. Brochures are designed to be used with patients to discuss good oral health habits. Oral Health Fact Sheets for People with Special Needs. Fact sheets are for mild to moderate manifestations of a number of special needs conditions.

- **DECOD (Dental Care of Individuals with Disabilities)** (206)616-6996 Program at University of Washington <https://dental.washington.edu/dept-oral-med/academics/decod-program>

DECOD (Dental Education in Care of Persons with Disabilities) at the University of Washington School of Dentistry was established in 1974 to train dental professionals in providing dental care to persons with disabilities. DECOD provides approximately 3,500 dental visits per year to persons with disabilities. It is a major resource for Washington citizens who have developmental or acquired disabilities. UW Dental is a program of the School of Dentistry that treats persons with severe disabilities.

Approximately 70 percent have developmental disabilities (examples: intellectual disability, cerebral palsy, autism), the remaining 30 percent have acquired disabilities (e.g. traumatic brain injury, multiple sclerosis, stroke, ALS). The majority of patients are enrolled in Apple Health Washington state insurance.

How to Find a Dentist for Your Child with Disabilities

- *Ask in support groups
- *Ask your pediatrician
- *Ask your child's current specialists which dentists they work with or recommend.
- *Then call, make a consult visit, and ask!

Oral Health Services for Children and Adolescents with Special Health Care Needs: Resource Guide

<https://www.mchoralhealth.org/PDFs/cshcn-resource-guide.pdf>

Making Visits the Dentist Easier for People with Autism

<https://www.health.harvard.edu/blog/making-visits-to-the-dentist-easier-for-people-with-autism-spectrum-disorder-202106292513>

What is Autism Spectrum Disorder?

Autism, or Autism Spectrum Disorder (ASD), refers to a broad range of conditions characterized by challenges with social skills, repetitive behaviors, speech and nonverbal communication. According to the Centers for Disease Control, autism affects an estimated 1 in 31 children in the United States as of April 2025.

We know that there is not one autism but many subtypes, most influenced by a combination of genetic and environmental factors. Because autism is a spectrum disorder, each person with autism has a distinct set of strengths and challenges. The ways in which people with autism learn, think and problem-solve can range from highly skilled to severely challenged. Some people with ASD may require significant support in their daily lives, while others may need less support and, in some cases, live entirely independently. Seattle Children's Patient and Family Autism Resources

<https://www.seattlechildrens.org/clinics/autism-center/patient-family-resources/> English & Spanish

COMMON CO-OCCURRING DIAGNOSIS WITH ASD

Most Common: ADHD, General Anxiety Disorder (GAD), Sensory Processing Disorder (SPD) and Depression. Many times the co-occurring challenges are lumped under ASD and are not addressed. Identifying and treating these issues can make a huge difference in behaviors, sleeping, eating, etc.

<https://autism.org/comorbidities-of-autism/>

SENSORY/SENSORY PROCESSING DISORDER (SPD)

People with autism might have sensitivities to: sights, sounds, smells, tastes, touch, balance (vestibular), awareness of body position and movement (proprioception), awareness of internal body cues and sensations (interception).

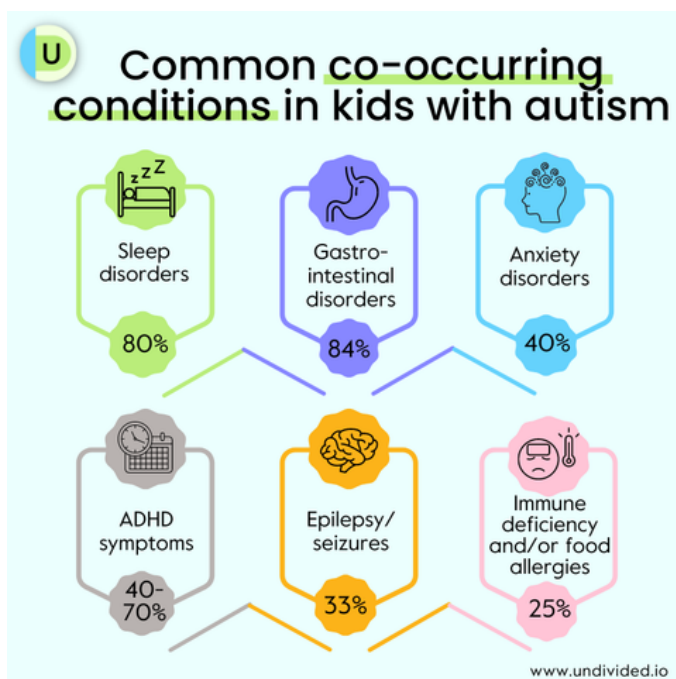
Autistic people can experience both hypersensitivity (over-responsiveness) and hyposensitivity (under-responsiveness) to a wide range of stimuli. Most people have a combination of both.

Sensory processing disorder (SPD) is often confused with autism spectrum disorder (ASD) due to the similarities and connections that exist. While the two have many similarities, SPD is often a comorbid/co-occurring symptom of ASD, but not all children with sensory processing disorder have autism.

Solutions to Help Children Self-Regulate: The Science Behind Deep Pressure Therapy “-webinar by National Autism Association, register for free to watch: <http://nationalautismassociation.org/family-support/programs/autism-atrium>

Autism and Sensory Issues <https://www.autismspeaks.org/sensory-issues>

Sensory Integration and Autism <https://autism.org/sensory-integration/>



Several factors may influence the development of autism, and it is often accompanied by sensory sensitivities and medical issues such as gastrointestinal (GI) disorders, seizures or sleep disorders, as well as mental health challenges such as anxiety, depression and attention issues. Signs of autism usually appear by age 2 or 3. Some associated development delays can appear even earlier, and often, it can be diagnosed as early as 18 months. Research shows that early intervention leads to positive outcomes later in life for people with autism.

CENTERS OF EXCELLENCE Certified Autism Diagnostic Providers

Pediatric Associates of Whidbey Island <https://www.pediatricsofwhidbey.com>

North (360)675-5555 275 SE Cabot #B102, Oak Harbor South (360)331-1314 or (360)678-6848 1690 Layton Rd, Freeland

- **Connections Psychology** (206)718-0906 Oak Harbor <http://www.connectionspsychology.com>
- Whidbey Integrative Mental Health Paul Samuelson (360) 205-4560
<https://www.whidbeyintegrativepsychiatry.com>
- **Elizabeth Holland, PhD** (360)610-7668 Anacortes
- **Seattle Children's Autism Center** (206)987-8080 <https://www.seattlechildrens.org/clinics/autism-center>
- **University of Washington Autism Center** (877)408-UWAK <https://depts.washington.edu/uwautism>

Check out our Island County Parent to Parent Autism Spectrum Disorder Resource Guide on our website.
<https://www.islandcountywa.gov/198/Parent-to-Parent>

Island County Autism Resources for Families Website www.pilotace.org

Autism Partnership of Island County presents an Island County ASD website of resources for families. Do you have a concern? Need a screening? Need resources? Need support?

APPLIED BEHAVIORAL ANALYSIS (ABA) Therapy Program

- **Health Care Authority** <https://www.hca.wa.gov/about-hca/programs-and-initiatives/health-technology-assessment/applied-behavioral-analysis-aba-therapy-autism> (360)725-1681 Email: ABA@hca.wa.gov The Health Care Authority has an Applied Behavior Analysis (ABA) therapy benefit for Apple Health Kids clients with a diagnosis in the Autism Spectrum Disorder classification. Contact the Health Care Authority to start or learn about the coverage process.
- **Star Behavioral Consulting** <https://starbehaviorconsulting.com/> (850)331-3782
- **Blue Water Behavior Consulting** www.bluewateraba.com (360)333-5684 Serves Coupeville to Anacortes. Accepts most insurance.
- **Leaps and Beyond, Inc.** www.leapsandbeyond.com (866)240-0808 Serves Whidbey Island.
- **Positive Behavior Supports** (855)832-6727

**As of July 2026, there are waitlists for most ABA services. Contact your insurance company for eligible providers then call all of them to be put on their waitlist.

TOP RESOURCES FOR AUTISM

- **Autism Resources for Families** in Island County <https://www.pilotace.org/>
- **UW Autism Center** <https://depts.washington.edu/uwautism/>
- **Seattle Children's Autism Center** <https://www.seattlechildrens.org/clinics/autism-center/>
- **Autism Speaks** www.autismspeaks.org
- **Autism Society of Washington** <https://www.autismsocietyofwa.org/>
- **Autism Spectrum 360 (AS360)** <https://ihdd.org/resources/autism-spectrum-360-as360/>
- **Seattle Children's Hospital Conversations about Autism on YouTube** Various sessions, experts and advocates from our region share their knowledge and perspectives on autism as well as helpful tips for supporting a child, adolescent or young adult with autism. <https://www.youtube.com/playlist?list=PLjvfrTcMhn4PBONTWORIvsMJGu1Csnn5s>



Autism Partnership of Island County APIC

AUTISM RESOURCES FOR FAMILIES

RECURSOS SOBRE EL AUTISMO PARA FAMILIAS



What is Autism?

Autism Spectrum Disorder (ASD) refers to a broad range of conditions characterized by challenges with social skills, repetitive behaviors, speech and non verbal communication. According to the Center for Disease Control, autism affects an estimated 1 in 31 children today.

They say “It Takes A Village” but in our case, “It Takes Two Islands”

**FOR MORE
INFORMATION**



www.pilotace.org

English and Spanish Website



***AUTISM RESOURCES,
INFORMATION, CONNECTIONS
AND SUPPORT FOR FAMILIES
IN ISLAND COUNTY***

- ◆ Have a Concern?
Tiene Alguna Inquietud?
- ◆ Need a Screening?
Necesita un Examen?
- ◆ Need Resources?
Necesita Recursos?
- ◆ Need Support?
Necesita Ayuda?



RECREATION/SPORTS

- **Special Olympics** of Washington programs for children and adults ages 8 & up with intellectual disabilities. The programs run year round offering competition in several sports. The goal is to provide a physical fitness with an emphasis on sportsmanship, friendships, and FUN! Ages 8 & Up. South Whidbey –Mike Etzell (360)499-5401 mikeet@islandcountywa.gov North Whidbey/Team Whidbey – Email: wispecialolympics@gmail.com
- **Challenger Division Baseball** No 2026 season Through North Whidbey Little League but waivers available for south end families. Ages 5-18 experience the joys of baseball. Learn the fundamentals at your own pace. nwll.oh.vpchallenger@gmail.com
- **Art as a Way** Carol Way Art Therapist (360)730-1135 Art classes and Workshops. Teaching life skills through art. DDA respite funds accepted. carol@artasaway.org
- **Senior Centers and Camano Center** Offers support, resources and a variety of classes and events throughout the year.. Camano (360)387-0222 Anacortes (360)293-7473 OH (360)279-4580 South Whidbey (360)321-1600
- **Sensory Splash at Oak Harbor Pool** (360)675-7665 Sensory Splash (usually offered on Sundays) is a swim time dedicated to community members with special needs and their families.
- **Hope Therapeutic Riding Program** (360) 221-7656 Langley. Physical, cognitive or emotional - to discover their abilities, independent skills and explore their potential through use of our nationally accredited safe and effective equine-assisted activities and therapy.
- **South Whidbey Parks and Recreation District** (360)221-5484 Offers a variety of sports, events and activities throughout the year
- **Skagit Adult Day Programs** (360)293-4466 Anacortes Gentry House, (360)755-1235 Burlington Bradford House. A supervised daytime program where adults with special needs can participate in a supportive group setting
- **Washington State Park Discover Pass** <https://parks.wa.gov/passes-permits/get-park-pass/disability-pass> Offered to Washington state residents who are legally blind, profoundly deaf, or who meet the disability definition used by the Social Security Administration and are currently receiving benefits. This pass is free to apply for. Washington state residents who are legally blind, profoundly deaf, or who meet the disability definition used by the Social Security Administration and currently receiving benefits can apply for this pass. Residents of Washington who've been issued a permanent disabled parking ID card, or special license plate, under state law, get the same benefits as the Disability Pass
- **ADA Access:** Accessing Washington's Outdoors for Persons with Disabilities www.wdfw.wa.gov/accessibility Washington State is recognized for its wide array of outdoor recreational activities and wildlife. The Department of Fish and Wildlife (WDFW) encourages all persons with a disability to experience recreation in Washington's wonderful outdoors. Numerous opportunities are offered for hunters and anglers with disabilities through legislative mandates, statutes, and policies complying with provisions of the Americans with Disabilities Act (ADA). We have Trustland Trails, which is ADA Compliant. Trustland Trails located in South Whidbey near the intersection of Hwy 525 & Craw Rd

- **Hunter/Fisher Disability Pass Application**

https://wdfw.wa.gov/sites/default/files/2019-05/2019_hunter_fisher_disability_application_0.pdf

The following are eligible for a combination fishing license (fresh water, salt water, and shellfish) and/or hunting license at a discounted rate.

- **National Parks and Federal Recreational Lands Pass**

<https://www.nps.gov/subjects/accessibility/interagency-access-pass.htm> Access Pass for free admission to National Parks and Federal Recreational Lands with permanent disabilities The pass may be obtained in person at a federal recreation site.

- **Outdoors for All** (206)838-6030 <https://outdoorsforall.org> To enrich the quality of life for children and adults with disabilities through outdoor recreation

SENSORY FRIENDLY Always call ahead to verify dates and times.

- **Movies: Oak Harbor Cinemas** (360)279-2226 Co-hosted with Parent to Parent. Sensory friendly movies the first Saturday of the month at 2:00pm. <https://oakharborcinemas.com/> **AMC** (360)707-2727 at Cascade Mall in Burlington has a variety of days offered. Sounds are turned down, lighting is slightly on, trained staff. Always check website or call for times and movie listings.
- **Swimming: Sensory Splash** at Oak Harbor Pool (360)675-7665 Sensory Splash is a swim time dedicated to community members with special needs and their families.
- **Chuck E Cheese** (360)755-1901 Sensory Sensitive Sundays. Cascade Mall, Burlington Opens early for this opportunity. 9-11am on the 1st Sunday of the month for families with autism and other disabilities. Lights are dimmed, limited appearances by Chuck E Cheese, less crowding and noise.
- **Woodland Park Zoo** Seattle. <https://www.zoo.org/access> Zoo for All! (206)548-2500 Sensory maps and planning tools available.
- **Point Defiance Zoo & Aquarium** Tacoma (253)404-3800 Free Days for seniors and people with disabilities once a month. Check their website or call for dates and times. Don't forget to check out their sensory bags during your visit. <https://www.pdza.org/plan-your-day/sensory-inclusive/>
- **The Paramount Theater aka Seattle Theater Group**, Offers a Sensory Friendly performances with a variety of options throughout the year. (206)682-1414 <https://www.stgpresents.org/learn-engage/wellness-accessibility/sensory-friendly-performances/>
- **Museum of Pop Culture** Mo-POP (206)770-2700 Email: info@mopop.org <https://www.mopop.org/programs-plus-education/programs/sensory-friendly-programs/> We strongly recommend guests ages 3 and above to wear a face covering at all times. To learn more about our policies. We send guests a social story, map of the museum, and timeline of the day to help them learn more about our MoPOP and what to expect at Sensory-Friendly Programs Questions? Email: Education@MoPOP.org

Check out our Sensory Friendly Fun Guide on our website

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

Apoyo para Familias en Español Recursos En El Estado De Washington

Servicios, apoyos y recursos relacionados con el autismo www.pilotace.org

PAMI - Padres Apoyando Motivando Informando

Grupo de apoyo para familias de niños con necesidades especiales

Aquí encontrarás información importante sobre *Ayudas y recursos

en la isla *Ideas de actividades para hacer en familia

*Apoyo y motivación para seguir adelante.

Laiza Ramos (787)529-6788 call/text

- **Padre a Padre** (Por sus siglas en inglés P2P)
Conectando padres con otros padres que son voluntarios y entrenados, con similares experiencias basadas en el diagnóstico y situaciones familiares. Información, referidos, talleres y apoyo. Oficinas a lo largo del estado.
Español: Laiza Ramos (787)529-6788
English: Tiffany Wheeler-Thompson (360)632-7539
- **Recursos Sobre el Autismo para Familias**
Condado de la Isla. ¿Tiene alguna inquietud? ¿Necesita un examen? ¿Necesita recursos? ¿Necesita ayuda?
www.pilotace.org
- **Informando Familias**
Información actualizada acerca de asuntos y servicios para individuos con discapacidades y sus familias. Blogs hechos por padres, una extensa videoteca, boletines de noticias, y medios sociales para compartir información. Es un Proyecto del Consejo de Discapacidades de Desarrollo del Estado de Washington. www.informingfamilies.org
- **ARC Del Estado de Washington** Aboga por servicios de calidad y fondos necesarios para solucionar las necesidades de las personas con discapacidad intelectual o de desarrollo y sus familias. Las agencias locales proveen apoyo, información y referidos. www.arcwa.org (888)754-8798
- **Red de Padres en el Estado de Washington**
Apoyo a papás y familias de niños con necesidades especiales. Capítulos a lo largo del estado.
www.fathersnetwork.org (425)653-4286 Condado de la Isla
Mike Etzell (360)678-7883

Recursos Principales

Administración de Discapacidades del Desarrollo (DDA)

Servicios basados en la comunidad y el hogar para menores y adultos con discapacidades de desarrollo, incluyendo: Cuidado Personal de Medicaid, Empleo, Asistencia en vivienda, Terapias y Apoyo.
www.dshs.wa.gov/dda (800)326-1247

Seguridad de Ingreso Suplementario (Por sus siglas en inglés SSI) Programa

Programa de beneficios de dinero para ayudar con los gastos cotidianos. (comida, vivienda, ropa)
www.ssa.gov/ssi (800)772-1213

Oficina De Servicios En La Comunidad (Por sus siglas en inglés CSO)

Conecta personas a algunos servicios por el Departamento de Servicios Sociales y Salud (por sus siglas en inglés DSHS) (877)-501-2233
<https://www.dshs.wa.gov/office-of-the-secretary/spanish>

Within Reach/Parent Help 123 Al Alcance/ Ayuda Para Padres 123

Conectando familias con recursos, beneficios y servicios. www.withinreach.org
www.parenthelp123.org/es
Línea de Emergencia de Salud Para Familias
Provee información reciente a familias y profesionales sobre seguro de salud patrocinado por el estado, programas de alimentos y otros recursos. La línea de emergencia es un programa de Within Reach (800)322-2588

- **Open Doors for Multicultural Families** <https://opendoorswa.org/> Recursos disponibles en 40 idiomas.
- **Apoyo Temprano Para Infantes** (Por sus siglas en inglés ESIT) Localizado dentro del Departamento de Educación Temprana (por sus siglas en inglés ESIT), el programa ESIT provee servicios desde el nacimiento hasta los 3 años a quienes tienen discapacidades o diferencias en el desarrollo. (866)482-4325 <https://dcyf.wa.gov/services/child-development-supports/esit>
- **Centro de Aprendizaje para Niños Pequeños** Steps Condado de la isla - Servicios de intervención temprana para bebés y niños pequeños. (360)679-1079 www.takingstepstogether.org
Sherwood Community Services en la Isla Camano(360)629-1236 <https://www.sherwoodcs.org/early-supports>
- **Programa de Educación y Asistencia Para Infantes** (Por sus siglas en inglés ECEAP) Y HEAD START Programas de preescolar gratuitos y asistencia para asegurar que todos los niños del estado de Washington estén preparados para ser exitosos en Kindergarten. <https://dcyf.wa.gov/services/early-learning-providers/eceap>
- **Oficina del Superintendente de Instrucción Pública (OSPI)**
Derechos del padre para servicios de interpretación y traducción.
https://ospi.k12.wa.us/sites/default/files/2022-12/OSPI_Spanish_InterpretationTranslationServices.pdf
- **Oficina del Ombudsman de Educación** Resuelve quejas, disputas y problemas entre familias y escuelas públicas en el Estado de Washington, áreas que afectan el aprendizaje del estudiante. www.governor.wa.gov/oeo (866)297-2597
Educación Especial <https://www.oeo.wa.gov/es/temas-de-educacion/apoyos-para-estudiantes-con-discapacidades/que-es-educacion-especial>
- **PAVE de Washington** Talleres, recursos y referencias concernientes a la educación especial. (800)572-7368
www.wapave.org
- **Departamento de Servicios Sociales Y Salud** (Por sus singlas en inglés DSHS). Es la agencia principal que administra los programas sociales y de salud. Incluye: la Administración de Discapacidades de Desarrollo, la Administración para la Tercera Edad y el Apoyo a Largo Plazo, la División de Rehabilitación Vocacional, la División de Salud Mental y Rehabilitación y Oficina de Sordos y Discapacidades Auditivas. <https://www.dshs.wa.gov/>
- **El Centro para Niños con Necesidades Especiales Ofrece** Información y herramientas que pueden ayudarle a cuidar a su hijo(a) que padece de una condición crónica física, de desarrollo, de comportamiento o emocional <https://doh.wa.gov/you-and-your-family/infants-and-children/health-and-safety/children-and-youth-special-health-care-needs>
- **Agencia de Salud Del Estado de Washington** (Por sus siglas en inglés HCA). Supervisa el programa de Apple Health y el de la Tarjeta de Asistencia para Medicamentos. www.hca.wa.gov <https://www.hca.wa.gov/assets/program/18-012SP.pdf>
- **Apple Health de Washington** y Salud Para Menores Ofrece Servicios de Salud para individuos con bajos ingresos (Conocido como Medicaid) www.hca.wa.gov/medicaid (800)562-3022
- **NAMI La salud mental en la comunidad latina** <https://www.nami.org/community-and-culture/hispanic-latinx/la-salud-mental-en-la-comunidad-latina/>
- **Familia a Familia Centro de Información Sobre Salud Ofrece** Información y referidos acerca de las necesidades especiales de salud y seguro médico. www.familyvoices.org (800)572-7368
- **Autism Speaks** www.autismspeaks.org/family-services/non-english-resources/spanish



Español: Laiza Ramos (787)529-6788
English: Tiffany Wheeler-Thompson (360)632-7539
Actualizado en Julio de 2026

Top Resources

- **Island County Parent to Parent** <https://www.islandcountywa.gov/198/Parent-to-Parent>
WA State Parent to Parent <https://arcwa.org/parent-to-parent/>
- **Autism Resources for Families** Island County website: www.pilotage.org
- Washington State Program **Developmental Disabilities Administration** (DDA) <https://www.dshs.wa.gov/dda>
- Federal Program **Social Security/Supplemental Security Income** (SSI) <https://www.ssa.gov/ssi>
- **Informing Families** <https://www.informingfamilies.org/>
- **Special Education Office of Superintendent of Public Instruction** in Washington State
<https://ospi.k12.wa.us/student-success/special-education>
- **Washington State Special Education Ombuds**
<https://www.oeo.wa.gov/en/education-issues/supports-students-disabilities>
- **Washington PAVE** <https://wapave.org/> ASD Information and Resources for Families <https://wapave.org/autism-spectrum-disorder-information-and-resources-for-families/>
- **Benefits Planning/Special Needs Trusts:** Benefit U <https://benefitu.org/> NW Access Fund www.nwaccessfund.org
ABLE Account <https://www.washingtonstateable.com/>
- **Behavior Health** Nami - National Alliance Mental Illness in WA www.namiwa.org
- **Open Doors for Multicultural Families** <https://opendoorswa.org/> (253)216-4479
- **UW Autism Center** <https://depts.washington.edu/uwautism/>
- **Washington Autism Alliance and Advocacy** <https://washingtonautismalliance.org/navigation-services/>
- **Autism Society of Washington** <https://www.autismsocietyofwa.org/>
- **Seattle Children's Autism Center** <https://www.seattlechildrens.org/clinics/autism-center/>
- **Autism Spectrum 360** (AS360) <https://ihdd.org/resources/autism-spectrum-360-as360/>
- **Special Olympics Washington** Ages 8 & Up. Sports offered all year long. No skills needed.
Team Whidbey Oak Harbor Email: wispecialolympics@gmail.com
South Whidbey (360)499-5401 Mike Etzell

SUPPORT GROUPS WITH P2P

Mom Meet-Up (360)632-7539

Island County Parent to Parent invites parents of children/adults with a disability or delay to come connect with other families in person. It is a great chance to ask questions, hear others experiences, plus maybe make a new friend. **First Tuesday of the Month.** 1:00pm-2:00pm at Whidbey Coffee by Wendy's in Oak Harbor. No meetings July, August or September. Questions? Tiffany Wheeler-Thompson (360)632-7539 call/text



Parent Connect with Parent to Parent (360)632-7539

call/text - Meets Virtually via Zoom. This unique opportunity to ask questions and gain valuable insight about experiences from other families. These confidential, virtual meetings are for parents and caregivers of children & adults with developmental delays, disabilities, and ongoing health care needs. Email Tiffany to receive Zoom Link. See address below. **1st Tuesday of the Month.** 5:30-6:30pm
No meetings July, August or September



P A M I Padres Apoyando Motivando Informando (Grupo de apoyo para familias de niños con necesidades especiales)
Aqui encontrarás información importante sobre *Ayudas y recursos en la isla *Ideas y Actividades del mes
*Apoyo y Motivación para seguir Adelante
*segundo martes del mes : Laiza Ramos
(787)529-6788 or pamiespanol@gmail.com



Island County Parent to Parent
Tiffany Wheeler-Thompson
(360)632-7539 call/text
parent-to-parent@islandcountywa.gov

Parent to Parent provides resources, support, trainings, social opportunities and more for special needs families in Island County

All Events are subject to cancellation or change. Follow the Island County Parent to Parent Facebook Page for up to date information.