

Parent to Parent

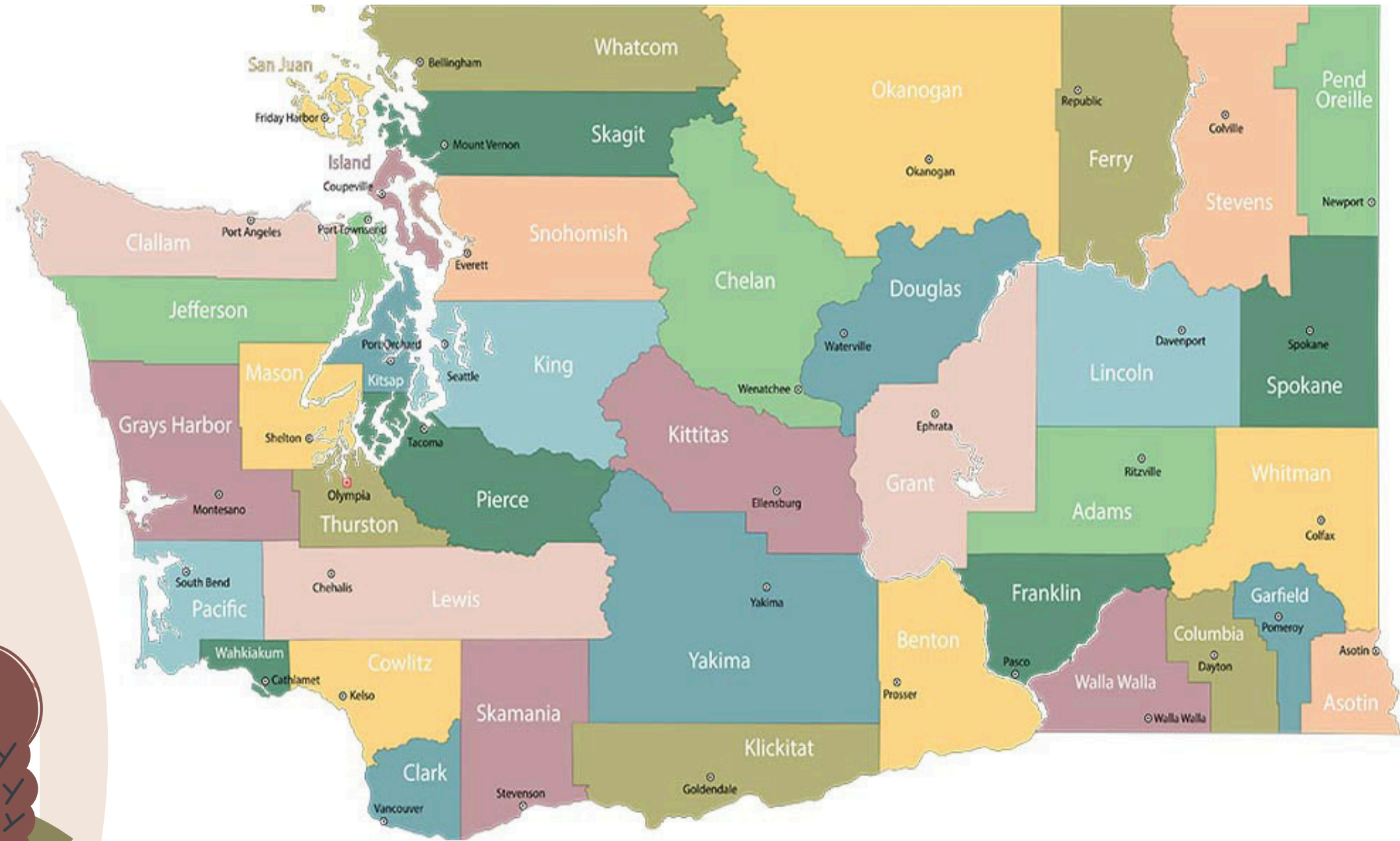
NW WA Region

May 2026

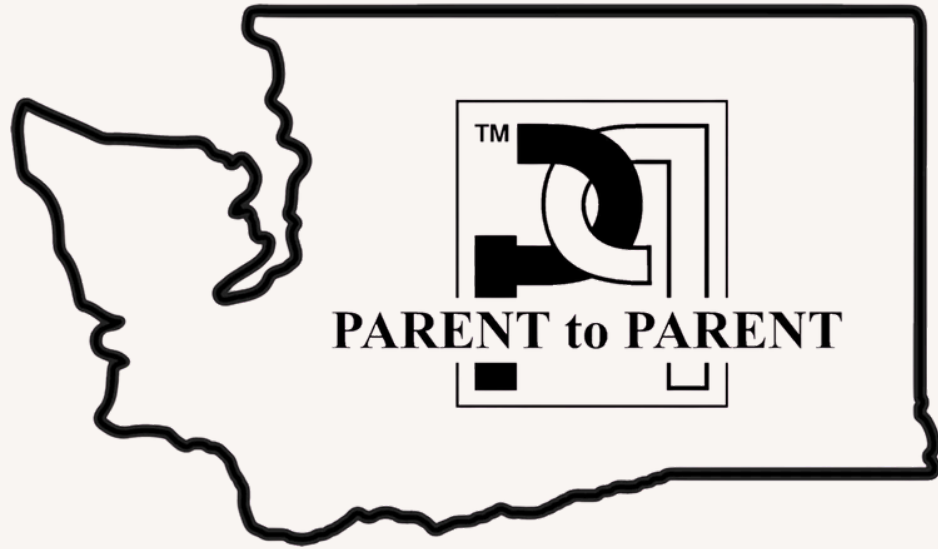
Heather Milliren
Skagit P2P Program Manager



Support & Information Network



PARENT TO PARENT
USA



Mission

We walk alongside those parenting children with developmental disabilities and/or special health care needs, connecting them with peer support and information so they can take the next step.



Focus

- Support & Connection
- Information & Education
- Navigation & Outreach



Support & Connection

- One-to-one Support
- “Helping Parent” Matches
- Support Groups
- Sibshops™ Sibling Support
- Connection Events



Information & Education

- Diagnosis-specific Resources & Referrals
- Disability-themed Workshops, Seminars, & Trainings
- Monthly E-Newsletters
- Websites & Social Media Pages



Navigation & Outreach

- Systems Navigation/Advocacy
 - DDA, SSI, Legal
 - School, Medical
- Basic Needs
- Community Outreach
- Professional Partnerships*



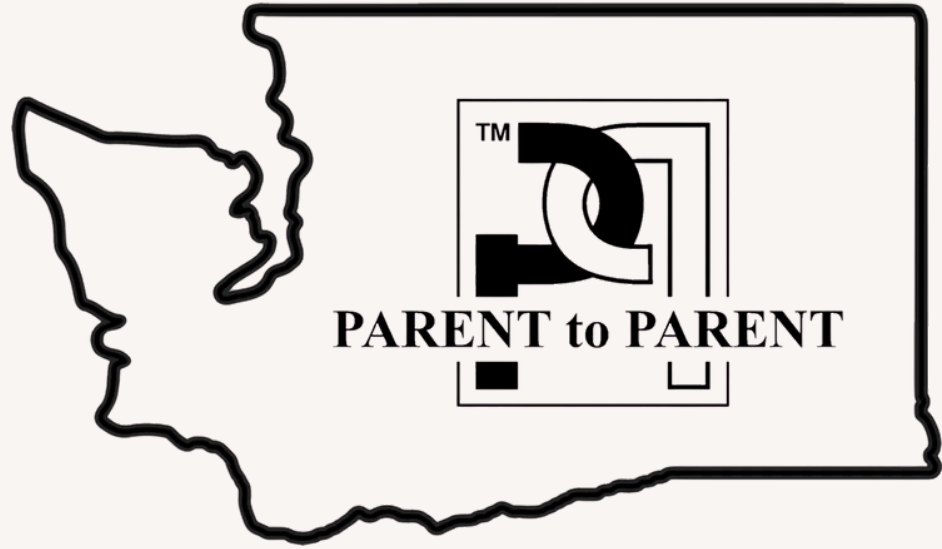
Why Parent to Parent...

IMPROVED Outcomes!

- Gains in parental adaptations and acceptance of delays
- Improved coping skills for child and family
- Improved progress in meeting the primary need
- Improved feelings of self-efficacy and competence
- Increased sense of belonging and being valued by a social group
- Overall improved health outcomes of the family

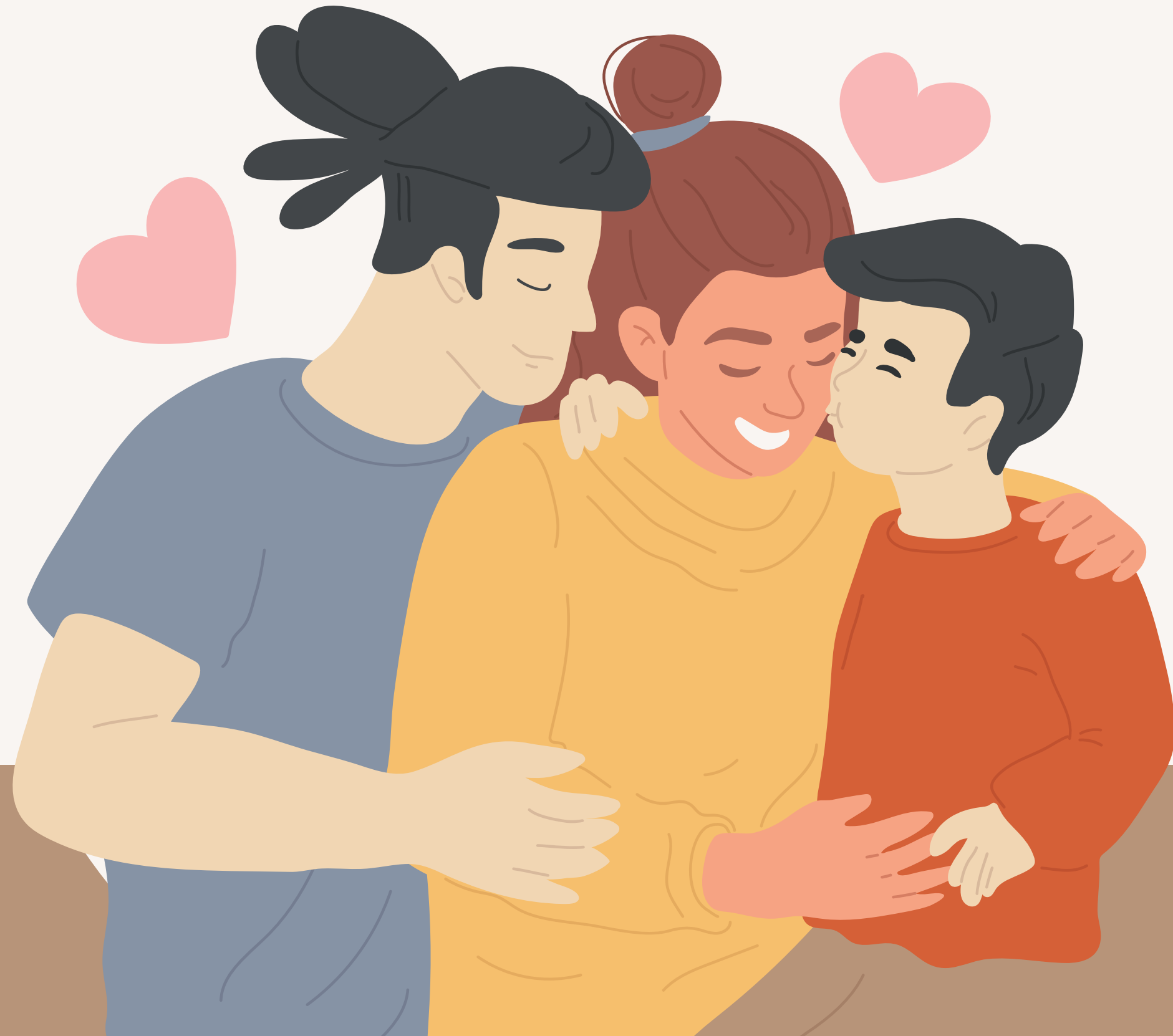


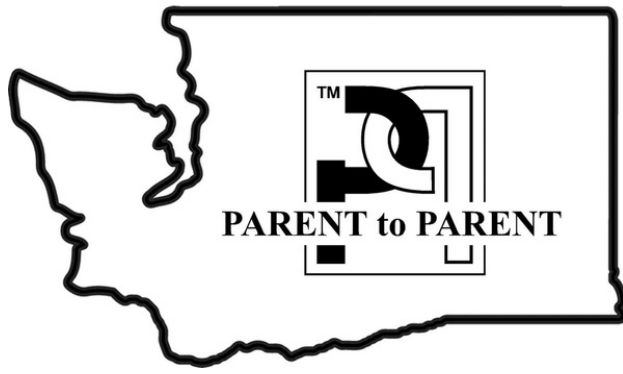
The American Academy of Pediatrics endorses peer-to-peer support as a Family-Centered Practice to improve health outcomes in children and families.



Danielle's Story.

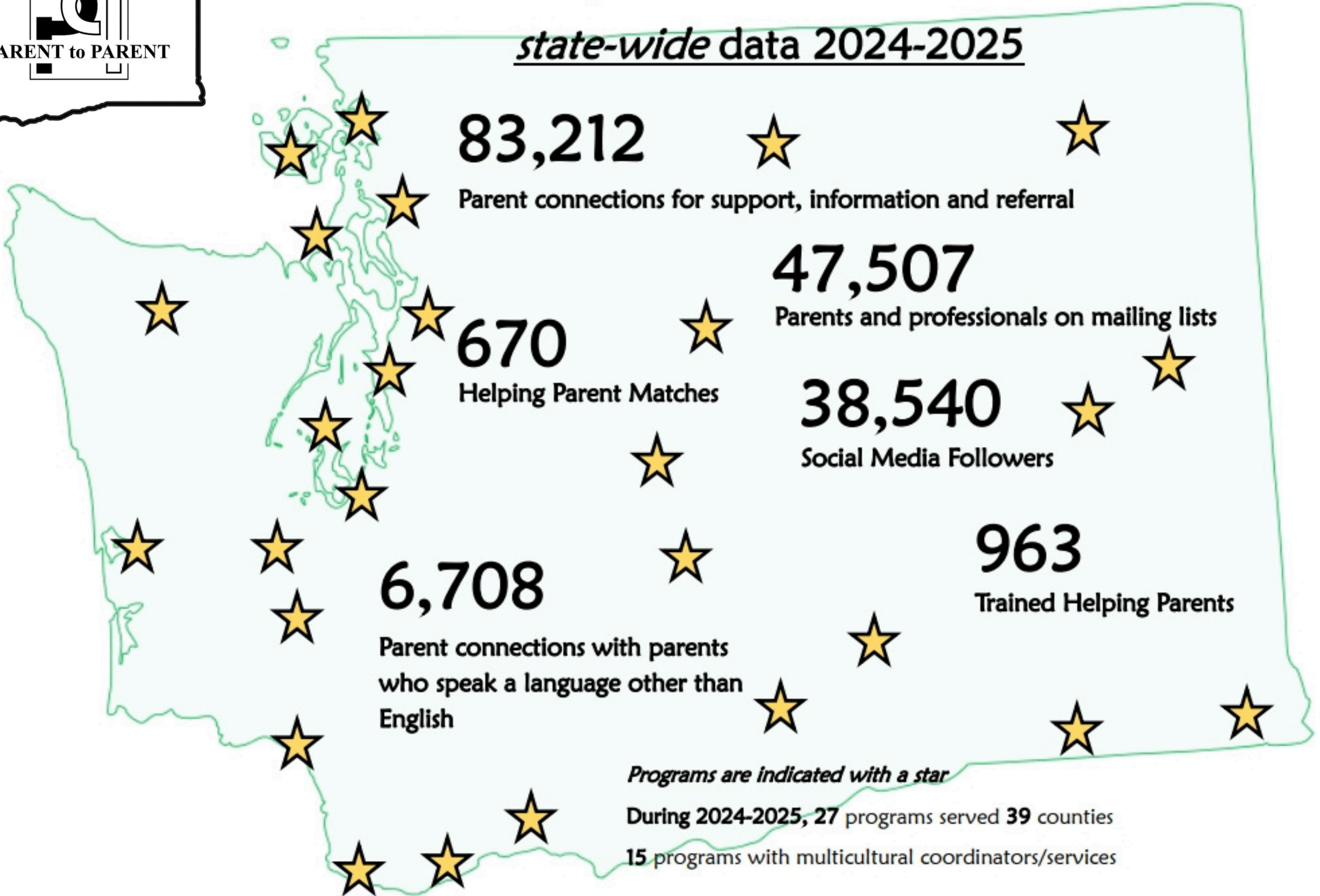
Kelly's Story.





Washington State Parent to Parent

state-wide data 2024-2025



Programs are indicated with a star
During 2024-2025, 27 programs served 39 counties
15 programs with multicultural coordinators/services






School Partnership


 **SHARE:** Disseminate our information with your special education staff and families!

 **WEBSITE:** Add our county-specific P2P info to your district's special education webpage.



School Partnership

 **INCLUDE:** Invite us to your special education workshops, resource fairs, specialty events.

 **COLLABORATE:** Ask us to present at your special education staff team meetings.

How to Reach Us



NW WA Parent to Parent

Support & Information Network

- For families whose loved ones have developmental disabilities or complex health conditions
- Also serving the community professionals working with these same families

Island County

Tiffany Wheeler-Thompson, Coordinator
Island County Human Services
360.632.7539
t.wheeler-thompson@islandcountywa.gov

San Juan County

Jen Deshon, Coordinator
Joyce L Sobel Family Resource Center
360.622.0326
p2p@jlsfrc.org

Skagit County

Heather Milliren, Program Manager
SPARC
360.416.7570 x 1013
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Snohomish County

Alaina Kube, Program Manager
Arc of Snohomish County
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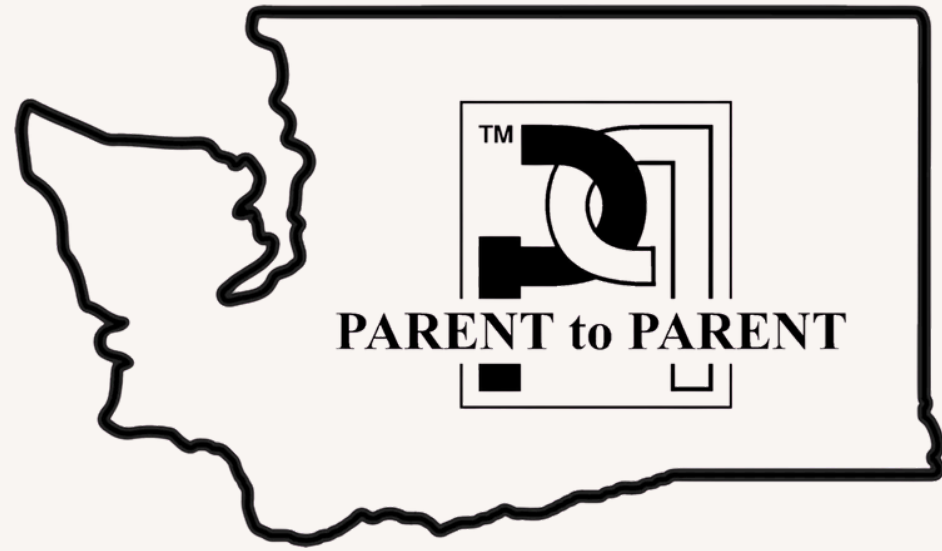
Whatcom County

Karlene Umbaugh, Coordinator
Arc of Whatcom County
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karlene@p2pwhatcom.org



**We're here
to help!**





**We're
here
to help!**

