



December 2023

Klickitat-Skamania Developmental Disabilities Advisory Board Resource Round-Up



LIMITED TIME OFFER

[Partners4Housing](https://signup.partners4housing.com/promo/) received a grant to cover the cost of a residential needs assessment on a **first come, first served basis**. These assessments usually cost around \$500. Act now to get assistance putting together a realistic, achievable care plan for your loved one's or your future housing needs. Sign up now as this won't last!

<https://signup.partners4housing.com/promo/>

SUBSTANCE ABUSE PREVENTION & RECOVERY

Though the data are limited, individuals with DD may be at increased risk of drug abuse and prescription drug misuse.* And everyone, from young children to senior citizens, can be at risk for an accidental overdose or exposure to addictive substances. Both Skamania and Klickitat Counties have community coalitions actively working to prevent alcohol and drug misuse and bring hope and education to these topics.

PREVENT MISUSE AND ACCIDENTS

Safely dispose of unwanted, unused, or expired prescription medication at kiosks at Wind River Pharmacy in Stevenson, Skamania County Sheriff's Office, Hi-School Pharmacy and Skyline Hospital in White Salmon, and Goldendale Pharmacy and Klickitat Valley Hospital in Goldendale. Medicines can be in original bottles or bagged.

In Skamania County, free lock boxes for prescription medications are available by emailing [One Prevention Alliance \(OPA\)](#). In Klickitat County, email Coalition for Preventing Abuse in Klickitat County cpakc.wa@gmail.com or call or text (509) 281-2330 to get a free locking medication box or bag.

CONNECT WITH OTHERS

Skamania County

OPA provides free parenting strategy workshops, hosts youth activities and clubs, and supports school-based programs in the Stevenson-Carson School District. Visit <https://www.facebook.com/OnePreventionAlliance/> or email karen.douglass@esd112.org

Klickitat County

KLASAC - Klickitat-Lyle Against Substance Abuse Coalition works to combat the high rates of underage drinking and drug use in our area. Come see what they are all about! KLASAC meets from 5-6:00pm on the [third Wednesday of each month](#). Meetings alternate between Klickitat and Lyle, or you can “zoom” in. Coming up, December 20th is in Klickitat, January 17th is in Lyle. Beginning in February, KLASAC will offer Positive Action Family Success Sessions. Under the umbrella of KLASAC, Lyle and Klickitat students formed TADAA! (Teens Advocating for Drug and Alcohol Awareness). This high school group, which is open to new members, is currently working on a Positive Norms Campaign. Call (509) 316-9523 or email klasaccoalition@gmail.com for more information and to be added to the distribution list for meeting links and event updates. You can also check out <https://www.facebook.com/KLASACoalition/> or <https://klasac.org/resources/get-support/>.

CPAKC- The Coalition for Preventing Abuse in Klickitat County helps fund and support in-school prevention programs in Goldendale in both the middle and high schools. CPAKC promotes programs such as "Starts with One" and "Locks Save Lives" as well as medication "Take Back" events. They offer parenting courses, host town hall meetings, and host family activity nights monthly in Goldendale promoting family and community connections. Their 2024 Calendar will soon be updated with upcoming events. For information or resources specific to the DD population, call or text (509) 281-2330, or email cpakc.wa@gmail.com. Also check out <https://www.facebook.com/cpakc1/>

MORE PREVENTION, RECOVERY AND CRISIS TOOLS

Crisis Text Line: Text HOME to 741741 to connect via text with a trained Crisis Counselor

Southwest WA Crisis Phone Line: 800-626-8137 no cost, 24 hours a day

Medicated Assisted Treatment for Substance Use Disorder is available locally:
Klickitat Valley Health 509-772-2735 Skamania County Community Health 509-427-3850

Naloxone (aka Narcan) can save a life by reversing opioid overdose so there is time to get medical help. To obtain free Naloxone by mail, go to <https://wafriendsforlife.com/get-naloxone>

*The June 2022 special issue of [Disability and Health](#) was devoted to Disability and Substance Use, Misuse, and Addiction. Access articles for free at <https://www.sciencedirect.com/journal/disability-and-health-journal/vol/15/issue/2/suppl/S>

LEVELS OF SUPPORT FOR PARENTS/GUARDIANS OF CHILDREN WHO HAVE IEPs

A brief overview of ways to support your child during the IEP process

Disclaimer: This article should in no way be considered legal advice; it is simply for your information. Most of the content has been copied directly from the websites of the OSPI, PAVE, and the OEO.

Parents and caregivers often spend hours researching topics and talking to other parents about their difficulties during the IEP process. This works if you know what you're looking for, or if the other parents know what they're talking about. Should you experience difficulties advocating on your child's behalf with your local school and ESD 112/105, there are several options available to you that do not include lawsuits. These steps may also help identify services you may not be aware of that could benefit your child.

LEVEL 1: Take a friend or family member to all meetings and keep records!

Never go alone to your IEP meetings. For one thing, there is a lot of information to listen to and understand, most of which may be unfamiliar to you. A second (or more) set of ears helps you remember and understand what has been discussed. You have every right to invite anyone you would like to attend. You will feel supported in your attempts to speak out on your child's behalf. You are an integral part of the IEP TEAM and the meeting cannot be productive without your presence and input. You are the expert on your child. Generally, you should let your team know ahead of time, as a courtesy, that more people will be present at the meeting. And always, ALWAYS document every communication you have with your child's school regarding their education and well-being. Keep a running log including the date, who you talked to or emailed, about what, and if and how they responded.

LEVEL 2: Local Parent Support

Theresa Van Pelt is the coordinator of Parent to Parent of Klickitat and Skamania County. She can either talk on the phone with you or meet you in person to help you navigate the IEP process, identify/define your issues and the best approach to finding solutions. Call or email for an appointment.

Theresa Van Pelt, [PEACE NW](#) Program Manager
Phone: 360-513-6682
Email: P2PCC@peacenw.org

LEVEL 3: State Parent Training and Information

Regionally across the state, Partnerships for Action Voices for Empowerment (PAVE) employs information specialists who only deal with special education issues. PAVE is a parent-directed organization that works with families, individuals with disabilities, professionals and community members in all walks of life and with all types of disabilities. They also conduct Workshops via Zoom.

[Partnerships for Action Voices for Empowerment \(PAVE\)](#)

<https://wapave.org/toolkit-basics-where-to-begin-when-a-student-needs-more-help/>

800-5-PARENT (v/tty)

email: pave@wapave.org

Online form to request help: <https://wapave.org/get-help/>

Local Support: Sherry Mashburn at 509-439-9880

LEVEL 4: Statewide Neutral and Independent Advocacy

If Parent to Parent and PAVE cannot help you resolve the issue on your own through better education, training and understanding how you can advocate for your child, it's time to bring in someone with a little more influence. You can do that through third party supports who will act in different ways.

Office of the Education Ombuds

Ombuds deal with many types of questions and unresolved problems from special education to bullying--almost any issue related to public K-12 schools except educator professional misconduct and school board issues. At no charge, they provide [information and informal, impartial, and collaborative conflict resolution](#) for families, educators, and community professionals to support students in Washington State's K-12 public schools.

Washington State Governor's Office of the Education Ombuds

Website: <https://www.oeo.wa.gov/en>

Email: oeoinfo@gov.wa.gov

Toll-free phone: 1-866-297-2597

Phone interpreter services available

Special Education Parent and Community Liaison

If you have questions about the special education process or difficulties communicating with your school district and need more help, Washington State's OSPI (Office of the Superintendent of Public Instruction) has a Special Education Parent & Community Liaison to assist you. The OSPI Liaison is available as a resource to parents in non-legal special education matters. The Liaison does not advocate on behalf of any one party but can act as a guide to navigating various special education or school district processes and procedures.

Website: <https://ospi.k12.wa.us/student-success/special-education/family-engagement-and-guidance/need-assistance>

Phone: 360-725-6075

LEVEL 5: Facilitation and Mediation**

If you feel as though you are still not finding a resolution to your issue, you can request a neutral third-party facilitation or mediation.

Facilitation is a voluntary process for parents and districts to meet to discuss their concerns with the help of a trained, neutral facilitator. Facilitation gives parents and districts the chance to resolve their special education concerns on their own, in a less formal process than mediation. There is no cost for the facilitation services.

Website: <https://ospi.k12.wa.us/student-success/special-education/dispute-resolution/request-facilitation>

Mediation is a voluntary process for parents and districts to meet to discuss their concerns with the help of a

trained, neutral mediator. Mediation gives parents and districts the chance to resolve their special education concerns on their own. Mediation may not be used to delay or deny a parent's right under [IDEA Part B](#), including the right to ask for a [due process hearing](#). There is no cost for the mediation services.

Website: <https://ospi.k12.wa.us/student-success/special-education/dispute-resolution/request-mediation>

In Washington: OSPI contracts with a company called [Sound Options Group](#) to provide facilitation and mediation services to parents and districts. Sound Options uses facilitators and mediators who are trained in conflict resolution techniques and help parties communicate to focus on problem solving. They are neutral third parties and so do not act as advocates for either parents or school districts. They also have training in state and federal special education law and regulations. At no cost, you can request their services by calling (800) 692-2540 (Statewide) or (206) 842-2298 (Seattle) or emailing mail@somtg.com.

See their process flowchart here: <https://ospi.k12.wa.us/sites/default/files/2022-12/OverviewofMediationProcess.pdf>

****You can skip Level 5 and go straight to Level 6, but do consider the opportunity to have a neutral third party try to help you come to a resolution.**

LEVEL 6: File a Complaint

A Community Complaint is a written statement to OSPI alleging that a federal or state special education rule or law has been violated by a school district, another public agency serving special education students, an educational service district, or the state. NOTE: OSPI can only investigate allegations that occurred within the past calendar year (365 days) from the date that OSPI received the complaint. Example: If OSPI receives a complaint on December 26, 2023, the period they will investigate begins with December 27, 2022.

Information: <https://ospi.k12.wa.us/student-success/special-education/dispute-resolution/file-community-complaint>

Informational Video from PAVE regarding this process: <https://wapave.org/procedural-safeguards-how-to-file-a-special-education-complaint/>

LEVEL 7: Request for a Due Process Hearing

A due process hearing is a formal, legal proceeding conducted by an administrative law judge (ALJ). Parents and districts have a right to present and question witnesses, and to submit or challenge documents regarding the issues. A written request for a due process hearing is made by a parent or district relating to issues about the identification, evaluation, educational placement, or provision of Free Appropriate Public Education to a student. Requests must be made within—and allege violations that occurred not more than—**two years** before the date you knew or should have known about the allegation. Only an administrative law judge may allow an exception to the two-year timeframe.

Website: <https://ospi.k12.wa.us/student-success/special-education/dispute-resolution/request-due-process-hearing>

NOTE: FAPE/IDEA vs ADA/CIVIL RIGHTS

All of the options outlined above deal with your child's right to a Free Appropriate Public Education (FAPE) under the IDEA (Individuals with Disabilities Education Act). If, however, your complaint is a civil rights

issue, then your child is covered under the Americans with Disabilities Act (ADA). A quick guide to the differences between IDEA and ADA (and Section 504) is here <https://www.understood.org/en/articles/at-a-glance-which-laws-do-what>

For civil rights complaints, contact the Arc of Washington State for guidance.

Website: <https://thearc.org/policy-advocacy/civil-rights/>



Again, your go-to source for all things I/DD in Washington State is www.informingfamilies.org

ABOUT US

Klickitat-Skamania DD Advisory Board Mission: To support Skamania County Community Health in providing high quality, comprehensive and effective developmental disability services to Klickitat and Skamania County residents in an efficient and respectful manner.

With the support from both the Klickitat and Skamania Board of Commissioners, the Developmental Disabilities services for both counties were joined to form one department in 2021. The Klickitat-Skamania DD Advisory Board was formed soon thereafter.

Visitors are always welcome to join Board meetings! Meetings are held every other month on the first Wednesday, from 3:30 pm until 5:00 pm, on Zoom. Contact Heather Trollier for an agenda and the link.

We are currently seeking new Board members. Ask for a Board application today!

Heather Trollier
Developmental Disability Coordinator
Skamania County Community Health
509.427.3970
trollier@co.skamania.wa.us