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Expand Your Community & Change the World with PROVAIL's Community Inclusion Services

Written by April Avey Trabucco, Marketing Communications Specialist at PROVAIL

PROVAIL supports people with disabilities to fulfill their life choices by delivering Mobility & Communication, Employment Services, and Home & Lifestyle programs throughout King, Snohomish, and Pierce counties, with a planned expansion across the South Sound.

At PROVAIL, we believe that meaningful connections not only enrich the lives of individuals but also create a ripple effect throughout society. Our Community Inclusion Services in King and Pierce Counties provide people with intellectual and developmental disabilities (IDD) the opportunity to engage with their community in ways that reflect their unique interests and passions. This personalized support fosters genuine connections and helps break down societal biases, paving the way for a more inclusive world.

What is Community Inclusion?

Community Inclusion is a personalized service designed to connect clients with meaningful community activities based on their individual interests and passions. Whether it's attending art classes, volunteering, exploring music appreciation, or participating in fitness groups, this program empowers each person to engage in what truly resonates with them.

For example, one client with a passion for art was able to join a local art class through PROVAIL's Community Inclusion program. In addition to honing her creative skills, she loves mingling with others who share her love for art. Another client, who enjoys staying active, has found fulfillment

through group fitness classes, where adaptive movements and social connections enhance the experience. A third client, who loves knitting and attending local exhibits, looks forward to outings, where she can share her enthusiasm with friends.

The program is as diverse as our client's interests, ensuring that everyone can find activities that reflect their goals and passions, fostering growth and connection.



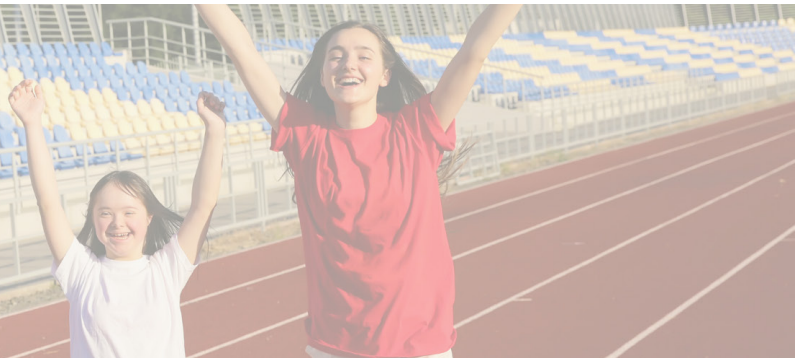
A Benefit to All

While this program profoundly benefits the individual, it also enriches the community at large. By creating spaces where people with IDD can thrive and build meaningful connections, we collectively challenge societal biases and make inclusion the norm rather than the exception. PROVAIL is currently accepting referrals for our Community Inclusion Services in King and Pierce Counties.

Contact your Case Manager at the DDA to get started. We look forward to working with you to help expand your world and positively impact the broader community.

Fostering Belonging Through Social Inclusion In Schools

By: Morgan Larche, Director of Special Olympics Washington Unified Schools



What is the desire of every child? To create friendships, feel valued, and be understood and accepted for their true selves. Children inherently crave a sense of belonging.

However, fostering an environment where every child feels this sense of belonging can be a challenge within our school systems. How do we know this? Many school districts across our state have identified belonging as a strategic priority. Research shows us that one of the most effective ways to cultivate belonging is through social inclusion. Social inclusion entails creating meaningful and intentional opportunities for students of diverse abilities and backgrounds to come together, learn from one another, and build friendships. It involves welcoming those who might otherwise feel excluded into the social fabric of our schools—an essential aspect of a child's developmental journey.

How can schools effectively support children on their developmental journey? With Special Olympics Unified Champion Schools program! Unified Champion Schools is designed for students from Pre-K through college and fosters meaningful social inclusion by uniting individuals with and without intellectual disabilities through sports, leadership, and whole school activities. By embracing this model, schools cultivate a positive and accepting environment that benefits all students.

The Unified Champion Schools program empowers youth and engages educators in creating communities rooted in respect, understanding, and acceptance.

When children experience consistent inclusion, respect, and recognition, they not only thrive individually but also learn to support their peers, advocate for one another, and share responsibilities.

These experiences instill valuable skills such as patience and compromise, which are essential for personal growth.

Most importantly, social inclusion serves as a powerful antidote to bullying and exclusion. It promotes healthier interactions, dismantles stereotypes and stigmas, and eliminates harmful language. When students engage in meaningful social inclusion opportunities, these initiatives go beyond activities or events. They become integral to the school's culture, they are part of the fabric of the school, where every individual is valued for who they are and feels a profound sense of belonging.

If you are interested in joining the Inclusion Revolution, email UnifiedSchools@sowa.org to get connected today!



Thanks to a generous grant from the Dan Thompson Memorial Fund and a contract through the DSHS' DDA, Partners4Housing is offering a FREE Benefits and Housing review for individuals with I/DD 16 and older in Washington state. To learn more visit <https://signup.partners4housing.com/>



The Low Income Home Energy Assistance Program (LIHEAP) can help households this fall and winter by providing assistance with energy costs. To learn more about the program and eligibility visit <https://liheapch.acf.hhs.gov/search-tool/>.

LIHEAP eligibility varies by state and is based on household size, income, and other received benefits.

No-Paid Services Reminder

A message from the DSHS' Developmental Disabilities Administration

Case managers are now contacting people on the No-Paid Services caseload throughout the state. We send a letter with your DDA case manager's contact information; you may have received a call as well. While making contact, we have noticed some returned mail and disconnected phone numbers. If you have recently moved, or have a new phone number or email address, please contact your case manager or local DDA office to update your information: <https://www.dshs.wa.gov/office-locations>. It is important for DDA to be able to contact you to keep your eligibility active and make sure you know how to request services if you want them.

There are many ways to reach DDA if you want to request services or information

1. Contact your DDA case manager directly. If you don't know the name of your DDA case manager, call any DDA office and ask them to look that up for you: <https://www.dshs.wa.gov/office-locations>.
2. Use our online Service and Information Request form: <https://www.dshs.wa.gov/dda/service-and-information-request>
3. Call your county's DDA Service and Information Request line:

County	Phone
Chelan, Douglas, Ferry, Lincoln, Okanogan, Pend Oreille, Spokane, Stevens	(800) 319-7116
Adams, Asotin, Benton, Columbia, Franklin, Garfield, Grant, Kittitas, Klickitat, Walla Walla, Whitman, Yakima	(866) 715-3646
Island, San Juan, Skagit, Snohomish, Whatcom	(800) 567-5582
King	(800) 974-4428
Kitsap, Pierce	(800) 735-6740
Clallam, Clark, Cowlitz, Grays Harbor, Jefferson, Lewis, Mason, Pacific, Skamania, Thurston, Wahkiakum	(888) 707-1202

State of Washington
DEPARTMENT OF SOCIAL AND HEALTH SERVICES
Developmental Disabilities Administration
P.O. Box 45310
Olympia, WA 98504-5310

Mental Health Resources

Mental health varies from person to person and encompasses a wide range of conditions. Resources are available to you and your loved ones. Remember in case of immediate danger, call 911.

The **988 Suicide and Crisis Lifeline** provides 24/7 free and confidential support for people in distress, along with prevention and crisis resources. Visit <https://988lifeline.org/> for specific support resources.

HearMeWa is a resource available to Washington youth up to the age of 25. Support is available 24/7, 365 days a year via phone, text, chat, or app. Get secure, free support anytime from professionals who are ready to listen. To learn more visit <https://hearmewa.org/>.

WashingtonWarm Line is a peer support helpline for people living with emotional and mental health challenges. Call the 24-Hour Crisis Line at 1-866-427-4747 or visit <https://www.crisisconnections.org/wa-warm-line/>.



Get instant updates from the Developmental Disabilities Administration:

- News and Announcements
- Provider Information
- Resources
- Training and Events!

How to Sign Up:

- Text "DDA" to 468311
- Visit <https://www.dshs.wa.gov/dda> and then scroll down the home page and click on the GovDelivery envelope and sign up link for news and information.