



December 8, 2023: Meeting Notes

Attendees: Alecia Smith. - Mary Bridge; Amy Prezbindowski – Multicare; Chelsea Deaconson – UW Autism Ctr; Cindy Myers – PAVE; Dee Bosworth – STOMP; Don Ham – EFMP JBLM; Emily Martinez; Jamie Graham – Hope Sparks; Jay – Community Member; Melia Hughes – Kitsap Parent Coalition & Self Advocate; Minah – PAVE; Peter Jung – Behavior Bridges & Self Advocate; Phin Drummond – Community Member; Sarah Loucks – Behavior Bridges; Sarah Jones – PAVE

Meeting Goals: To strengthen and coordinate the existing resources through building authentic relationships in the South Puget Sound area that serve our community. To identify and further clarify the unmet needs of our community and help develop resources to meet those needs. To provide comprehensive information regarding needed support for our community throughout the lifespan.

Our December gathering was held as a hybrid event with folks joining us in person as well as over Zoom. We came together as a group and shared amazing tips and tricks to managing a smoother Holiday Season. Many of our attendees shared personal stories of things that they have found to be helpful when navigating a time that can be hectic and stressful for many. The following are just a few things shared during the meeting:

[Hidden Disabilities Sunflower Program](#) – great for using if traveling through airports, etc.

[Giving the Gift of Sensory-Regulation: Supporting a Happy Holiday Season for All](#) - PAVE article shared with the group

Tips & Tricks Shared:

- Let go of unrealistic Expectations -Holidays are about family and friends and none of us are perfect.
- Too Many Responsibilities can cause extra stress. Learn to say “no” and do not overcommit yourself or your family.
- Don’t be afraid to ask for help.
- Travel Stress - Already talked about the Sunflower Lanyard Program. While in a car, give them new toys, gadgets, or sensory items they haven’t seen before.
- If possible, try to have a backup plan. For instance, if a tantrum occurs, find a place where you and your child can go. I have used a closet before, I have used a car where I can play music and it’s a different change of scenery. When my son was little there were lots of tantrums and one time my sister just came and sat by us, and it made all the difference to me.
- Make this a teaching moment. Prepare family and friends ahead of time for what may happen. And hopefully there is someone around who will ask you if there’s anything they can do, instead of judging.

Save the Date!

Next SSAP Meeting: January 12th from 9:30 – 11:00AM