



# Who is Texas Parent to Parent?




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## Who We Are

- Parents of children with disabilities, chronic illness and other special health care needs (including preemies)
- Small staff of full- and part-time employees and many volunteers (need MORE!)
- Many years of experience providing parent to parent support
- Statewide nonprofit (§501 (c)(3)) headquartered in Austin





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## What We Do

- **Match parents** (if requested)
  - emotional support or information about resources, etc.
- **Provide trainings** (ex: advocacy, medicaid waiver programs, self-determination, people first language, etc.)
- **Annual conference** (June 29 & 30, 2012)
- **Resource Directory**
- **Quarterly Newsletters**
- **Listservs for parents and family members** (regional areas and issue/disability specific)




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## Why We Do What We Do



The gift of Parent to Parent support is one which helps hearts to heal, dreams to begin anew and sorrow to be lessened in the sharing.

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## Our Goals

- increase the confidence, emotional stability and skills of families
- provide a place where families can get answers to specific questions
- increase families' knowledge and access to resources



- decrease stress and isolation
- help families find or create resources for support
- provide technical support to families or parent groups

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## TxP2P Volunteer Opportunities

- Medical Education Program (MEd)- Sites in Austin, Amarillo & Temple
- NICU Network Support
- Speaker & Outreach Network (SON)
- Supporting Parent Volunteer (SPV)
- Texas Advocacy Network (TAN)
- Transition Network Supporting Parent Volunteer
- Help at HQ (Austin) – interns welcome!
- “...No man is an island, entire of itself...”

*--John Donne (1572-1631)*

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*"Parent to parent support is the greatest resource I have found . . . The resources I have accessed for financial assistance, adaptive equipment, and respite were all brought to my attention by other parents... These are the people I can count on any time, day or night, rain or shine because they understand my life."*

Cassie Burt (parent)



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We are affiliated with 35 other statewide parent to parent programs through Parent to Parent USA.

We share information, best practices, and find matches for families that their individual state is unable to match.



We share and learn from each other how best to provide support to families. We also serve on the Management Team for P2PUSA.

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The real difference **Texas Parent to Parent** makes in the lives of children and their parents can be seen best in the stories of our families...

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### The Wiederhold Family

*"I first spoke with someone shortly after my son was born. A Social Worker in the hospital gave me a brochure about an organization offering support to parents of children with disabilities.*

*"I was still in the initial shock phase of being told not only that my new baby had a disability, but one that was usually fatal at birth or shortly thereafter, so I just thanked the Social Worker and filed the brochure away in my suitcase.*

*"The day after I went home from the hospital, without my newborn baby, I looked for the brochure, read it and picked up the phone."*

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*"The parent (Mom) who answered the phone listened as I told her about our newborn son, still in the hospital.*

*"I told her of the aching, lonely, empty feeling I had and she listened, then supported and comforted me.*

*"As time went on, I got several calls from this Mom, just checking to see how we were doing. She even came and visited us in the hospital. She also brought information about other local resources.*

*"Those initial contacts led us to attending our first support group of other parents of children with disabilities."*

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*"We met other people who actually understood what we were feeling, experiencing, because they were living it too.*

*"Over the years, parent to parent support, either with a one-on-one phone call, resources or support group have always been a constant that helps us through this new road we are traveling."*



--Debbie Wiederhold

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## NICU Network



Texas Parent to Parent has established a support program for parents of premature babies and babies hospitalized in the NICU.

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## Support Addresses Needs



- Reliable information on topics related to baby's health
- Assistance in finding services
- Tailored to needs and time constraints

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## Emotional Support



- One to One Parent Matches
- Welcoming and understanding contact
- Instill confidence

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## Informational Support



- Help accessing medical coverage
- Value of Medical Home
- What to expect from ECI

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## Validated my Feelings

- "When our daughter was born 13 weeks premature we were heart broken and confused. We weren't ready to deal with a sick baby, doctors or machines that go "ping". We were frightened and alone. It was a gift to finally speak to someone that had a similar experience. The parent support volunteer answered all my questions and validated my feelings."



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## Thank You!

### Texas Parent to Parent

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