



**Guidelines for participating in DCYF funded support group training:**

Training spaces will be given to those who meet the guidelines in order that their applications are submitted until all 16 spaces are filled. This training is open to anyone who is intending to start a new parent support group and who meet the criteria below. Current support group leaders who have not taken the Group Peer Support training before are welcome to apply. To apply please review the following guidelines and complete the application questions listed at the end of the document.

**General Support Group Guidelines:**

1. Be located in a centralized and easily accessible location for parents.
2. Address a barrier to care/gap in perinatal support/mental health services for a community, area, or organization
3. Ideally, be embedded in an organization serving childbearing parents for ease of referrals and recruitment.
4. Be culturally relevant to historically unserved and underserved populations.
5. Be able to recruit 6-8 parents in attendance.
6. Open to all parents in the community, with a focus on low-income families and free of charge or open to any parent who can afford the fee.

**Expectations of Group Facilitators:**

1. Facilitator can commit to offering a regular support group (weekly, bi-weekly, or monthly depending on the population being served) for 6-12 months and have support from their supervisor or organization for set up and admin time.
2. Facilitator should be representative of the community including but not limited to language and culture.
3. Facilitator should be knowledgeable and supportive of parents experiencing a mental health concern and is highly encouraged to attend the upcoming perinatal mental health training, or equivalent, prior to facilitating group or soon after.
4. Facilitator should be knowledgeable about pregnancy, birth, and postpartum, and knowledgeable about infant development.
5. Facilitator agrees to receive continuing education on PMADs every year.
6. Facilitator (and supervisor) agrees to participate in evaluation of support group using tools provided by Perinatal Support WA/DCYF when possible.

7. Facilitator agrees to create (or provide PS-WAs) Perinatal Mental Health Resource and Referral Guide or equivalent- a list of providers and programs in your area that are knowledgeable about perinatal mental health. This information should be available in print form at every group to make it easy for parents to access mental health care and other referrals without asking.
8. If consultation is provided, facilitator (and supervisor) agree to participate in follow up video consultation once per month to receive consultation and technical assistance.

To apply, please answer the following questions and email [Mia.Edidin@perinatalsupport.org](mailto:Mia.Edidin@perinatalsupport.org) with subject line “Yakima GPS Support Training”.

1. Please tell us about your background and why you would like to start a support group.
2. Please describe your group, as best as you can, including where the group will be held, who you will serve, when you plan to start the group, and how you plan to recruit parents to your group.
3. How does group meet the guidelines?
4. Are you able to participate in ongoing follow up video consultation and technical assistance, and evaluation?