



Position Announcement: Parent Resilience Specialist (PRS) serving Spanish-Speaking/Latinx families

About the Organization

[Perinatal Support Washington](#) (PS-WA) is a statewide non-profit committed to shining a light on perinatal mental health to support all families and communities. Our vision: All parents receive appropriate, timely, and culturally relevant care during the perinatal period.

Our core programs include a statewide Warm Line that supports families experiencing perinatal mental health complications, free and low-cost new parent support groups, free and low cost therapy, training and consultation for health care providers, education and advocacy on perinatal mental health (PMH).

Perinatal Support Washington is a parent-friendly workplace with a flexible work schedule.

About the Position

The Parent Resilience Specialist (PRS) reports directly to the Program Manager and supports PS-WA's mission by supporting Latinx/Spanish-speaking parents directly. This is a part-time job (25-29 hours per week) with occasional evening and weekend work required with advance notice. The PRS will work with pregnant and parenting families that are at-risk for or are experiencing a PMAD (Perinatal Mood and Anxiety Disorder).

Specialists are not mental health providers, and will be trained in culturally respectful screening, evidenced based behavioral health support, wellness planning, and resource and referral navigation. The PRS will support families to create culturally specific emotional wellness plans, introduce and discuss mental health care, listen and support families with barriers/reservations about mental health therapy, and walk with families as they navigate formal mental health care or other services as needed.

An ideal candidate will be a parent who is a native Spanish-speaker and has personal experience with perinatal mental health concerns such as depression, anxiety, birth trauma, perinatal loss, etc. Additionally they are warm, enthusiastic, collaborative, and professional, enjoying handling many tasks at one time and adaptive to change, with a strong orientation to detail and ability to work

independently with direction. This is a unique opportunity to join a team providing culturally-matched services, this position will support the Latinx community across King County.

PS-WA does not currently have an administrative office. Work is done remotely and the schedule is flexible. This position was intended to provide support in the community and in the parent's home; it will be telehealth for the remainder of the year and likely into 2022. We will continue to adapt the nature of our support for pregnant and parenting families as the public health crisis of COVID-19 changes the nature of our work and the needs of pregnant and parenting people.

The PRS is required to attend weekly staff meetings via video conference. This position serves families in King Co; candidates outside of King Co should carefully assess whether this position will meet your needs once we transition back to in-person events and meetings with families resume. As our organization grows, this role could be established at one of our partner organizations.

Core Functions

Direct Service (75%)

- Manage a caseload of 9-15 caregivers. *We currently anticipate this work to be conducted via telehealth and remotely including phone, email, and text support; however, it could eventually include in-person support.*
- Provide strength-based culturally-specific support about perinatal mental health, create culturally attuned wellness plans that align with parents' beliefs and values, address barriers, and support taking small wellness steps.
- Identify higher risk families and engage in prevention strategies.
- Effectively introduce and complete culturally-respectful perinatal mental health screenings that feel meaningful and supportive, empower parents take their next step to addressing their mental health.
- Provide parents with information about perinatal mental health and the full range of treatment options including formal and informal mental health supports.
- Support parents to navigate the formal mental health system by providing information and support about how to access care, what to expect, and supporting parents as they engage with treatment providers.
- Support parents engaged in mental health therapy by advocating for and with parents, supporting a parent's treatment plan through the week and when indicated coordinate with treatment providers.

Administrative Tasks (25%):

- Maintain administrative tasks of caseload of 9-15 families including managing your schedule to meet families needs, locating and making appropriate referrals, and more
- Track screening measures to ensure they are completed and up to date

- Document case notes and progress in client database
- Help families create short and long-term wellness plans that are strength-based, led by the family, and culturally attuned
- Telecommute and be comfortable learning and adapting to new telehealth platforms
- Assist program team in developing components of the Parent Resilience Program to best support all parents experiencing mental health complications

Requirements

- Bi-lingual in Spanish/English; native Spanish Speaker preferred
- Lived experienced with perinatal mental health challenges
- Ability to telecommute (laptop and hotspot provided)
- Access to reliable transportation
- Willingness to attend provided trainings on perinatal mental health
- Attend weekly staff meetings currently online (may resume in person)

Qualifications

- Two years or more of direct service in a peer mentorship, volunteer, or similar capacity with people during the reproductive period
- Ability to work independently with little supervision
- High school diploma or equivalent
- Strong communication and written skills
- Strong attention to detail
- Passion for and commitment to the mission of Perinatal Support Washington and supporting parents
- Aptitude for solving problems with creativity and resourcefulness
- Proficiency with Microsoft Office, Google Apps
- Willingness to receive additional perinatal mental health training
- Comfortable with phone and text-based support
- Comfortable with discussing mental health and knowledgeable about the perinatal period
- Parent who has experienced and recovered from a perinatal mood and anxiety disorder (PMAD)

Compensation and Benefits

Perinatal Support Washington provides ample opportunity for professional growth and training in perinatal mental health. Starting salary is equivalent to \$23 per hour. This position is grant funded through 2023 with possibility to be extended.

Application Instructions

To apply, please send a resume and cover letter in one document to

Elizabeth.MooreSimpson@perinatalsupport.org with “PRS” in the subject line.

Please select one of the following questions to address in your cover letter:

- Tell us why supporting a parent’s mental health during the childbearing period is important
- Tell us why you’re a good fit to support parents during the childbearing period
- Tell us about your understanding of barriers to care in the mental health systems
- Please explain how you would work to destigmatize mental health with your clients
- How do you talk about mental health in your community?

Interviews will begin in mid-October. Applications received before October 15th will be prioritized.

Position start date: November 2021.

Perinatal Support Washington is an Equal Opportunity Employer. People of color, of any sexual orientation or gender identity, from under-represented communities, and people with diverse life experiences are encouraged to apply. Some heavy lifting and physical labor is required during special events. Reasonable accommodations may be made to enable individuals with disabilities to perform the essential functions of this job.