



Parent Resilience Specialist (PRS) Serving Skagit County Part-time Contractor

About the Organization

Perinatal Support Washington (PS-WA) supports the emotional wellbeing of people preconception through postpartum (up to 2 years) who are at risk or currently experiencing mental health needs.

As a statewide nonprofit dedicated to perinatal mental health, we believe all parents should receive appropriate, timely, and culturally relevant care.

Our direct service programs are designed to provide specialized perinatal mental health services so that no parent goes without the mental health support they deserve. We offer short term and long term peer support, clinical therapy, support groups, and more. PS-WA is committed to making our care system stronger; we have a robust training and consultation program for professionals to fill the gaps in care for parents and help re-envision what the perinatal mental health field could be. (Learn more about our organizational priorities by viewing our [2025 Strategic Plan](#) and [Theory of Change](#).)

Perinatal Support Washington is a parent-friendly, mental health friendly organization.

About the Positions

[The Parent Resilience Program](#) is hiring independent contractors for multiple positions averaging 16 hours per week. Parent Resilience Specialists (PRS) to serve Skagit Families including Latinx/Spanish-speaking, Indigenous and LGBTQ+ families as part of a multi-year contract with Skagit County.

We value talents as much as skills, lived experience as much as education. If you see yourself in this role, we strongly encourage you to apply. If you do not have the preferred experience or skills, please do not be discouraged from applying. We offer professional development and on the job learning and support.

These are contract positions (16 hours per week) with occasional evening and weekend work required with advance notice. Work is done remotely and the schedule is flexible typically within the 9-5pm working day. This position will include virtual and in-person services.

A Parent Resilience Specialist works with pregnant and parenting families who are at-risk for or are experiencing mental health challenges related to childbearing. Some examples could include anxiety, sadness or grief around unexpected parenting/birth outcomes, depression, sleeplessness, scary or intrusive thoughts. Specialists are not mental health providers but are providing peer services. A typical day in this role could include having sessions with participants in-person – on a walk to the playground to support a parent getting fresh air and exercise or in the home to provide emotional wellness support over a cup of tea; it could include resource navigation to address barriers like supporting a parent to find childcare or the bus route to an appointment. PRS spend 75% of their time providing direct service to their caseload of families and about 25% of their time documenting, resourcing, and consulting about their participants and attending trainings.

The Parent Resilience Specialists will support families to create and implement 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.

Ideal Candidates

This is a unique opportunity to join a team providing culturally-matched services as peers. As such, ideal candidates' lives align with those of families we serve. This includes being a parent, being culturally and linguistically matched with the population group each position focuses on, and with personal experience with perinatal mental health challenges 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 support. This is a unique opportunity to join a team providing culturally-matched services as peers.

Core Functions

Direct Service (75%)

- **Manage a caseload** of participants by providing in-person, phone, email, and text support to perinatal families (conception to age 2) for an average of 6-9 months.
- Provide strength-based culturally-specific support, create culturally attuned **wellness plans** that align with parents' beliefs and values, address barriers, and support taking small wellness steps.
- Identify and support higher-risk families and **engage in prevention strategies**.
- Effectively introduce and complete **culturally-respectful perinatal mental**

health screenings that feel meaningful and supportive, and empower parents to take their next step to address 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, and what to expect, and supporting parents as they engage with treatment providers.

Administrative Tasks (25%):

- Maintain administrative tasks of a caseload of families including managing your schedule to meet families' needs, locating and **making appropriate referrals, documenting case notes in the database, etc**
- **Track screening measures** to ensure they are completed and up to date
- 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

Minimum Requirements

- Lived experienced and recovery from a perinatal mental health challenges and have at least one year in recovery
- Ability to work collaboratively with partner organizations supporting this role
- Authentic experience and ability to provide culturally-matched care within the communities
- Ability to telecommute (laptop and hotspot provided)
- Access to reliable transportation to meet participants receiving in-person support in Skagit County
- Willingness to attend provided training on perinatal mental health

Desired Qualifications

- One year or more of experience in a peer mentorship, volunteer, or similar capacity, ideally with families
- Passion for and commitment to the mission of Perinatal Support Washington and supporting parents
- Comfortable with discussing mental health and knowledgeable about the perinatal period
- Ability to work independently with little supervision

- Strong communication, writing skills and attention to detail
- Aptitude for solving problems with creativity and resourcefulness
- Proficiency with Microsoft Office, Google Apps, telehealth platforms, phone and text messaging
- Authentic experience and ability to provide inclusive, and intersectional and culturally-matched care where possible to Skagit Families including families that reflect Latinx, Indigenous, LGBTQ+ communities.

Compensation and Benefits

Perinatal Support Washington provides ample opportunity for professional growth and training in perinatal mental health. The wage for this contract position is \$30.00 per hour.

Independent Contractors

This position is an independent contractor role. Independent contractors are responsible for paying their own federal, state, and local taxes as well as Social Security, Medicare, and leave. The salary for this position has been adjusted to account for this.. Chosen applicants will have access to assistance to develop structures needed as an independent contractor.

Application Process

To apply please send your resume and answers to the questions below to addelle.diedesch@perinatalsupport.org with "PRS Skagit County" in the subject line.

Applications received before April 19th will be prioritized, applications will be accepted until the position is filled. Interviews will begin in late April/early May. Our hiring process includes the following steps:

- A short phone screening with the Program Manager (15 mins)
- A panel interview with existing staff in this role (*we will provide interview questions in advance for your preparation)
- Reference checks on desired applicants
- Notice to chosen applicants and offering position
- Notice to all other applicants

Position start date: May or early June.

Please share your thoughts on the following questions in your application:

- Tell us how your authentic experience would allow you to provide culturally-matched care to BIPOC and/or LGBTQ+ communities.
- Tell us about your understanding of barriers to accessing care for your community in the mental health systems
- Please explain how you would work to destigmatize mental health with your clients/in your community

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.