



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 Intern Peer Support Specialist (PSS) reports directly to the Program Manager and supports PS-WA's mission by supporting parents directly. This is a part-time internship (varied hours per week) with occasional evening and weekend work required with advance notice. The intern Peer Support Specialist 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 PSS 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 member of their community 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 the ability to work

independently with direction. This is a unique opportunity to join a team providing culturally-matched services, this position will support the community across King County in person and other counties online.

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 remotely in the community and in the parent's home.

The PSS is required to attend weekly staff meetings via video conference. This position serves families in King and Skagit Co; candidates outside of King and Skagit 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 hybrid telehealth and in person*
- 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

- 1 year 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. When funding allows we aim to provide a modest stipend to all interns.

Application Instructions

To apply, please send a resume and cover letter in one document to Elizabeth.MooreSimpson@perinatsupport.org with “PSS Intern” 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 with PSS staff and the program manager to follow the application.

Position start date: rolling

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.