



Peer Support Specialist Supporting East African Families

About the Organization

[Perinatal Support Washington](#) (PS-WA) supports the emotional well-being 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](#).)

About the Position

The [Parent Resilience Program](#) provides culturally-matched peer support to the Latinx/Spanish-speaking community in King County and Skagit County and Black families in King County. **We are looking to add a member of our team by adding one part-time position serving King and neighboring counties to provide culturally-matched services to East African families.**

The half time Peer Support Specialist (PSS) is a .5 FTE at 20 hours a week at \$31.80 an hour and supports PS-WA's mission by supporting parents in their community. This is a part-time position with occasional evening and weekend work required with advanced notice. The Peer Support Specialist will work with pregnant and parenting families who are at-risk for or are experiencing a PMAD (Perinatal Mood and Anxiety Disorder).

A Peer Support Specialist (PSS) 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. PSS 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 Peer Support 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.

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.

An ideal candidate will be a parent who is a member of the community they are serving, East African families, 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 once and are 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 East African parents along the I-5 corridor in person.

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 (library, coffee shops, parks, clinics) and in the parents' homes.

The PSS is required to attend weekly staff meetings via video conference. This position serves families primarily in King County, and neighboring counties. Candidates outside of King County should carefully assess whether this position will be within their capacity. As our organization grows, this role could be established at one of our partner organizations.

Core Functions

Direct Service (75%)

- Manage a caseload of 5-10 caregivers. This work is conducted in person; some sessions are done remotely, including phone, email, and text 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, empowering parents to 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, coordinating with treatment providers.

Administrative Tasks (25%):

- Maintain administrative tasks of caseload of 5-10 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 the 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

- 5+ years of lived **personal or professional** experience working with East African families
- Lived experience with perinatal mental health challenges
- Ability to telecommute (laptop and hotspot provided)
- Access to reliable transportation
- Willingness to attend the provided trainings on perinatal mental health
- In applying to serve East-African families must be bilingual in at least one other language (Somali, Amharic, Arabic, Oromo)

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
- 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
- A 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. This position is an hourly, non-exempt position paid \$31.80 per hour. This is a flexible position at 20 hours per week.

PS-WA offers employees a combined paid time off package based on prorated hours; a person working 20 hours per week receives 100 hours (5 weeks) annually and 28 sick hours. PS-WA offers up to 16 paid holidays per year, including 2 floating holidays; employees receive holiday pay on any holidays they are regularly scheduled to work. PS-WA closes for the week between December 24th and January 1st. Employees are paid for this closure based on their regular schedule.

This position is grant-dependent, and continued employment is contingent on renewed grants.

Application Instructions

To apply, please send a resume to Hiring@perinatalsupport.org with “PSS for East African” in the subject line, and **in place of a cover letter please share 1.)** how you connect to the identity of the East African parents struggling with perinatal mental health challenges, **and 2.) address one of the following questions.**

- 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
- How do you talk about mental health in your community?

Interviews with PSS staff and the program manager will follow the application. **The priority deadline for applications is March 1st, 2026. Position start date: April 2026**

Perinatal Support Washington is an Equal Opportunity Employer. People of color, of any sexual orientation or gender identity, from underrepresented 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.