

# Perinatal Mental Health Community Capacity Building RFA Webinar

March 21, 2023 | Strengthening Families Washington



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Washington State Department of  
**CHILDREN, YOUTH & FAMILIES**

# Agenda



- Introduction
- Description of the Funding Opportunity
- Application Process and Components
- Questions



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# Strengthening Families Washington

## Major Bodies of Work:

- Community-Based Child Abuse Prevention (CBCAP)
- Children's Trust/Prevent Child Abuse State Chapter
- Home Visiting
- Prevention Partnerships and Initiatives
- Strengthen Families Locally



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# CBCAP

CBCAP programs were established through federal legislation under the Child Abuse Prevention and Treatment Act (CAPTA).

The purpose of CBCAP is to:

- Support community-based efforts to develop, operate, expand, enhance, and coordinate initiatives, programs, and activities to prevent child abuse and neglect and to support the coordination of resources and activities to better strengthen and support families to reduce the likelihood of abuse and neglect.
- Foster understanding, appreciation, and knowledge of diverse populations to effectively prevent and treat child abuse and neglect.

# Perinatal Support Washington

Mission Statement:

*Shining the light on perinatal mood and anxiety disorders and treating them effectively.*

Clinical Director: Mia Edidin, LICSW

[www.perinatalsupport.org](http://www.perinatalsupport.org)

# Outcome Goals



- Increased **capacity within communities** to recognize, support, and/or refer families to appropriate supports for perinatal mood disorders among individuals and organizations that interact with families across contexts in the community (e.g., child care, business, health care, etc.).
- Establish and maintain **“easy pathways” for families** to be screened for perinatal mood disorders and receive care as needed.



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# Long-Term Goals



- More parents being screened for perinatal mood and anxiety disorders.
- Greater public awareness of perinatal mood and anxiety disorders (their impact, symptoms, and helping resources).
- An increased common perception of perinatal mental health awareness and treatment as a normal part of life.

**Our ultimate goals are to reduce child abuse and neglect and promote healthy family development.**



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# 2022-2023 SFWA Funding Opportunity

Application for Perinatal Mental Health Community Capacity Building



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# Application Overview

- Application available at: <https://www.dcyf.wa.gov/services/child-dev-support-providers/home-visiting/funding-opportunities>.
- Up to five new host organizations will be selected and up to five returning organizations will continue.
- Funding will be \$20,000 per year, plus \$2,000 for concrete goods.
- The contract period will run from July 1, 2023 – June 30, 2024, with the option extend for an additional year (through June 30, 2025).





# Application Overview

Host organizations will be responsible for:

1. Community Building for Perinatal Mental Health
2. Concrete Supports for Perinatal Mental Health
3. PMH Resource & Referral Handouts
4. Work Plan and Budget
5. Evaluation



# Application Overview

Host organizations will receive:

1. Expert Coaching and Technical Assistance
2. Training Opportunities
  - One-Day Training
  - GPS Training
  - 1:1 Parent Support Training
3. Peer Connections







# Application Eligibility



Who should apply?

Washington State organizations including:

- 501c3 private non-profit organizations
- Tribal organizations
- Public or private schools
- Faith-based organizations
- Local Government entities

Contract funds are provided by federal CBCAP funding and must be used for primary or secondary prevention. Services targeting families currently involved with child welfare are considered tertiary prevention and not permissible for this funding source.



# Focus Populations Include:

- Low income families
- Families with children 0-3
- Special needs families
- Families experiencing homelessness
- African American families
- Unaccompanied homeless youth
- Fathers
- Mothers
- Refugee/immigrant families
- Tribal communities
- Latino/Hispanic families
- Adult former victims of domestic violence or child abuse and neglect
- Teen parents
- Single parents
- Non-English speakers
- Asian/Pacific Islander families
- Relative caregivers





# Priority Populations



This funding opportunity is open to any organization serving a population in Washington State, certain areas and populations will be offered priority for funding.

## Priority Populations:

- Communities in Eastern Washington
- One of the following counties: Clark, Grays Harbor, or Jefferson
- Organizations serving Black/African American, Indigenous, and other communities of color
- Organizations serving Spanish speaking communities



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# Application Questions

## A. Applicant Information (5 points)

Up to 9 bonus points will be awarded for serving specified priority populations.

## B. Community Landscape (20 points)

- Describe the community you are proposing to serve and your experience with this community
- Using local or statewide data describe the need in your community



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# Application Questions

## C. Community Resources and Support (30 points)

- Demonstrate your ability to collaborate with others
- Plans for growing Task Force participation
- Parent voice

## D. Applicant Host Organization Capacity (25 points)

- Describe budgetary considerations, including staff time
- Experience delivering related services
- Community readiness for implementing a Support Group or 1:1 Parent Support
- Experience with contract compliance





# Application Questions

## E. Attachments (20 points)

- Parent letter of support
- Letter of support from partner organizations committed to participating in Task Force meetings and activities

Signed and Dated Application  
Submission Checklist





# Timeline and Key Dates

Activity	Anticipated Date
Application Released	March 10, 2023
Webinar	March 21, 2023
Last day to Submit Questions	April 22, 2023
Applications Due	April 26, 2023
Announcement of Successful Applicants	May 31, 2023
Negotiate Contracts	June, 2023
Contract Effective Date	July 1, 2023



# Questions & Answers

Email questions by 5 p.m. on April 22 to [strengtheningfamilies@dcyf.wa.gov](mailto:strengtheningfamilies@dcyf.wa.gov)

Responses in FAQ posted each Friday at <https://www.dcyf.wa.gov/services/child-dev-support-providers/home-visiting/funding-opportunities>



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# Submission and Deadline

Email one application to:  
[strengtheningfamilies@dcyf.wa.gov](mailto:strengtheningfamilies@dcyf.wa.gov)



Due Date: 5 p.m. PST – April 26

No applications or supporting documents will be accepted after the deadline.



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# Thank you!

## **Contact:**

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