Request for Application (RFA)

RFA Information Summary

Application Title:
Perinatal Mental Health Access and Capacity Building

Estimated Funding:
Up to $30,000/year

Funding Period:
Up Three years
(December 2025 – September 2028)

Eligible Applicants:
Any organization serving Washington families can apply for this funding. This includes mental health organizations, non-profits, universities, academic institutions, local health jurisdictions, community health centers, hospitals and health systems, coalitions and collaborative networks, Tribal Nations and Indigenous health organizations.

Applicants must demonstrate they have relevant experience and be able to describe the how their programs support women who are pregnant or recently gave birth, also called the perinatal population, and in addressing maternal mental health.

Summary of Grant:
This grant opportunity will support up to six organizations to improve access to perinatal mental health services, with a focus on communities most affected by maternal mental health conditions like depression, anxiety, post-traumatic stress disorder, or other mood disorders. Funding will prioritize efforts in provider workforce development, Medicaid access expansion, and care coordination to build sustainable, mental health support systems for all.

Office Hours:
October 6, 2025, 10 to 11 a.m. PST.
October 17, 2025, 12 to 1 p.m. PST.

Application Due:
Submit applications to waperinatalcollaborative@doh.wa.gov by
October 24, 2025, 11:59 p.m. PST.

RFA Coordinator:
Talia Horacek, waperinatalcollaborative@doh.wa.gov
Direct all communication about this RFA to the RFA coordinator above with "Perinatal Mental Health RFA" in the subject line.

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Section 1: Application Instructions

1.1. Orientation to the RFA

Introduction and Purpose

This funding opportunity will support up to six organizations that are already working to improve access to perinatal mental health services in Washington state. We are especially focused on reaching communities most affected by conditions like depression, anxiety, post-traumatic stress or other mood disorders.

The goal of the funding is to help organizations **enhance, expand, or strengthen** existing efforts—not to start something new that hasn't been tried before.

We're seeking organizations that:

- Have experience and can demonstrate supporting women who are pregnant or recently gave birth using approaches that communities value and trust (find examples of evidence of effectiveness on page 11)

- Have the potential to build long-lasting mental health support in their communities

Funding Priorities and Description
Projects must focus on at least one of the following priority areas to improve maternal mental health conditions:
- Postpartum depression
- Perinatal anxiety
- Post-traumatic stress disorder (PTSD)
- Obsessive-compulsive disorder (OCD)
- Bipolar disorder
- Psychosis

We strongly encourage applicants to design community-centered approaches developed by communities most impacted by disparities. For relevant data to help develop your proposal please refer to the Perinatal Dashboard.

What This Funding Can Support:

1. **Training and Workforce Development**

   Goal: Train providers to recognize and treat pregnant women experiencing maternal mental health conditions.

   We are seeking projects that:
   - Train mental health professionals or perinatal providers like doulas, community birth workers, midwives, obstetricians and gynecologists

(OB/GYNs), pediatricians, and therapists to offer evidence-based maternal mental health screening or treatment.

- Provide support and training for new and existing staff to deliver trauma-informed and culturally responsive mental health care.

Example Project: An organization provides scholarships to clinicians that represent the community they serve so they can complete the **Perinatal Mental Health Certification (PMH-C)**. The organization also provides group study support and mentorship to help participants complete their certification and integrate perinatal mental health care into their clinical practice. Offering scholarships to clinicians representing the community they serve will also help the organization expand their specialized care offerings.

2. **Medicaid Access Expansion**

Goal: Make it easier for people to access mental health services during and after pregnancy using their Medicaid coverage.

We are seeking projects that:
- Help more perinatal mental health-trained providers become eligible to accept Medicaid by supporting credentialing, billing systems, or practice infrastructure.
- Offer technical assistance to small practices or solo providers who want to bill Medicaid.
- Promote awareness among pregnant women about what mental health care is covered under Medicaid mental health and how to access it.

Example Project: A mental health clinic increases the number of perinatal mental health-trained providers who accept Medicaid. The clinic also shares this information with the community about how to use their Medicaid benefits to get mental health care.

3. **Care Coordination and System Integration**

Goal: Improve how pregnant women are identified, referred to, and connected with mental health services during and after pregnancy.

We are seeking projects that:
- Strengthen referral pathways between OB/GYNs, primary care, pediatricians, and behavioral health providers.
- Create follow-up processes to make sure pregnant or recently pregnant women get the care they need after a perinatal mental health screening or diagnosis.
- Establish case management, peer support, or warm handoffs to help people

stay connected to care.

Example Project: A health care institution creates new or expands existing internal perinatal mental health screening protocols, standardized referral tools, and tracking workflows to ensure timely follow-up. The institution trains their staff on how to use these tools and shares them with nearby clinics and community health organizations to improve care coordination across the region.

Note: The examples listed above illustrate possible approaches. We welcome other innovative, community-based solutions that align with these funding priorities and center the needs of people most impacted by maternal mental health disparities.

Eligibility

You can apply if your organization supports people during and after pregnancy. Eligible organizations include:
- Community-Based Organizations (CBOs)
- Health care providers like clinics, hospitals, health centers, mental health groups or private practices
- Tribal Nations, Urban Indian Organizations, or Indigenous Health Organizations
- Higher education institutions like colleges and universities
- Advocacy or professional organizations with a national reach
- Government agencies or Local Health Jurisdictions (LHJs)
- Coalitions and collaborative networks

Organizations must:
- Have experience serving perinatal populations in Washington state
- Demonstrate potential for sustainable and lasting impact in the community

1.2 Funding – Availability and Timeline

Funding Availability & Timeline

This funding opportunity comes from a federal grant awarded to the Department of Health. The final award amount contracted to successful applicants is pending availability of funds and approval from our federal funders.

We anticipate a contract between DOH and the funding recipient(s) in December 2025. Project work should begin immediately following contract approval and end three years from the contract approval date. The anticipated project completion date is September 30, 2028, but will depend on the actual date of contract approval and availability of federal funds.

RFA Release Date	September 2, 2025
Application Due Date	October 24, 2025, at 11:59 p.m. PST

Application Review	October 27 – October 31, 2025
Notification of Contract Awards	November 2025
Contract Fully Executed by	December 01, 2025
Expected Period of Award	December 01, 2025 - September 30, 2028
Estimated Annual Funding Range	Up to $30,000 per recipient per year

Fiscal Requirements for DOH Contracts

- This funding comes from a federal grant received by DOH. Since DOH was initially awarded this grant and is now granting it to other organizations, grantees are known as "subrecipients." Subrecipient funding has stricter guidelines around expenses and reimbursement than state or private funding. At a minimum, organizations must have a budget large enough to pay for services before reimbursement. They must also have specific financial controls and tracking systems in place so they can invoice properly.

- If you receive the grant, DOH will set up subrecipient contracts for cost reimbursement. This means you will submit invoices for allowable costs and will then be reimbursed by invoicing DOH.

- Subrecipients submit invoices monthly to DOH for processing. Once you submit a correct and timely invoice, it may take DOH several weeks to process the invoice. Please keep this in mind when planning your budgets and submitting invoices.

- A Unique Entity Identifier Number, Washington Unified Business Number, Federal Tax, and Statewide Vendor numbers are required to contract with DOH and receive payment.

- Subrecipients are required to submit regular reports to DOH. Given the flexibility of this funding, subrecipients will work with the DOH contract manager and program evaluator to determine exact reporting requirements.

1.3 Application Support – Informational Calls and Office Hours

Informational Calls

DOH will hold two informational calls for interested applicants. These calls offer an opportunity to ask clarifying questions about the RFA and application process. These calls will be recorded and posted to the Washington State Perinatal Collaborative webpage. Please register using the link below to receive a confirmation email with information about joining the call. You only need to attend one call.

When: Friday, September 5th, 2025 at 12:00 – 1:00 pm PST (register)

Office Hours

Applicants can email waperinatalcollaborative@doh.wa.gov with application questions. DOH staff will also be available to answer questions at the following times:

When: Wednesday, September 17th, 2025 at 9:00 – 10:00 am PST
Monday, September 22nd, 2025 at 12:00 – 1:00 pm PST
Monday, October 6th, 2025 at 10:00 – 11:00 am PST
Friday October 17th, 2025, at 12:00 – 1:00 pm PST

Where: All office hours will use the Zoom link:
https://us02web.zoom.us/j/85027424845

You don't need to register for these office hours. Office hours will operate on a drop-in basis.

1.4 Application Process and Evaluation Criteria

Submission Process

- Complete applications are due **October 24, 2025 at 11:59 p.m. PST.** Please email all materials to **waperinatalcollaborative@doh.wa.gov** in a single PDF file or Word document attachment.
- A committee of DOH staff and external partners will score applications.
- We may ask high-scoring applicants to schedule a discussion with the selection committee. This meeting will allow the committee to ask follow-up questions and clarification about the applicant's materials.
- Funding decisions will be announced by **November 2025**.

Application Checklist

All applications must include the following application materials:

- Applicant Information Sheet & Eligibility (1 page max)
- Narrative Proposal (3 pages max)
- Evidence of Effectiveness (3 pages max)
- Project Budget (1 page max)

Evaluation Criteria

Selection Criteria	Description	Points
Alignment with Funding Priorities	Project clearly focuses on at least 1 or more of the main areas: • Workforce development • Medicaid access • System integration	25
Community	Proposal includes strategies to support	25

Responsiveness	communities most impacted by lack of access to perinatal mental health care.	
Evidence of Effectiveness	Applicant provides compelling evidence like quantitative data, or community feedback, testimonials, etc. to illustrate that the program or approach is effective or shows strong promise.	20
Organizational Capacity and Experience	Organization demonstrates the ability to do the proposed work with relevant staff or partnerships in place.	15
Sustainability and Community Impact	Proposal shows potential for lasting impact, including partnerships, community ownership, or plans to continue activities beyond this grant.	10
Clear and Feasible Budget	Budget is reasonable, aligned with activities, and easy to understand.	5
Total		**100**

Section 2: Application Materials

Please complete and submit the following components in a single document (Word or PDF) to **waperinatalcollaborative@doh.wa.gov** by **October 24, 2025.**

Maternal Mental Health Access and Capacity Building Application Template

Applicant Information Sheet & Eligibility

Name of Organization	
Address	
Project Manager	
Title	
Telephone	
Email	
Tax Identification Number (TIN)	
Unique Entity Identifier (UEI)**	
WA UBI number **	
Statewide Vendor Number **	
How much funding you're requesting (up to $30,000)	

** If you do not have these numbers at the time of your application, you will need to apply and receive them before having a contract in place with WA DOH. Allow at least 30 days to get these numbers. This can be completed after the award announcement.

You can use the following links to request these numbers:

- Unique Entity Identifier: Entity Registration | SAM.gov

- WA UBI: Registrations and filings required for businesses | Washington Department of Revenue
- Statewide Vendor Number: Vendor Payee Registration | Office of Financial Management (wa.gov)
- Follow this link for more support applying for this number: Apply for a Statewide Vendor Number

_____

Print Name of Authorized Signatory

_____

Signature of Authorized Signatory

_____

Title   **Date**

Proposed Strategy

- Which priority area(s) does your project focus on?
  - ☐ Training and Workforce Development
  - ☐ Medicaid Access
  - ☐ Care Coordination and Systems Integration

- Describe the project and the activities you're proposing. Tell us how your strategy aligns with one or more of the priority areas.

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- Number of people currently served: _____

- Demographic of population served: _____

- Please list at least three deliverables for the project and describe what success will look like for each.

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1.
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2.
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3.
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Narrative Proposal (3 pages max)

Please respond to the following prompts. You may expand on each as needed, but please do not exceed the page limit. This section can be submitted as a PDF document in your application package.

A. Community Need
- What problem or issue are you working to address? How do mental health needs during and after pregnancy affect the people in your community?

B. Cultural Responsiveness
- How does your project support communities most impacted by lack of access to maternal mental health care? What strategies do you use to engage community members in planning or leadership?

C. Organizational Experience
- Briefly describe your organization's experience serving perinatal populations. Include your staffing plan and relevant expertise. Do you plan to work with any partners on this project?

D. Sustainability
- How will your project continue or change after this grant funding ends? If you have established partners who will help sustain this work, tell us how

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Evidence of Effectiveness (up to 3 pages total)

- Tell us how you know your program or approach is working or shows potential.
- You can share:
    - Community feedback
    - Survey results
    - Data reports
    - Testimonials, letters of support, or other informal evaluations

Note: Formal data is not required. We value any evidence that shows your approach is effective or promising.

Project budget

Please fill out the budget template for Year 1 of your project. You can request up to $30,000 per year. Include a short description of each planned expense.

You can find an Excel template on the WSPC webpage. Submit your completed budget as an Excel file or PDF document as part of your application package.

Budget Category	Year 1 Budget	Description
A. Employee wages		
B. Fringe benefits		
C. Travel		
D. Equipment		
E. Supplies		
F. Contracts		
G. Construction		
H. Other		
Total Direct Costs		
I. Indirect Costs		
Total Year 1 Budget		