



Families at the HEART:

Healing, Empowerment, and Access to Relational
and Transformative Practices



Agenda

- Welcome & Introductions
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 - About Perigee Fund
- The Need and Opportunity to Grow Community-Rooted Mental Health Models that Serve Diverse Prenatal-to-Age-3 Families
- Families at the HEART: A Unique Funding Opportunity
 - Funding Purpose & Restrictions
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 - Timeline & Involvement
 - Evaluation & Learning
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Families at the HEART Team



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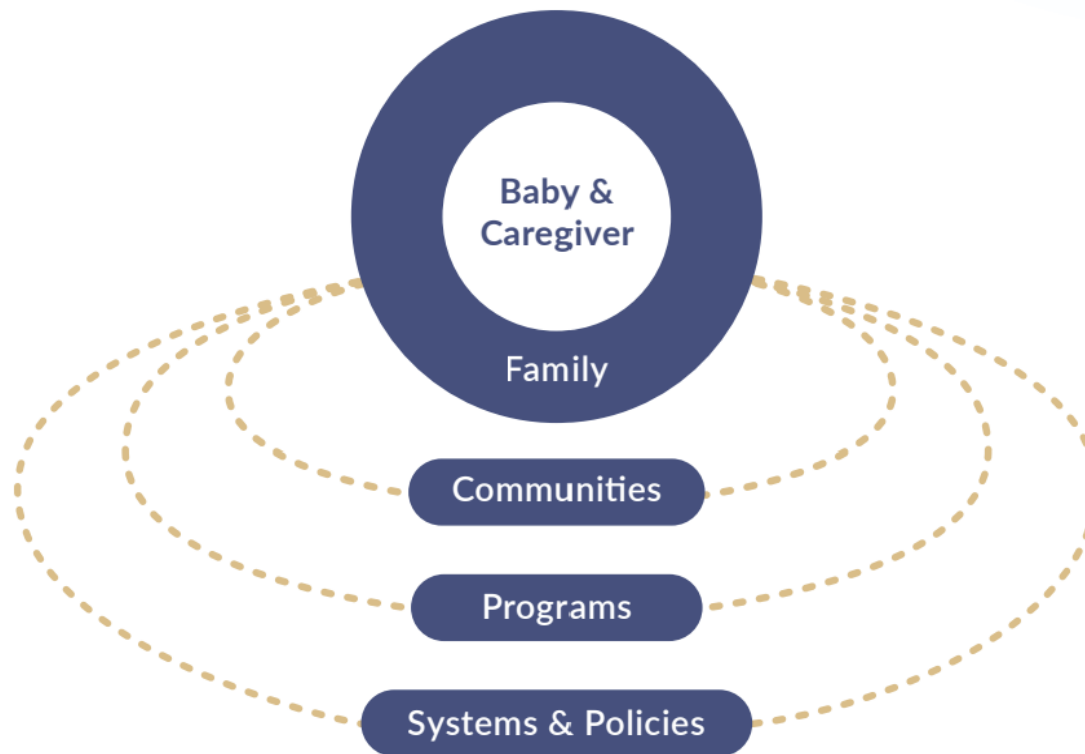
Perigee Fund

Our **vision** is to end intergenerational trauma through the power of early relationships.

Our **goal** is to shift policies and systems to increasingly value and embed supports for caregiver and infant mental health in the places where families are during pregnancy and early childhood.



Perigee Fund



The Need for Community-Rooted Mental Health Models



20%

One in five children under age five in the U.S. experiences a social, emotional, or behavioral concern.

20%

Untreated perinatal mental health challenges affect up to 1 in 5 mothers and are linked to emotional and developmental issues in children.

15%

Only 15% of infants and toddlers with mental health concerns receive developmentally appropriate relationship-based intervention services.

"There is no power
for change greater
than a community
discovering what it
cares about"

- Margaret J. Wheatley



The Opportunity: Families at the HEART

Community-rooted therapeutic mental health models—often grounded in cultural wisdom and shaped by lived experiences—are uniquely positioned to address trauma histories, promote mental wellbeing, and navigate systemic inequities in ways that meet the needs of families with shared cultural and life experiences.

- Three-year initiative
 - Upfront grant award of \$425,000 to six organizations
 - January 2026-December 2028
 - This initiative provides funding, time, and capacity-building support for these models to grow and thrive. - **not direct services**
- Funding to support **step-change** growth, helping models:
 - Strengthen to grow and expand
 - Goal of initiative to expand models so that more families have access



Funding Purpose & Restrictions

Intended Use of Funds:

- Dedicated staff time for participation and planning
- Sustainability and diversified revenue source planning
- Internal capacity-building efforts
- Lobbying activities
- Direct costs to implement capacity-building plans

Restrictions:

- Direct services or programming, promotion or primary prevention will not be considered
- Perigee Fund will not fund universities or academic
- Capital expenditures

Families at the HEART Goals

Planning and implementing step changes in all three of the following:



Model Development and Impact

Strengthen, refine, and evaluate therapeutic, healing-centered models to better serve families and communities, deepening both effectiveness and relevance.



Financial Strategy & Adaptability

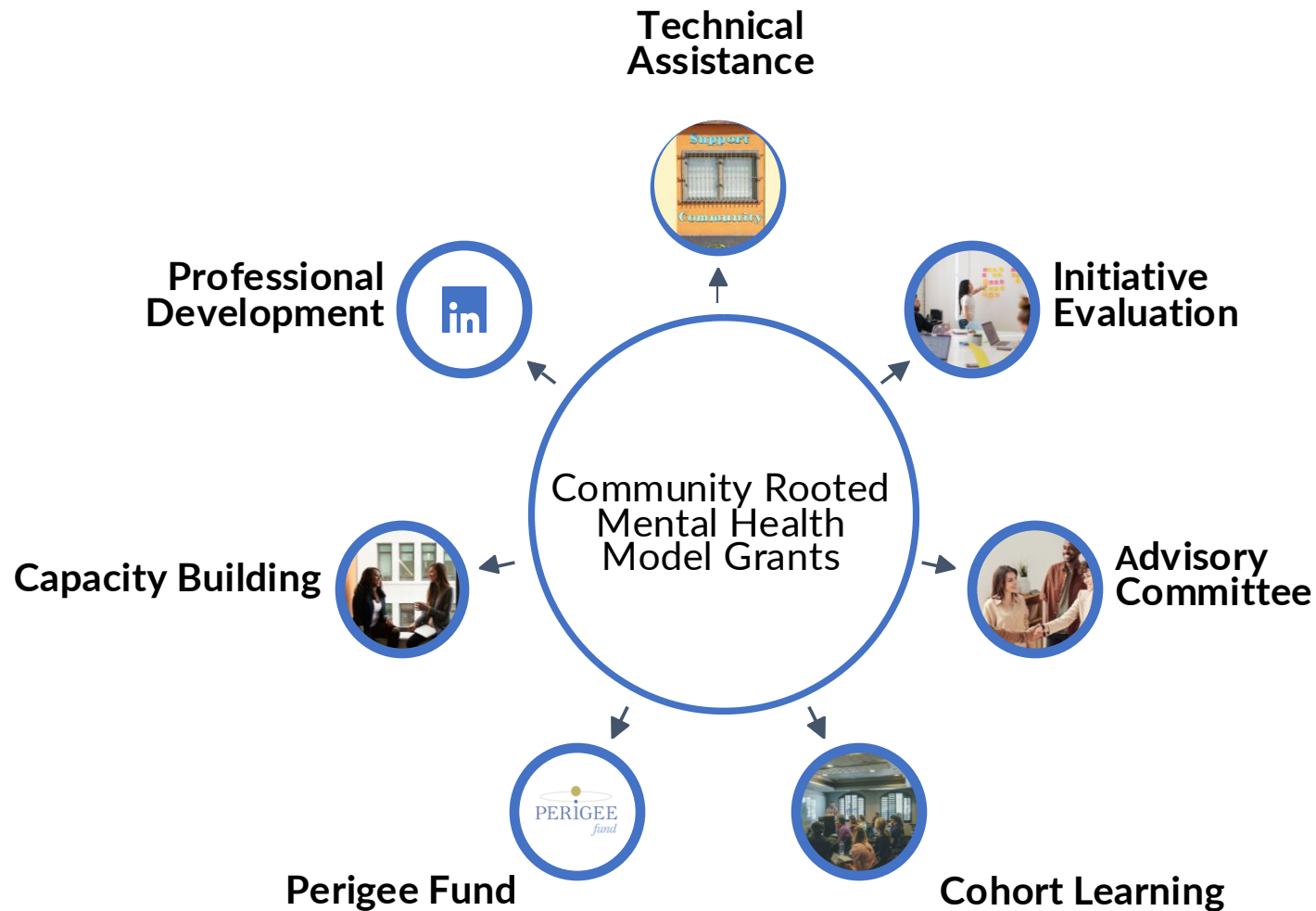
Build the financial and operational foundation needed for long-term sustainability, adaptability, and growth.



Leadership Nurturing

Enhance leaders' capacity to cultivate strategic relationships, communicate the impact of their models, and influence systems, while nurturing personal growth and resilience as essential components of sustainable leadership.

Families at the HEART Partners



Families at the HEART Timeline & Involvement

Year 1: Design and Planning

- One-on-one meetings with capacity-building advisors to develop tailored plan with strategies and activities
- Quarterly cohort learning sessions
- In-person convening in Fall 2026
- Semi-annual check-in meetings with Perigee

Year 2 and 3: Step Change Implementation

- Continued one-on-one support from capacity-building partners
- Independent work on implementation
- Quarterly cohort learning sessions
- In-person convenings in Fall 2027 and Fall 2028
- Semi-annual check-in meetings with Perigee

Step changes are concrete, incremental, and ideally cumulative advances toward achieving longer term goals that will happen after the three-year grant period.

Evaluation & Learning

"Evaluate what you want -- because what gets measured, gets produced." – James Belasco

- Across all three years, grantees will engage with an initiative-wide evaluation partner designated and funded by Perigee (separate from grant funds).
- This partnership will support shared learning, track progress toward initiative-wide goals, and generate insights that contribute to broader systems change in prenatal-to-3-mental health.





Key Definitions

Mental Health Model

Community-Rooted Model




- Community-Designed Programs and Practices: Approaches or practices that are designed for a specific community.
- Valued by that community, embedded in cultural and social conditions, and/or address populations for which nationally implemented models have not yet been developed.
- **Eligible organizations must be the originators or lead stewards of the model they are seeking to grow.**

Mental Health Model: The intervention model has defined and documented approaches that include tools, resources, training, and expected outcomes—making them teachable, replicable, and accessible.

Intervention and Treatment

- This opportunity supports models focused on **intervention and treatment** that include mental health care.
- Proposals focused solely on promotion or prevention will not be considered.

Intervention & Treatment Focus

Category	Description	Funding Eligibility
Promotion & Prevention	<p>Universal supports that promote healthy development, attachment, and family well-being for all.</p> <p>Supports to reduce the likelihood of future mental health challenges in families not yet showing concerns.</p>	 <i>Not eligible</i> under this RFP
Intervention	<p>Targeted supports for families with known risks, designed to prevent escalation of challenges.</p>	 <i>eligible</i> if embedded within a therapeutic model
Treatment	<p>Direct therapeutic interventions for families experiencing mental health, relational, or trauma-related concerns. Includes both clinical and community-based approaches.</p>	 <i>Core focus</i> of this RFP – must be rooted in equity-driven, community-anchored models

Therapeutic and/or Somatic

Therapeutic is the intervention or practice aimed at treating existing conditions that support the infant's and parental emotional, social, and developmental well-being, often focusing on the parent-child relationship. While models that connect families with therapists or therapy are encouraged, [Perigee holds the view that in many cases models can be therapeutic without involving a clinical therapist.](#)

Somatic models support [infant, early childhood, and parental mental health](#) by focusing on the parent-child relationship (dyad) and using [body-based approaches](#) to address trauma and attachment. They recognize that in the early years when children are mostly nonverbal, movement, touch, and sensory experiences can help:

- Regulate emotions Improve parent-child communication
- Build secure attachments
- Rather than relying only on words, these approaches connect the body and emotions to support healing.

Eligibility Criteria

Organizational Details

- ✓ 501(c)(3) nonprofits, tribal entities, public agencies, or organizations with a fiscal sponsor.
- ✓ Applicants from all U.S. regions, including rural, urban, and tribal communities, are encouraged to apply to ensure diverse regional representation
- X Models previously funded by Perigee for implementation or expansion are not eligible.
- X Universities or academic institutions as lead applicants are not eligible. (may participate as subcontractors).



Model Characteristics

- Eligible organizations must be the **originators or lead stewards** of the model they are seeking to grow.
- **Therapeutic and/or somatic in nature**
- Intervention or treatment
- **Center the diverse experiences** of families in the prenatal-to-age-3 period, including:
 - Families in rural communities
 - Immigrant families
 - Families with disabilities or children with complex medical needs
 - Veterans
 - Families across varied cultures, languages, and insurance types
- Demonstrated **demand from BIPOC families** and cultural groups historically underserved by systems of care.
- Defined and documented



Leadership Commitment

- **Leadership Readiness:** Leaders show a clear vision, commitment, and capacity to drive change across
 - Grantees are expected to involve multiple team members to ensure shared ownership of learning and implementation
- **Model Growth:** There is clear vision or intent to grow and expand, expanding reach, adding sites, and integrating into other early childhood systems.
- **Shared leadership:** Families are meaningfully involved in program design, strategy, and decision making.



Data

- The model has been active for two years and has collected the following data:
- **Operation for two years:** This is important context for understanding the model's development and outcomes.
 - **Two Cycles of data gathered:** Data from each cycle has been used to refine the intervention and guide implementation strategy.
 - **Cohort Engagement:** Distinct cohorts have participated in data collection.
 - **Data Collection:** Demonstrates the model is making positive impact or offers insight into needed improvements.

Meets eligibility:

2023		2024	
Cohort A (6 months)	Cohort B (6 months)	Cohort C (6 months)	Cohort D (6 months)

Does not meet eligibility:

2023	2024
Cohort A (24 months)	

Funding

- The model has been supported by at **least two funding sources** for at least two years, demonstrating stability and commitment from partners or funders.

Meets eligibility:

2023	2024
Public Funder A (24 months)	
Private Funder B (12 months)	Private Funder C (12 months)

Does not meet eligibility:

2023	2024
Private Funder A (12 months)	
	Private Funder B (12 months)

Application & Selection Timeline

Timeline Overview

Phase 1: Expression of Interest

- Due at 5:00p.m. Pacific Time on Friday, August 15, 2025
- Submissions will be reviewed by Perigee and an advisory group of community and field experts
- Spanish Info Session: Tuesday, July 22, 10:00a.m. PT

Phase 2: Full Proposal & Virtual Interviews

- Mid-September: Up to 12 finalist organizations will be invited to submit a full proposal and participate in a virtual group interview
 - Proposals due Friday, October 31, 2025 at 5:00p.m. Pacific Time
 - Virtual interviews conducted between September 29 – October 25, 2025
- Full proposals and interview recordings will be reviewed by Perigee and an advisory group of community and field experts

Selection: Applicants notified of award

- Mid-December: Up to 6 organizations will be notified of selection
- Grant Period: January 2026 – December 2028

Application

RFP Materials:

perigeefund.org/how-we-fund/funding-opportunity-families-at-the-heart/

- Full RFP
- Expression of Interest Questions & Rubric
- Recording of this info session will be posted
- FAQ Page (continuously updated)

Questions: Email us at rfp@perigeefund.org



Q & A

rfp@perigeefund.org