

**SUBMITTAL TO THE BOARD OF SUPERVISORS
COUNTY OF RIVERSIDE, STATE OF CALIFORNIA**



**ITEM: 3.44
(ID # 29157)**

MEETING DATE:
Tuesday, November 18, 2025

FROM : RUHS-PUBLIC HEALTH

SUBJECT: RIVERSIDE UNIVERSITY HEALTH SYSTEM-PUBLIC HEALTH: Approve and Authorize Riverside University Health System - Public Health to Submit Grant Application to Kaiser Permanente for Maternal Mental Health Matters Workshop: Perinatal Community for the Period of Performance of December 1, 2025 through November 30, 2027. All Districts [Total aggregate amount \$150,000; up to \$15,000 in additional compensation - 100% Local]

RECOMMENDED MOTION: That the Board of Supervisors:

1. Approve Riverside University Health System - Public Health (RUHS-PH) the submittal of the grant application to Kaiser Permanente for Maternal Mental Health Matters Workshop: Perinatal Community for a total aggregate amount of \$150,000 for the period of performance of December 1, 2025 through November 30, 2027; and
2. Authorize the Director of Public Health, or designee, based on the availability of fiscal funding and approved as to form by County Counsel, to: (a) sign all certifications, assurances, or reports to implement the Grant Agreement including, but not limited to, signing the Grant Agreement when it becomes available; (b) sign subsequent amendments to the Grant Agreement, including modifications to the statement of work, that stay within the intent of the agreement; and (c) sign subsequent amendments to the contract that do not exceed the sum total of ten percent (10%) of the total aggregate contract amount.


ACTION:A-30, Policy


Kim Saruwatari, Director of Public Health 11/5/2025

MINUTES OF THE BOARD OF SUPERVISORS

On motion of Supervisor Perez, seconded by Supervisor Spiegel and duly carried by unanimous vote, IT WAS ORDERED that the above matter is approved as recommended.

Ayes: Medina, Spiegel, Washington, Perez, and Gutierrez
Nays: None
Absent: None
Date: November 18, 2025
xc: RUHS-PH

Kimberly A. Rector
Clerk of the Board
By: 
Deputy

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FINANCIAL DATA	Current Fiscal Year:	Next Fiscal Year:	Total Cost:	Ongoing Cost
COST	\$50,000	\$100,000	\$150,000	\$0
NET COUNTY COST	\$0	\$0	\$0	\$0
SOURCE OF FUNDS: 100% Local			Budget Adjustment: No	
			For Fiscal Year: 25/26– 26/27	

C.E.O. RECOMMENDATION: Approve

BACKGROUND:

Summary

RUHS-PH has submitted a grant application to Kaiser Permanente to support a series of workshops focused on perinatal and mental health and wellness for the implementation of the California Home Visiting Project through the American Rescue Plan. These workshops aim to improve outcomes for pregnant and postpartum black women in Riverside County by addressing health disparities that contribute to elevated rates of infant and maternal mortality. Through this initiative, RUHS-PH seeks to foster equitable access to care, strengthen community support systems, and promote long-term wellness for black mothers and their families.

Impact on Residents and Businesses

African American pregnant and parenting women in Riverside County will gain increased awareness of actions that support overall perinatal health and deepen their understanding of the impact of untreated mental health conditions. This initiative aims to improve birth outcomes for black infants and reduce maternal mortality rates among black pregnant and postpartum women by addressing health disparities and promoting wellness through education and support.

Additional Fiscal Information

This is a new funding source and does not require any county matching funds. There is no impact to county general funds. The total amount of the grant application is \$150,000. If awarded, the funding is estimated to be distributed for each fiscal year based on the table below:

County Fiscal Year	
Year	Amount
July 2025 - June 2026	\$50,000
July 2026 - June 2027	\$75,000
July 2027 - June 2028	\$25,000
Total	\$150,000

Grant Fiscal Year	
Year	Amount
December 2025 - November 2026	\$75,000
December 2026 - November 2027	\$75,000
Total	\$150,000

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Contract History and Price Reasonableness

RUHS-Public Health submitted a competitive grant proposal to Kaiser Permanente for Maternal Mental Health Matters Workshop: Perinatal Community on September 18, 2025. While funding has not yet been awarded, RUHS-PH is currently under consideration. As this is a competitive grant opportunity, no additional vendor quotations were required. At this time, the Board is being asked to authorize the Public Health Director to sign the Grant Agreement should RUHS-PH be selected for funding.

ATTACHMENTS:

ATTACHMENT A. Grant Application ID# 183957 with Kaiser Permanente


Douglas Cordonez Jr.




11/10/2025

Maternal Mental Health Matters Workshops: Supporting the Perinatal Community

Status: Under Consideration

Date: 9/18/2025

Organization Information

**Your Proposal ID is 183957.
Please make a note of it for
future reference.**

Grant Range	Tier 3
Please select the Kaiser Permanente Region in which you are applying	Southern California
Please select the Kaiser Permanente Service Area that invited you to apply	Southern CA - Riverside
Organization Legal Name	County of Riverside
Federal Tax ID or Employer Identification Number	95-6000930
(IRS): Classification	
(IRS): Affiliation	
(IRS): Foundation Code	
(IRS): Assets	
(IRS): Income	
(IRS): NTEE Code	
(IRS): NTEE Activity	
Tax Status	Local, State, or Federal government agencies
Upload Your Organization's W9 Form	PH W9 Form_MAY2024.pdf
Organization Website	https://www.ruhealth.org/public-health/about-us
What year was your organization founded?	1926
What is your organization's mission statement?	Riverside University Health System-Public Health's mission is to promote and protect the health of all County residents and visitors in service of the well-being of the community. The mission is to ensure our residents are the healthiest in the nation.
Please provide a brief overview of your organization's history.	Riverside University Health System-Public Health offers a wide range of services and programs, with a staff of more than 700 doctors, nurses, health educators, nutritionists, communicable disease and community program specialists, managers and fiscal and support staff.

Ours is certainly a large department, but we aim to treat each client and visitor with care that is as unique and individualized as possible.

Our mission is simple: to promote and protect the health of all county residents and visitors in service of the well-being of the community.

It's all part of our vision for healthy people and a healthy community!

Riverside University Health System-Public Health strives to:

Create Healthy Communities

Improve community safety

Ensure access to clean air and water, healthy food and housing

Improve neighborhood planning efforts that promote health

Promote Healthy Behaviors

Reduce obesity-related chronic disease

Reduce the use of tobacco, alcohol and drugs

Reduce preventable illnesses

Connect and Invest in People

Increase access to education and employment opportunities

Improve health outcomes and health equity and create commitment to addressing social determinants of health

Leverage and strengthen innovative collaboration

Realize the potential of staff through recruitment, development and retention of a qualified workforce

Deliver public health services within a responsive and effective system

Improve access to timely and understandable health information

Within the RUHS-PH system is our Maternal Child Family Health Division where the Maternal Child Adolescent and Public Health Nursing branch (MCAH/PHN) resides. For decades the MCAH/PHN branch has a rich history of providing services to families throughout Riverside County. Through home visiting and other community-based programs, MCAH/PHN has served the most vulnerable individuals throughout the entire life span, from pregnancy, and parenting, to newborn, adolescent, adults and seniors. MCAH/PHN programs address a variety of health disparities and strives to ensure equity for the diverse individuals, families and communities we serve while taking an upstream approach to service delivery and care.

Does your organization have a Board of Directors? Yes

Upload a document that lists your organization's current Board of Directors with employment affiliation for each. [County of Riverside Board of Supervisors 2025.pdf](#)

Upload a listing of your Executive Officers or Leadership Team [MCAH-PHN Org Chart- FY 25-26.pdf](#)

Organization Primary Address (line 1) 4065 County Circle Drive

Organization Primary Address (line 2)

Organization City Riverside

Organization State California

Organization Zip Code 92503

Contact Information

Organization Mailing Address (line 1) 4065 County Circle Drive

Organization Mailing Address (line 2)

Organization Mailing City Riverside

Organization Mailing State California

Organization Mailing Zip Code 92503

Organization CEO/Executive Director Contact Prefix Mrs.

Organization CEO/Executive Director Contact First Name Kim

Organization CEO/Executive Director Contact Last Name Sawuratari

Organization CEO/Executive Director Contact Title Director of Public Health

Organization CEO/Executive Director Contact Phone Number 951-358-7036

Organization CEO/Executive Director Contact Email PH-Contracts@ruhealth.org

Is the individual listed as CEO/Executive Director the correct signatory for grant agreements? Yes

Fiscal Sponsor Information

Does your application include a fiscal sponsor? No



KP Involvement

Is your organization engaged in one or more active contractual agreements for supplier/vendor or member services with Kaiser Permanente? No

Do any Kaiser Permanente employees, physicians, or Kaiser Permanente Board members, serve as a 1) Board member, 2) employee, 3) paid consultant, or 4) advisory/committee member of your organization? No

Request Overview

Project Contact Prefix Mrs.

Project Contact First Name Stephanie

Project Contact Last Name Bryant

Project Contact Title MCAH/PHN Branch Chief

Project Contact Phone 951-358-5516

Project Contact Email sbryant@ruhealth.org

Does your project have a secondary project contact that we may contact if the primary project contact is unreachable? Yes

Secondary Project Contact Prefix Mrs.

Secondary Project Contact First Name Curley

Secondary Project Contact Last Name Palmer

Secondary Project Contact Title Program Coordinator II

Secondary Project Contact Phone 951-840-8024

Secondary Project Contact Email CuPalmer@ruhealth.org

Please select the Community Health Need which your project will address. Mental & Behavioral Health

Enter the exact grant amount requested from Kaiser Permanente. 150,000.00

Grant Term	Proposed start date of grant term	Proposed end date of grant term	Duration of grant term in months
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Enter Info	12/1/2025	11/30/2026	12 months
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What is the total cost of the project for which you are requesting support? 150,000.00

Please attach the Project Budget [Kaiser SCAL Multi Year Budget Template and Narrative- RUHS-PH 09.17.25- FINAL.xlsx](#)

In a few sentences or less, describe how you will use Kaiser Permanente grant funding to support your project activities. Grant funds will be used to fund the development of educational materials, speaker fees, purchase incentives for birthing people and their support systems, costs for venues, provide free meals to attendees. Approximately 10 percent of personnel time will be coded to this grant for coordination of activities, some in-kind time from PEI Coordinator, Supervisors of MCAH program and Analyst.

Project Information

Project Title Maternal Mental Health Matters Workshops: Supporting the Perinatal Community

Please provide a 1-2 sentence snapshot of your project, following the format exactly in the provided directions. [County of Riverside] is seeking up to \$150,000 to support maternal health by [implementing a series of maternal mental health workshops. The project will benefit birthing persons in Riverside County].

In a paragraph or less, please describe your organization's strengths to successfully achieve the work described in the proposal.

Within the MCAH department, there are a plethora of maternal health programs that take an upstream approach and are focused on empowering the perinatal population, with a specific aim to prevent disease and promote optimum wellness for individuals and families of Riverside County. These maternal health programs have strong community connections of mothers/birthing people, and so this lends an incredible opportunity to connect with these mothers/birthing people in a way that is supportive and empowering. Engagement of community residents has been and will continue to be a top priority for all the work we do through MCAH, and so if funded, will allow us to further the mission of addressing existing health disparities within our perinatal communities. The reality is that we see and hear about the perinatal experiences that our women/birthing people are dealing with, and it remains our mandate to help them to have the most respectful, dignified, affirming experiences that we can. Additionally, each quarter when we meet during our BIH/PEI Community Advisory Board (CAB) meetings, it is the opportunity to learn and understand the needs of our stakeholders who are active within the community and our programming is based on that feedback and lessons learned. Lastly, our MCAH department was able to successfully host Maternal Mental Health Workshops in Riverside County between December 2024- July 2025, resulting in 107 community members, including birthing persons and their support system attending. This will create even more engagement from mothers/birthing people who desire to continue to empower themselves with knowledge.

Please list key partners who have a significant role in this project, and indicate whether an MOU (Memorandum of Understanding) or a Letter of Agreement is in place.

We will utilize our existing MCAH Programs including: Nurse Family Partnership (NFP), Black Infant Health, Healthy Families America, Parents As Teachers, Adolescent Family Life Program, Cal-Learn and the Perinatal Equity Initiative, in addition to existing MCAH, BIH and PEI CAB stakeholders to promote the workshops which includes partners such as Riverside Community Health Foundation, WIC, IEHP, Molina, RUHS-Hospital, California Baptist University and our media team to help spread the word. There are no MOU's or LOA's in place, however these are strong partners who have been critical in helping us to promote our MCAH programs and events for more than 10 years.

If there are any significant challenges or risks which could affect the success of the project, please describe and explain how you will mitigate those risks. What organizational or community assets will help you ensure success for the project?

The lack of good attendance at the workshops may be a concern. Since the pandemic, there has been a significant reduction in the number of attendees that show up for in-person events. We are planning to incentivize all workshop attendees and will host the workshops in areas that are closest to the communities that we serve and locations that are easily accessible. Additionally, the successful maternal mental health workshops that we conducted during 2025 allowed more visibility within the community, so that should positively impact attendance.

Reach Unit Category

Individuals

Outcomes & Metrics

How many outcomes would you like to add for this grant?

4

Outcome 1

Empower expecting birthing persons with the knowledge and skills needed for a successful birthing experience and beyond.

Please indicate the number of metrics you will use to track and measure progress toward Outcome 1

1

Outcome 1 - Metric 1

% of women/birthing people reporting increased knowledge, skills, or abilities.

Outcome 2

Increase social support for birthing persons.

Please indicate the number of metrics you will use to track and measure progress toward Outcome 2

1

Outcome 2 - Metric 1

of birthing persons participating in mental health programs/workshops and/or peer support activities;

Outcome 3	Increase awareness, knowledge, and skills of new and expectant partners/fathers in supporting and caring for mothers and infants before, during and after pregnancy.
Please indicate the number of metrics you will use to track and measure progress toward Outcome 3	1
Outcome 3 - Metric 1	% of new and expectant partners/fathers reporting increased knowledge, skills, or abilities;
Outcome 4	Improve prenatal and postpartum mental health outcomes.
Please indicate the number of metrics you will use to track and measure progress toward Outcome 4	1
Outcome 4 - Metric 1	% of women/birthing people reporting increased knowledge, skills, or abilities.

Reach & Project Plan

Individuals: How many unique individuals will be directly served by this funding?	150
Would you like to report an additional reach unit?	No
How many objectives are included in your project plan?	4
Objective 1	By February 28, 2026, increase the marketing and reach of the workshops by 10%, including utilizing flyers, email blasts and social media for stronger promotion and engagement.
Objective 2	By November 30, 2026, increase by 10% the attendance of fathers/father figures at the workshops.
Objective 3	By November 30, 2026, host a total of three (3) Maternal Mental Health Matters Workshops: Supporting the Perinatal Community and their support system.
Objective 4	By November 30, 2026, reach a total of 150 women/birthing people and their support systems through the workshops.

Please select the city or cities within the Kaiser Permanente service area where your project activities will take place.	City	County	Region	Percentage
	Moreno Valley	Riverside	SCAL	34
	Desert Hot Springs	Riverside	SCAL	33
	Riverside	Riverside	SCAL	33

Please provide an overview of 1) the problem or community health need your proposal will address and 2) the project activities that will address the identified need.	It is a known fact that the birth of babies can bring great joy, excitement and fulfillment for so many families, but it can also bring tons of advice, suggestions, and even misinformation surrounding key perinatal priorities such as postpartum depression, baby blues, Post Traumatic Stress Disorder (PTSD) or even psychosis. While the birthing journey brings joy and laughter for so many, there are many who are not able to fully embrace that joyous aspect because they are dealing with depression or anxiety or other mental health challenges.
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The Maternal Mental Health Matters Workshops: Supporting the Perinatal Community will focus on addressing the perinatal mental health of women/birthing people by aiming to improve their connection to

perinatal mental health care resources and education. This will be done through implementing a series of 3 perinatal mental health workshops throughout the county of Riverside.

According to American Congress of Obstetricians and Gynecologists (ACOG), perinatal mood and anxiety disorders (PMADs) are among the most common complications that occur in pregnancy or in the first 12 months after delivery. Despite the negative effects on maternal, obstetric, birth, offspring, partner, and family outcomes, perinatal mental health disorders often remain underdiagnosed, and untreated or under-treated. And furthermore, for many populations, especially Black, Indigenous, People of Color (BIPOC), underdiagnosis and undertreatment is even more of a glaring disparity.

Data from the California Department of Public Health Dashboards reveals that prenatal depressive symptoms for Blacks in Riverside County were 15.4% between 2020-2022, 11.1% for the White population and 18.6% for the Hispanic population. Additionally, postpartum depressive symptoms for Blacks in Riverside County between 2020-2022 were 16.2% for Blacks, 13.8% for Whites and 10.7% for Hispanics. It also states that prenatal depression increases the risks of preterm birth, low birth weight, and preeclampsia and can negatively impact breastfeeding and a birthing person's ability to bond with their baby. Perinatal depression also increases a birthing person's risk of chronic depression and suicide, as well as the child's risk of developmental problems. (Source: <https://www.cdph.ca.gov/Programs/CFH/DMCAH/surveillance/Pages/Maternal-Mental-Health.aspx>)

This is why this grant will be pivotal in addressing perinatal mental health needs that specifically target the unique priorities of the perinatal population. All perinatal mental health workshop sessions will be open to any pregnant or parenting woman/birthing person and their support systems. This is critical because we know that many times the person who has just delivered a baby may not be aware of the changes/shifts in their moods, but those who love them and are a part of their support systems can be key in helping to bring these changes/concerns to their attention.

It is crucial to know that Riverside county is a very unique and vast county and so it becomes imperative that perinatal mental health services are offered to those communities that need them the most, which is why this project is so important.

The locations for the sessions are still to be determined, however will be centered around locations that are easily accessible to women/birthing people and their support systems. To address disparities, one workshop will be held in the low-desert area of Riverside county which has cities such as Palm Springs, Desert Hot Springs, Indio and Blythe. This is an area that has been under-resourced for many years and that also has pockets where maternity deserts exists.

The workshop sessions will highlight how to center perinatal mental health while ensuring mothers/ birthing people are feeling listened to,

empowered and supported. It will address perinatal equity with a focus on perinatal mental health outcomes for birthing families in Riverside county. It will also acknowledge the power of collective impact by highlighting strategies and best practices that families can implement to help them to have healthier mental wellbeing. Lastly, they will also create a space for fathers/father figures to address the critical mental health needs during the perinatal period. At least one of the workshops will feature a special session with a male therapist to address the unique mental health needs of fathers/father figures. The fathers will meet in a separate space to allow them an opportunity for genuine and authentic conversations and learning. At the end of the workshop, the fathers/father figures will rejoin the mothers/birthing people to finalize the discussions.

Project Goals:

Increase access to culturally responsive health care services, including behavioral health services.

Identify concrete strategies that can assist community residents in helping to amplify their voice and understanding of perinatal mental health disorders (PMADS\s) that may be affecting women/birthing individuals and their families.

Review the perinatal mental health disparities experienced by women/birthing community and the fathers of their children.

Seek a deeper understanding of the systemic and societal factors that lead to these perinatal mental health disparities and to reduce existing disparities through education and awareness.

Create an engaging and interactive space where birthing people and their support systems feel empowered, informed and engaged in a way that will encourage them to apply what they have learned and help foster stronger protective factors for birthing families in the Riverside county.

All workshops sessions will be open to any pregnant or parenting woman/birthing people and their support systems, and so because of this, the age range of the audience will be diverse, spanning from unborn to the older population who is now serving as a support system for the perinatal population. Since our workshops will be geared to the perinatal population it is likely the attendance will be of women and birthing people of childbearing age and their families.

PROJECT ACTIVITIES:

The Maternal Mental Health Matters Workshops: Supporting The Perinatal Community will be tentatively held in the following months:

- March 2026, July 2026, and October 2026.

- To address the Social Drivers of Health (SDOH) and to support robust attendance we will incentivize all attendees including gift cards and we will serve food to address food insecurity.

The project activities will include the following:

We will host a total of three (3) workshops all focused on Mental Health:

Workshop 1: Navigating Parenthood: A Guide to Perinatal Mood and Anxiety Disorders. (Perinatal Mental Health Professional)

Workshop 2: Beyond the Blues: How Your Diet Can Support Perinatal Mental Health (Perinatal Mental Health Professional)

Workshop 3: The Role of Healthy Communication and Relationships in Mental Wellness (Perinatal Mental Health Professionals)

Financial Information

Indicate the start and end of your organization's fiscal year.

Start

End

Fiscal Year start/end

July

June

Did your organization have an operating surplus or an operating deficit on your income statement for the previous fiscal year?

Operating Surplus

Enter the dollar amount of the surplus for the previous fiscal year, using only numbers, no currency symbols.

831,973.00

What is the amount of your organization's total operating budget for the current fiscal year?
What is your organization's actual, total operating budget for the previous fiscal year?

Current

Previous

Enter Info

9,954,660.00

9,122,687.00

What is the amount of your organization's total operating expenses for the current fiscal year?
What is your organization's actual, total operating expenses for the previous fiscal year?

Current

Previous

Enter Info

9,954,660.00

9,122,687.00

From your balance sheet, what are your organization's current assets?

0.00

From your balance sheet, what are your organization's current liabilities?

0.00

From your balance sheet, what was your organization's total cash at the end of your previous fiscal year?

0.00

Attestation

Non-Discrimination Policy - Applicant: Does the applicant organization have a documented non-discrimination policy which prohibits discrimination in its programs, services, policies, hiring practices and administration on the basis of race, color, ethnicity, ancestry, national origin, age, gender, gender identity or expression, sexual orientation, marital status, or physical or mental disability?

Yes

Non-Proselytizing Policy - Applicant: If the applicant organization is a religious or faith-based organization, will any portion of the grant be used to support general operations, services and programs of the congregation/membership/students, or to advance religious doctrine or philosophy?

N/A - not a religious or faith-based organization

Non-political activity policy: Will any portion of the grant be used for political advocacy, partisan activities, gifts to or on behalf of state and federal government officials, lobbying, election campaigns, or participation in fundraising events for the purpose of supporting a political action committee (PAC) or committee on political education (COPE)?

No

Upload any additional information that you would like Kaiser Permanente to consider (annual report, strategic plan, relevant media coverage, success stories, etc.)

[IMG_1932.jpg](#)
[Image \(5\).jpg](#)
[IMG_1928.jpg](#)
[IMG_1918.jpg](#)
[RUHS-PH MCAH Black Maternal Mental Health Workshops 2025 Evaluations .pdf](#)