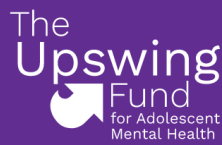


[View this email in your browser](#)

# The Upswing Fund

for Adolescent  
Mental Health

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Our Youth Are in Peril

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Adolescent Mental Health  
Trends and Obstacles

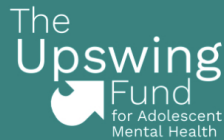


In observance of World Mental Health Day on October 10th, we reflected on the state of adolescent mental health, including trends giving us hope like the expansion of culturally responsive care, as well as obstacles to accessing care. Read more [here](#).

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# Digital Technology and Culturally Responsive Care

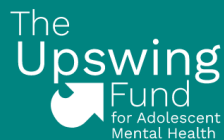
Learning Session hosted by  
Madison McCall and  
Solome Tibebu



Check out the latest in our series of Advisor-led Learning Sessions featuring Madison McCall and Solome Tibebu on the topic of digital technology and culturally responsive care [here](#).

# All about *imi*!

Learning Session hosted by  
Deborah Levine, CenterLink



Hosted by CenterLink's Deborah Levine, this session provides an overview of "[imi](#)," a mental health tool for LGBTQ+ teens to explore and affirm their identity while coping with sexual and gender minority stress. Watch it [here](#).

# How Gender-Based Violence Affects Youth Mental Health

Submission by Upswing Advisor

Karissa Smith



In light of Domestic Violence Awareness Month this October, read our latest blog post from Advisor Karissa Smith, where they discuss gender-based violence and provide an overview of prevalence, impacts on mental health, and next steps. Learn more [here](#).

## Partner Spotlight: Lead4Life



### About Us

[Lead4Life](#) is a nonprofit 501(c)3 organization providing services to youth, adults, and families in Maryland. Lead4Life is assisting the most vulnerable populations throughout Maryland and giving them the tools and resources

to be on the same playing level as their peers. Lead4Life uses a peer (near)-to-peer model and allows the participants to be the driver of service delivery.

**How is your organization meeting the mental health needs of LGBTQ+ and BIPOC youth in your community?**

Lead4Life is meeting the youth where they are in the community. We are accepting of their status and what they want as their mental health services. Lead4Life has discovered most of our youth do not want to participate in therapy so we have provided opportunities for the youth to participate in life coaching services and social activities. Life coaches are provided virtually and in person for 1 to 1.5-hour per session. Life coaching allows youth to work with a professional to assist with navigating through their current life crisis and provides tools to help steer the youth in the direction of interest. Lead4Life provides monthly activities such as hiking, overnight trips, and helping youth explore their future goals.

**How has support from The Upswing Fund helped your organization to achieve its goals?**

The funding from Upswing is tremendous. It has allowed Lead4Life to get creative with mental health services being provided to youth as opposed to just depending on insurance coverage. The funding has allowed Lead4Life to gain the resources needed through life coaching services to motivate youth and help them navigate life "right where they are" as opposed to having to relive their trauma when they don't want to. The funding has been critical to helping youth learn how to deal with their behavioral issues separately from their mental health symptoms. The leadership from the youth to make the necessary changes is critical to accept them where they are and allow them to find their own untraditional "prescriptions" to help them heal, explore, and build resiliency.

**What's a recent success that your organization is proud of?**

Lead4Life has two youth that has completely taken themselves off of medication management and has learned how to deal with the behaviors that were causing them to be unsuccessful within their community and school. Lead4Life has a youth that was a victim of sex trafficking who became a youth leader and is now helping peers who have been victimized. Lead4Life provided five youth with an opportunity to enjoy the beach for four days before school started. The youth who participated in the trip built relationships with peers in other states which enhanced their visibility of

them living to their fullest potential. Youth are taking the lead to help complete strangers in the community explore what their barriers are to completing school and gaining employment.

### How can readers support your work?

Readers can donate time as life coaches, make a donation to support our social activities, and help spread the word about our service delivery.

Support the work of Lead4Life

## Funding Opportunities

### Nationwide:

- [Mitsubishi Electric America Foundation National Grant](#). Annual grants of \$10,000 to \$100,000 per year for up to three years to organizations that develop youth leadership and employment skills and/or create tools for employers to increase opportunities for youth. Priority will be given to projects leading to employment outcomes for youth with disabilities. **Deadline: November 1st.**
- [Native Language Immersion Initiative Grant](#). First Nations will award 6 to 10 grants ranging from \$45,000 to \$75,000 to build the capacity of Native-controlled nonprofit organizations and tribal government programs supporting Native language immersion programs. **Deadline: November 2nd.**
- [Wallace Foundation Funding for Expressions of Interest to Advance Cross-Sector Partnerships for Adolescents](#). Groups of organizations working together to support adolescent youth development are invited to apply. Each group will receive grants averaging \$200,000. **Deadline: November 4th, 5:00 PM ET**
- [First Nations Development Institute Native Youth and Culture Fund](#). 15 to 18 general operating grants of \$5,000-\$20,000 to Native-led nonprofits and organizations focused on providing youth opportunities that support the perpetuation of traditional knowledge, spirituality, and the intergenerational transfer of knowledge systems. **Deadline: November 10th, 12:00 PM MST.**
- [Panera Bread Foundation Grant](#). Grants of \$25,000 to \$150,000 to support programs predominately for underserved, at-risk, or

underrepresented high school and middle school-aged students. **Deadline: November 14th, 11:59 PM CST.**

- [American Foundation for Suicide Prevention Pilot Innovation Grants.](#) Grants of up to \$50,000 per year over two years to provide seed funding for new projects that have the potential to lead to larger investigations in suicide prevention research. **Deadline: November 15th.**

#### **Northeast:**

- [Impact Fairfield County Grant.](#) \$100,000 grants to local nonprofits that reach underserved populations and highlight unmet needs in the area. Funds may be used to develop new programs, enhance, expand, or strengthen existing programs, and/or improve organizational capacity. Available for organizations working in Fairfield County, Connecticut. **Deadline: November 11th.**
- [Many Hands Grant.](#) Four grants for economic empowerment, education, health, and housing. Grants will be awarded to nonprofit organizations serving women, children, and families of socioeconomic need in the Washington, D.C. area. **Deadline: November 18th. 11:59 PM ET.**

#### **South:**

- [Miami Foundation Microgrants for Technology and Equipment.](#) Microgrants of up to \$20,000 to purchase hardware, software, machinery, and equipment. **Deadline: November 7th.**
- [Adolescents Sexual and Reproductive Health Pilot Projects.](#) The Elton John AIDS Foundation is accepting concept notes for pioneering solutions which cultivate relevant, relatable, and impactful ways of reaching adolescents ages 10-14 with sexual and reproductive health information, services, and products. All states in the U.S. South are eligible. **Deadline: October 28th.**

#### **Midwest:**

- [George Gund Foundation Grant.](#) Grants for Cleveland-based organizations in climate and environmental justice, creative culture and arts, public education, thriving families and social justice, and vibrant neighborhoods. **Deadline: November 15th.**

#### **West:**



- [Oregon Community Foundation LIFE Center Fund](#). Grants of up to \$10,000 for organizations providing basic needs (e.g., school supplies, food, clothing, prescription, and hygiene assistance) to the community of Portland, Oregon. **Deadline: November 15th.**

## Resources

### Reports and Surveys

- [2022 Children's Mental Health Report: Treating Symptoms of Trauma in Children and Teenagers](#) (**Child Mind Institute**). Examines the effects of psychological trauma on kids and the most promising ways to treat it, including the results of a national survey of parents' perspectives on trauma.
- [2022 U.S. Trans Survey](#) (**National Center for Transgender Equality**). The largest survey by and for Trans people in the U.S. documents the lives and experiences of trans and nonbinary people ages 16+.
- [How Might We CLIMB HIRE Together?](#) (**Climb Hire**). Nine provocations for employers, policymakers, job seekers, and others involved in economic mobility and education work.
- [Statement by President Joe Biden on New Mental Health Funding](#) (**The White House**). Featuring a fact sheet highlighting the Biden-Harris Administration's strategy to strengthen health security.

### Guides & Reading Lists

- [2022 Back to School Toolkit](#) (**Mental Health America**). Resources that look at issues that young people face and tips on how to deal with these resulting emotions.
- [Bullying Basics: What to Know, What to Do](#) (**On Our Sleeves**). How to identify, stand up, and talk about bullying.
- [Framework for Workplace Mental Health & Well-Being](#) (**U.S. Department of Health and Human Services**). The U.S. Surgeon General, Dr. Vivek Murthy, presents a guide for leaders and workers to reinvest in mental health and well-being.
- [Media Guidelines for Kids of All Ages](#) (**Child Mind Institute**). Tips for parents on responsible technology use for children and teens ages 0-12+.

- [Mental Health Peer Support Manual \(Native Youth Sexual Health Network\)](#). Peer support manual for serving Indigiqueer, Two-Spirit, LGBTQ+, and Gender Non-Conforming Indigenous Youth.
- [Youth AFFIRM Implementation Guide \(SOGIE Center\)](#). Teaches youth about the factors in cognition, mood, and behavior that ultimately contribute towards depression and high-risk behavior, as well as equipping them with the tools to manage and influence those factors by themselves.

### Articles and Blogs:

- [1000 Schools in 1000 Days \(Active Minds\)](#). Initiative to expand their efforts by adding 1,000 K-12 schools to the Active Minds community in 1,000 days. Learn about more ways to get involved.
- ['Culture is definitely what brings me back' | How Native American culture is helping combat youth suicide \(ABC\)](#). Discusses data on culturally grounded practices and how it is shaping suicide prevention for Native American youth.
- [Native American Communities Prioritize Traditional Healing to Treat Mental Health \(Sahan Journal\)](#). Culturally appropriate care for Native American youth and how traditional healing can be passed down to generations to treat mental health issues.

## Job Opportunities

- [Born This Way Foundation Advisory Board](#)
  - Advisors will play a pivotal role in the planning and execution of programs, campaigns, and projects core to our mission. These Advisors will have the awesome opportunity to be a part of Born This Way Foundation's legacy and be celebrated ambassadors of our work in their communities and beyond. Applicants must be 15-24 years old. **Deadline: November 20th, 11:59PM ET.**
- [Weird Enough Social Media Manager](#)
  - Weird Enough Productions is hiring someone to execute a new brand strategy and grow their audience by championing brand values across social platforms. Applicants must have a Bachelor's



degree or higher, experience growing social media pages, photo and video editing skills, familiarity with anime, manga, and nerdy online culture, and ability to relate to Gen Z audiences.

**Deadline: until position is filled.**

## Upcoming Events

Times listed in event host's time zone

- **(Webinar) The Effectiveness & Utility of Telebehavioral (Telehealth) Services. November 2nd, 11:00 AM-12:30 PM PT.**
  - Review of telebehavioral health research and its efficacy, strategies that promote skill development, how to create a virtual presence, resources related to guidelines and tips, and comments regarding hybrid service delivery. Register [here](#).
- **(Webinar) Updates to the DSM-5-TR November 3rd, 9:00 AM-11:00 AM ET.**
  - An overview of the changes from the DSM 5 to the DSM-5-TR. [here](#).
- **(Webinar) Responding to Mental Health Emergencies. November 3rd, 12:00 PM-1:00 PM CDT.**
  - Learn about responding to crisis situations in this one-hour seminar with a licensed therapist. Certificates of attendance are provided at no cost. Register [here](#).
- **(Conference) Headstream Innovation Festival 2022. November 3rd & 4th.**
  - Event with virtual and in person options. Attendees will watch talks from changemakers in youth digital wellness. Register [here](#).
- **(Webinar) Talking to Kids about Mental Health. November 28th, 10:00 AM PT.**
  - How to help children understand what mental illness is and is not, and how to answer their questions, with a licensed therapist. Register [here](#).
- **(Webinar) Active Minds VAR Certification Event. December 14th, 12:00 PM PT and 3:00 PM PT.**
  - Learn about the V-A-R® tool, identify and learn how to remove the “barriers” and explore circumstances that may impact mental wellness. Register [here](#).

- **(Support Group) Trans Family Southern States. 4th Tuesday of the month, 12:00 PM CST.**
  - Virtual support group for parents and caregivers of gender-diverse kids in the south. Register [here](#).

## Partners in the News

W.K. Kellogg Foundation Awards Grant to **Partners in Development Foundation** to Advance Racial Equity



## **PARTNERS IN DEVELOPMENT** F O U N D A T I O N

**Partners in Development Foundation will receive \$20 million as part of the W.K. Kellogg Foundation's Racial Equity 2030 challenge.** The organization uses a Native Hawaiian-centered approach to help youth heal and become healers. The project tackles incarceration and works with The Opportunity Youth Action Hawai'i collaborative among other community collectives to build a Native Hawaiian restorative system for incarcerated youth.

Read more about the partnership [here](#).

United Health Foundation Launches \$3

## Million Partnership with **Active Minds** to Help Address the Youth Mental Health Crisis



**The United Health Foundation is making a \$3 million commitment with Active Minds** to address key findings from the United Health Foundation's 2022 "America's Health Rankings Health of Women and Children Report."

Read more about the partnership [here](#).

**Paramount Media Networks & MTV Entertainment Studios** launches Hidden Healers, a mental health series that elevates BIPOC voices and communities



**Paramount Media Networks & MTV Entertainment Studios (MTVE) introduces Hidden Healers**, a digital content series created in partnership with a group of four mental health young leaders to drive mental health actions that honor the heritage of BIPOC communities and cultures. They also highlight industry partnerships formed with other young leaders to tackle new and innovative mental health solutions.

Earlier this year, [The Upswing Fund served as a mentor](#) for the first-ever Mental Health Youth Action Forum. During the Forum youth participants presented campaign ideas to a range of industry partners. We're happy to see some of these campaign ideas come to life such as Mind in Progress, Befriend Your Beasts, and Hidden Healers.

**Read the press release and watch the promo video [here](#).**

## Giving Tuesday

Mark your calendars! Giving Tuesday is Tuesday, November 29. To support the mental health and well-being of BIPOC and LGBTQ+ youth, here are two ways where your generosity can have impact:

- If you are interested in supporting Upswing's community of partners and learning about advancements, challenges, and needs across the broader adolescent mental health ecosystem, we'd love to speak to you. We work together with philanthropists, corporations, and

community members who share our commitment to a system of care that is both accessible and equitable for all youth.

- Since our launch in October 2020, we're proud to have partnered with 92 community-based organizations that are providing affirming and culturally responsive care to youth across the country. If you're ready to respond to the youth mental health crisis, check out our [list of partners](#) to find an organization in your area, or one with a mission close to your heart. Whether it's your time or financial resources, know that every little bit of assistance helps.

## Happy Diwali!

Featuring affirming artwork from Family Acceptance Project



Check out more artwork and resources from Family Acceptance Project [here](#) and download their Healthy Futures posters, available in multiple languages [here](#).

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If you would like to be considered to be featured in our monthly newsletter or have exciting news, events, and/or accomplishments to share, please reach out to The Upswing Fund team at [upswing@panoramaglobal.org](mailto:upswing@panoramaglobal.org).

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