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The Upswing Fund

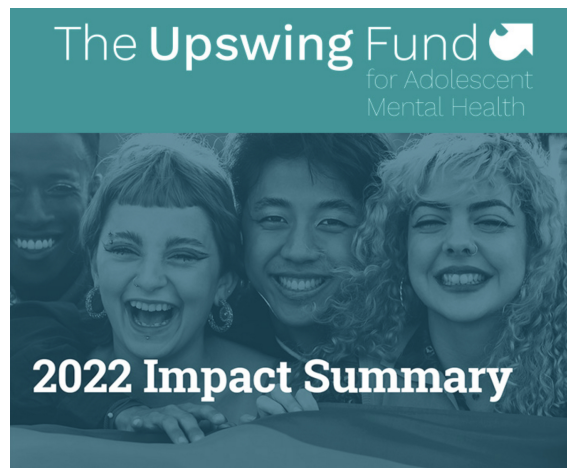
for Adolescent
Mental Health



As we begin this new year, and in acknowledgement of Black History and Women's History month, we are inspired by our partners' progress, particularly across Black and Brown communities and programs for youth identifying as female.

We are proud to be a part of important work to support organizations that work towards the mental health and well-being of youth and adolescents, especially those from underserved communities. In this newsletter, we feature The Upswing Fund's 2022 Impact Summary, which includes highlights from the incredible work of community-based organizations and resources shared by our partners and other experts in support of our community. We hope you find this newsletter informative and inspiring and invite you to join us in our efforts to promote mental health equity for all.

[Impact Summary](#)



From providing counseling and therapy services to advocating for policies that prioritize mental health, our partners have worked tirelessly to make a real difference in the lives of young people. **Read our Impact Summary [here](#).**

Funding Opportunities

Nationwide:

- **Deadline Soon!** [The George Gund Foundation Grant](#). Grants will be awarded in five categories, including climate and environmental justice, creative culture and arts, public education, thriving families and social justice, and vibrant neighborhoods and inclusive economies. **Deadline: March 14th.**
- [Mental Health Action Day Grant](#). At least 10 grants of up to \$10,000 are available with the aim of destigmatizing mental health and driving significant cultural, political, and policy changes. **Deadline: March 16th. 11:59 PM ET.**
- [The Responsible Technology Youth Power Fund](#). One-year grants between \$25,000 and \$200,000 to eligible US-based projects working to build a more inclusive and equitable tech ecosystem. **Deadline: April 1st.**
- [Letters to Strangers Mental Health Scholarships](#). Scholarships for individuals studying or planning to study something related to the mental health field and for medical and treatment costs for those from underserved communities. Upswing community members will receive an extra weighted point in their application if they state their affiliation on the application form for the Changemaker Scholarship. **Deadline: April 1st.**
- [Gloria Barron Prize for Young Heroes](#). 25 prizes for young leaders who have made significant contributions to people and the environment. The top 15 winners will receive \$10,000 to support their service work or higher education. **Deadline: April 15th**
- [Supporting Impactful Charities During the COVID-19 Pandemic](#). Awards to nonprofits impacted by COVID-19, with priority given to those providing aid or services related to the pandemic, those with 5-49 employees, and those operating in the greater Chicago area. **Deadline: July 11th.**

Northeast:

- **Deadline Soon!** [Grants for Community Prevention Services for Youth Opioid Mitigation](#). Grants to support evidence-based community-based opioid prevention services for children and youth (up to age 21). Funds of up to \$500,000 for up to two years. **Deadline: March 10th.**
- [Rhode Island Foundation Community Grants](#). Funds to support community-building activities. Nonprofit organizations, public agencies, and volunteer-led groups such as neighborhood and resident associations are eligible to apply. **Deadline: March 15th.**
- [SummerTime Kids Grant Program](#). For programs that address mental health needs, educational programs, arts and culture, outdoor exploration, reading, and more, with preference given to programs serving low-income areas. **Deadline: March 15th 5:00 PM ET.**
- [Barr Education Grant Program](#). Up to \$100,000 to support internal learning and planning, stakeholder engagement, and project management. **Deadline: March 15th 5:00 PM ET.**
- [The Community Foundation Grant](#). Projects in the city or county of Albany and within a 30-mile radius of the present State Capitol Building will be considered. **Deadline: March 16th.**
- [Helping Today Grant Program](#). To support operations, programming, planning, marketing/community awareness, capital purchases (including technology and vehicles), facilities improvements, and evaluation. **Deadline: April 28th. 5:00 PM ET.**

South:

- **Deadline Soon!** [Foundation for the Carolinas Grant Program](#). Prioritizing projects and programs that address human services, learning loss, and veterans' affairs and requests for one-time funding. Maximum grant award is \$10,000, but larger requests may be considered. **Deadline: March 10th. 12:00 PM ET.**
- [Bama Works Fund](#). Grants to support community initiatives in Charlottesville, Virginia, and surrounding counties. **Deadline: March 15th.**

Midwest:

- [West Michigan Youth Programs](#). For organizations serving youth up to 18 years of age in Lake, Muskegon, Newaygo, and Oceana counties. Priorities include health, nutrition, dental issues, early childhood services, literacy, and education. **Deadline: March 15th.**
- [Main Street Economic Revitalization Program Award](#). To support business recovery, economic development, and redevelopment projects along Lake Street, 38th Street/Chicago Avenue, and West Broadway Avenue. **Deadline: April 18th.**
- [HHF Grants](#). For Chicago-area nonprofits focused on health and well-being, quality education, meaningful work, economic growth, and fostering a sustainable community. **Deadline: April 28th.**
- [The Lilly Endowment](#). Grants to enhance the welfare and safety of Indiana youth, address social and emotional needs, supplement classroom learning, develop leadership skills, and provide safe and enriching out-of-school time learning environments. **Deadline: May 1st.**

West:

- **Deadline Soon!** [New Mexico Children's Foundation Grants](#). Grants between \$15,000 and \$40,000 for projects encouraging unengaged youth to join activities. **Deadline: March 11th.**
- [15 Forever Grants](#). Provides grants to Boulder County organizations working to address issues facing young people, with a current focus on substance use and abuse prevention and

treatment. **Deadline: April 10th.**

Resources

Reports

- [I Didn't Consent: A Global Landscape Report on Image-Based Sexual Abuse](#) (**Panorama Global**). The Image-Based Sexual Abuse initiative published a report exploring the pervasive threat of image-based sexual abuse and its real-life impacts on survivors, as well as the need for collaboration to end this form of gender-based violence.
- [Mental Health of Black Transgender and Non-binary Young People](#) (**The Trevor Project**). Explores the mental health indicators and protective factors among Black transgender and nonbinary young people.
- [White House Report on Mental Health Research Priorities](#) (**The White House**). Lists federal research priorities and focus points.

Guides & Reading Lists

- [2022-2023 Advocacy Roadmap](#) (**United for Global Mental Health**). Guidance and information for advocates to accelerate progress on mental health and psychosocial wellbeing, including key players, events, and political commitments.
- [Headstream Learning Lab](#) (**Headstream and SecondMuse**). Gain access to a community-building and social-learning platform that offers open and unlimited access to resources, tools, and practices for innovators in the youth digital health, ed-tech, and social tech sectors, as well as a self-guided course on impact measurement and youth co-creation.
- [How to Teach Kids About Microaggressions](#) (**On Our Sleeves**). Learn about microaggressions and their harmful impact on historically marginalized groups, including tips for parents and educators to combat microaggressions through empathy, education, and modeling respectful behavior.
- [Providing Culturally Relevant Services to Families of LGBTQ+ Youth](#) (**UConn**). Culturally responsive services and key strategies for working with families of LGBTQ+ young people.
- [Tip Sheet for Parents](#) (**Child Mind Institute**). Tips for supporting your child with developing healthy habits. Includes information about screen time, scheduling, and activities.
- [Walking Between Worlds: Border Identity Stress & Resilience Among LGBTQ+ Populations Who Defy Dichotomies](#) (**UConn**). Explores how border identity stress and resilience theory can advance our understanding of the mental health of LGBTQ+ people—and all who break binaries.

Articles and Blogs:

- [Active Minds Emerging Scholars](#) (**Active Minds**). Introducing the Active Minds 2023 Emerging Scholars Fellowship cohort of BIPOC students who will create projects to promote a more inclusive society.
- [Black Pioneers in Mental Health](#) (**Mental Health America**). An article highlighting Black Americans' contributions to the field of mental health.

Upcoming Events

Times listed in event host's time zone

- **(Webinar) MHForAll: Achieving National Reforms in Mental Health. March 28th or April 25th, 2:00 PM GMT.**
 - Join experts in the field at the MHForAll webinar to discuss the WHO's Special Initiative for Mental Health and learn how to improve mental health policies and community-based services through national advocacy. Register [here](#).
- **(Webinar) Youth in the Digital Age. April 10th, 12:30 PM ET.**
 - A conversation hosted by Arabella Advisors exploring the role of social media and digital technologies in the current youth mental health crisis, with experts discussing the rise of youth anxiety, depression and mental health disorders and how emerging technologies can be leveraged to address the issue while letting youth lead the way toward different digital futures. Register [here](#).

Partners in the News

Big Freedia Opens Up About Mental Health on **Hidden Healers**



MTV's Hidden Healers initiative celebrates Black History Month by partnering with Big Freedia and Monaleo to encourage mental health actions that celebrate the heritage of different BIPOC communities and cultures, with a focus on Big Freedia's mental health and healing journey.

Read this article from **Essence: Girls United** [here](#).

Morgan Stanley Alliance for Children's Mental Health Announces Second Cohort of Innovation Award Winners



MORGAN STANLEY ALLIANCE FOR CHILDREN'S MENTAL HEALTH

The Alliance for Children's Mental Health names Closegap, The Confess Project, The Society for the Prevention of Teen Suicide, Strategies for Youth and Up2Us Sports as its second cohort of Innovation Award winners. Chosen from more than 600 applications, the five winners offer inventive, scalable solutions to fill critical gaps in mental health care for youth.

Read the press release [here](#).

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.

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