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The Upswing Fund

for Adolescent
Mental Health



This April has been an exciting time for our team at The Upswing Fund. Read below to learn about our newest additions to our Advisory Committee, the release of new partner showcases, and an update on the upcoming MTV Mental Health Youth Action Forum (May 18th) and Mental Health Action Day (May 19th)!

Ahead of Mental Health Awareness Month beginning next week, we've put together resources and upcoming events in this newsletter to help kick-off this exciting time in the field. Read below to find partner toolkits, new reports, and information about how to [become a Mental Health Action Day partner](#).

Our partner spotlight will return next month. Please let us know if you would be interested in being featured at upswing@panoramaglobal.org.

Welcome to our newest advisors!



Atlas Alvarez
(they/he)




Joey Martinez
(he/they)



Madison McCall
(she/her)



Karissa Smith
(they/them)

The **Upswing Fund** 
for Adolescent
Mental Health

Announcing The Upswing Fund's Newest Advisors!

Last month, we put out an open call for diverse youth ages 18-25 to apply to join our Advisory Committee and received applications from youth across the country. Today, we are excited to welcome our four newest advisors to The Upswing Fund:

- Atlas Alvarez (Calexico, CA)
- Joseph Martinez (Boston, MA)
- Madison McCall (Raleigh, NC)
- Karissa Smith (Portland, OR)

These youth advisors will work alongside other members of our [Advisory Committee](#) and members of the Upswing team to support our work to

expand the availability of mental health support for adolescents. Learn more about our newest advisors and their exciting work [here](#).

Partner Showcase

*Culturally responsive resources
and innovations from Upswing
Grantee Partners*

The Upswing Fund 

New Partner Showcase Releases

Last month, we launched our Partner Showcase series to share information about resources and innovations developed by our partners. Each feature highlights an organization's approach to culturally responsive work in adolescent mental health and the ways that they put youth first. **The following Partner Showcases are now available on our website:**

- [Partnership to End Addiction](#) (New York, NY)
- [Active Minds](#) (Washington, D.C.)

Funding Opportunities

Nationwide:

- [Imagine Learning Foundation's Signature Grant Program](#). Imagine Learning will provide two \$100,000 grants to non-profits serving one or both priority focus areas: Well-Being Outside the Classroom (programs, activities, and services) and Education and Community Research (impact research). Both areas are focused on

the social, physical, mental, and emotional wellbeing of youth, families, and educators. **Deadline: April 30th.**

- [William T. Grant Foundation's Research Grants on Improving the Use of Research Evidence RFP](#). This grant program will provide support to tax-exempt organizations performing research to advance theory and build empirical knowledge on improving the use of research evidence by policy makers, agency leaders, organizational managers, and other decision makers that shape youth-serving (ages 5-25) systems in the United States. Significant research grants will be between \$100,000 and \$1 million (over two to four years) and officers' research grants will be between \$25,000 and \$50,000 (over one to two years).

Deadline: May 4th.

Northeast:

- [Brooklyn Community Foundation's Invest in Youth Initiative](#). This grant initiative provides multi-year, general operating support of up to \$45,000 per year for up to three years to non-profit organizations serving Brooklyn's youth, particularly 16-24 year old young people of color. Organizations must work in one of the following three focus areas: Youth Development & Leadership, Youth Justice, or Immigrant Youth. Please see the full RFP for additional eligibility and priority consideration details. **Deadline for Letters of Inquiry: April 29th.**
- [Poise Foundation's Racial Equity Seed Grants](#). This grant opportunity will provide programming support up to \$10,000 for Black-led, Black-serving non-profit organizations in Allegheny County, PA. Programs should fall into one of two categories: Youth-Led Social Change and Intergenerational Spaces. **Deadline: Rolling Monthly Grant Awards.**

Resources & Tools

- **(Toolkit)** [Active Minds' Mental Health+ Partner Toolkit for Mental Health Awareness Month](#). This Mental Health Month toolkit includes shareable language and graphics for spreading

awareness. Stay tuned for Active Minds' full Mental Health+ campaign launching on May 1st!

- **(Toolkit)** [Mental Health Action Day Partner Toolkit](#). This new and refreshed Partner Toolkit is rich with great resources including a toolkit specifically for non-profits, a template press release for your organization, and lots of new GIFs!
- **(Podcast)** [On Course: Supporting Thriving Immigrant Communities by Reyna Montoya Swapna Reddy](#). In this episode of On Course, Reyna Montoya (Founder, CEO, and Board Member of Aliento) and Swapna Reddy (Co-Founder and co-CEO of the Asylum Seeker Advocacy Project) discuss how they're transforming systems, policies, and practices to support immigrant and asylum-seeking communities.
- **(Recorded Webinar)** [Mindful Philanthropy's Thriving in Schools: Philanthropy's Role in Supporting Youth Experiencing Trauma](#). This recorded webinar from Mindful Philanthropy discusses the impact of trauma on childhood development and explains how funders can help promote resilience in today's youth. Panelists include Dr. Moira Szilaygi (American Academy of Pediatrics), Dr. Karen Scott (FORE Foundation), and Dr. Celine Coggins (Grantmakers for Education).
- **(Online Community)** [The Collective](#). The Collective is a free and confidential online space for Black youth to connect, learn more about mental health from trusted sources, and work towards their wellness goals. The website includes a quick guide to the platform.
- **(Guide)** [Supporting Neurodiversity Online](#). The GSA Network has developed and continues to publish a series of guides on supporting neurodiverse communities online, particularly neurodiverse LGBTQ+ youth.
- **(Report)** [See Change Institute's Climate Change & Youth Mental Health Report](#). This report from the See Change Institute (1) synthesizes a decade of research on climate and mental health with a focus on youth and BIPOC, (2) shares a framework of the key components of climate resilience and anxiety interventions, and (3) highlights promising approaches in schools, families, communities, and clinical settings for climate anxiety.

- **(Resource Toolkit)** [Self-Care Resources for Counselors](#). The American Counseling Association has compiled a specific resource guide to help uplift and support providers in caring for themselves while they help others.

Upcoming Events

Times listed in event host's time zone

- **(Webinar Series) Career Pathways in Youth and Young Adult Mental Health. April 27th, May 25th, June 22nd, and July 27th.** [Register here.](#)
 - Hosted by the National Training and Technical Assistance Center (NTTAC), this four-part monthly series created for young people will explore various careers in mental health including the roles of peers, social work, research, and mental health clinicians. Register for "Exploring Peer Roles," the first installment of this series, or any of its following webinars above.
- **(Workshop) Responding to the Current Youth Mental Health Crisis: A Virtual Workshop. May 2nd, 4th, and 9th.** [Register here.](#)
 - Hosted by the Forum for Children's Well-Being, this free multi-day workshop will bring together expert presentations, lived experience perspectives, and community-level strategies for responding to the youth mental health crisis. On May 4th, U.S. Surgeon General Dr. Vivek Murthy will join the discussion.
- **(Webinar) Implementing Radical Healing Strategies to Promote Health Equity. May 3rd, 3:00 - 4:00 PM (ET).** [Register here.](#)
 - Hosted by National Institute of Mental Health as part of their Director's Innovation Speaker Series, Dr. Helen Neville will provide an overview of the psychology of the radical healing framework and discuss evidence for each of the five tenets of the model.
- **(Webinar) Implementing Evidence-Based Trauma-Informed Interventions to Support Families in Child Welfare. May 4th, 10:00**

- **11:15 AM (ET).** [Register here.](#)

- Hosted by Judge Baker Children's Center, Dr. Suzanne Kerns (Director of Transformative Research, The Kempe Center) will share trauma-informed evidence-based interventions and innovative models appropriate for helping child welfare involved families and the role of implementation science in addressing service continuum gaps.

• **(Workshop) Mental Health Action Day Partner Workshop.** **May 4th, 12:00 PM (ET).** [Register here.](#)

- Join this workshop to learn what network partners are doing on Mental Health Action Day on May 19th.

• **(Webinar) From Internet to Metaverse: How to Safeguard Your Children and Families in a Virtual World.** **May 11th, 12:00 - 1:00 PM (ET).** [Register here.](#)

- Hosted by the Morgan Stanley Alliance for Children's Mental Health, this webinar will feature expert panelists in a discussion about trends in social media, streaming, and gaming consumption and how these trends are transforming our daily lives and how parents and caregivers can foster healthy habits for their children and families.

• **(Event) MTV Mental Health Action Day.** **May 19th.** **Learn more and become a partner** [here.](#)

- This global event brings together partners from all over the world to elevate mental health awareness into action through targeted campaigns, events, and resources. The theme for this year's Mental Health Action Day is Connection.

• **(Online Event) Become an AFFIRM Caregiver Information Session.** **May 24th, 2-3:30 PM (ET).** [Register here.](#)

- The LGBTQ+ Behavioral Health Equity Center is offering a unique opportunity for behavioral health agencies to receive free training to implement AFFIRM Caregiver, a group-based compassionate caregiver intervention designed to improve the knowledge and skills of caregivers in supporting the well-being of LGBTQ+ youth. Register for the initial information session above.

Partners in the News

MTV Announces Youth Creators and Solidifies Plans for Mental Health Youth Action Forum



The Upswing Fund, in partnership with MTV Entertainment Group and along with 17 leading U.S. mental health non-profits (including Upswing partners like [The AAKOMA Project](#), [Active Minds](#), [The Boris Lawrence Henson Foundation](#), [The Jed Foundation](#), and [The Trevor Project](#)) will be

serving as a mentor for [The Mental Health Youth Action Forum](#) in Washington, D.C., the first-ever convening to empower young people to take action on their mental health through storytelling and media.

Senior officials from the Biden-Harris Administration and [Selena Gomez](#) are expected to speak during the Forum on **May 18, 2022**, which will also feature expert panels and participant presentations from [30 young creators](#) passionate about improving youth mental health.

Read more about the upcoming event [here](#).

Project HEAL launches groundbreaking Clinical Assessment Program to make eating disorder diagnosis accessible



Yesterday, [Project HEAL announced](#) a new direct-service program offering free, impartial, and culturally-competent diagnoses for individuals struggling with disordered eating. The new [Clinical Assessment Program](#) is available to anyone living in the U.S. regardless of their insurance, financial capacity, race, gender, age, previous treatment history, or co-occurring diagnoses.

To learn more about Project HEAL, please visit www.theprojectheal.org, or find them on [Facebook](#) and [Instagram](#).

The AAKOMA Project Announces Cohort

of Diverse Teen Mental Health Advocates for Program Initiatives



The AAKOMA Project announced the thirteen members of their 2022 youth leadership and advisory group. These new members of Team AAKOMA come from the United States, Canada, and the Philippines. The team will create mental health youth-based content and share mental health research they conduct with their peers. They aim to help close the gap for teens seeking mental health resources around the globe.

In this [announcement](#), Yewande Shitta-Bey, a Team AAKOMA member from Florida, shares "My passion for mental health advocacy stems from my observance of how mental pains hinder and suffocate so many individuals. Everyone deserves to feel fulfilled with their life - through mental health advocacy, we can show people how to sort through their emotions and behaviors to find the answers and validation they seek."

Leaders from **Girls for Gender Equity** among young women leaders at White House Roundtable on Mental Health



THE WHITE HOUSE
WASHINGTON

On the last day of Women's History Month, leaders from Girls for Gender Equity attended the [White House Roundtable on Mental Health with Young Women and Girl Leaders](#). Among the young women leaders from Girls for Gender Equity was Enshalla Dunlop, National Agenda for Black Girls (NABG) Advisor, Delgracia Sainvil, Young Women's Advisory Council Member, and Joanne Smith, President and CEO.

At the roundtable, senior White House officials reinforced the Administration's commitment to addressing the mental health crisis, including increasing the size and diversity of the mental health workforce, expanding coverage and reducing costs for services, and integrating mental health care services across settings from schools to community centers.

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 Sierra at upswing@panoramaglobal.org.

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