

The Upswing Fund

for Adolescent
Mental Health



With the start of a new school year, it's important to encourage self-care to support smooth back-to-school transitions. Read on to discover resources, events, and funding opportunities to support critical youth mental health work during this time.

Partner Showcase

*Culturally responsive resources
and innovations from Upswing
Grantee Partners*

The Upswing Fund 

New Partner Showcase Releases!

This month, we hosted two new partner showcase sessions to share information and resources on critical mental health topics with our partners. Learn more about this month's sessions:

- [Activating in Advocacy: How to Get Involved in Mental Health Policy](#). In this session, **Angela Kimball**, Senior Vice President of Advocacy and Public Policy at [Inseparable](#), shared strategies and advice for community-based organizations seeking to get involved in mental health policy while balancing limited capacity for activities outside direct service.
- [Supporting the Mental Health of Transgender and Gender Diverse Youth](#) with **Dr. Jack Turban and Atlas Alvarez**. Upswing advisors Dr. Jack Turban, Assistant Professor at UCSF, and Atlas Alvarez, Bilingual Youth Programs Coordinator at TransFamily Support Services, provide information about gender-affirming medical care for youth and adolescents across key developmental stages and address misconceptions of care.

Partner Spotlight:
Boston GLASS (Boston, MA)



About Us:

Boston GLASS provides a continuum of services to LGBTQ+ youth of color and their allies in the Greater Boston and Greater Framingham areas. Our services model aims to address a young person's immediate needs, equip them with tools to make healthy decisions and live fulfilling lives, and help create communities in which they can thrive. As a leader in LGBTQ+ youth services, we also provide education and consultation to other providers and community organizations.

How is your organization meeting the mental health needs of BIPOC youth in your community?

We provide virtual services helpful for youth who aren't allowed to get queer-affirming services, trauma processing modalities like TF-CBT and EMDR, and opportunities for youth to connect with therapists in sessions but also while in the Drop-In space. We also meet the material needs of the youth with things like clothes, food, and gift cards so that clients are safe to work on their mental health.

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

We are grateful for The Upswing Fund because it has allowed us to hire a full-time clinician which led to a significant reduction in the duration of our waitlist. The staff member we hired helped plan and execute a retreat, which was emotionally healing for many clients, one of whom started meeting with a therapist soon after, and has become a peer leader.

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

We recently started a programming series entitled Sex Through The Glass, that focuses on demystifying, debunking, and destigmatizing the portrayal of queer relationships in media and culture. The talks are held every two weeks and feature a new central topic every time; we have had such a positive and uplifting response from the youth, the excitement is palpable in the room and we find that they are excited to discuss their experiences candidly and openly.

How can readers support your work?

Readers can support our work in person through our various programming and by stopping by the Drop-In center, all outlined on our [website](#), and by keeping an eye out for new events on our [Instagram](#) and our new [TikTok](#). We also have a [donation page](#) and would love just word-of-mouth support and speaking about our services amongst youth populations that could benefit from them.

Support the work of Boston GLASS

Funding Opportunities

Nationwide:

- [Newman's Own Foundation Nutrition Security for Indigenous Youth Grants](#). This funding opportunity provides grants ranging from \$20,000-\$50,000 to 501(c)(3) organizations serving Native populations, tribal governments, and educational institutions to support projects that enhance nutrition security for Native youth. Examples of projects include advocacy, coalition building, gardens at youth centers and schools, culture camps focused on traditional foods, and internship programs. **Deadline to Complete Eligibility Quiz: August 26th.**
- [Pillars Catalyze Fund Grants](#). Pillar invests in a vibrant network of non-profit organizations working in or closely alongside Muslim communities in the U.S. This grant opportunity will support work across three focus areas: reimagining public safety, promoting mental health and wellness and building civic power. Please note that the mental health and wellness focus area is centered on initiatives conducting research, awareness, education, and coalition-building -

not direct service in clinics or therapy groups. **Deadline: September 1st at 12:00 PM CT.**

- [Robert Wood Johnson Foundation's Policies for Action Research Program Grants.](#) This year, RWJF's Policies for Action grant is focused on policies to build and sustain economic security and wealth for families and communities of color. Grants will be made to organizations in both public and private-sector policy research that builds an understanding of how economic, social, and health policies advance health and racial equity. Community-led or partnered research teams, investigators from diverse backgrounds with diverse life experiences, interdisciplinary teams, and first-time applicants to an RWJF grant are especially encouraged to apply. **Deadline: September 7th.**
- [William T. Grant Foundation's Institutional Challenge Grant.](#) This funding opportunity of \$650,000 over three years will support research institutions in building sustained research-practice partnerships with public agencies and non-profit organizations to reduce inequality in youth outcomes. Applications are invited from partnerships in youth-serving areas such as education, justice, child welfare, mental health, immigration, and workforce development. Proposals from research teams with African American, Latinx, Native American, and Asian American leaders are especially encouraged. **Deadline: September 14th.**

Northeast:

- [Poise Foundation's Racial Equity Seed Grants.](#) Programming grants 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.**

South:

- [Duke Energy's Community Grants Program.](#) General operating grants of \$25,000 to North Carolina non-profit organizations dedicated to the fight for social justice and racial equity. Organizations that are led by and provide services to communities of color will be prioritized, with targeted initiatives including reducing disparate outcomes in education and workforce development, civic engagement, environmental justice, and more. **Deadline: August 31st.**

Midwest:

- [The Cleveland Foundation's Black Futures Fund](#). Founded to invest in and strengthen Black communities and support efforts to dismantle racist systems, this funding opportunity will support Black-led and Black-serving non-profit organizations with a budget of less than \$1 million in the Cleveland area. Technical assistance and grant-writing assistance workshops are available to applicants at the above link. **Deadline: August 31st.**
- [Gerber Foundation's West Michigan Youth Programs Grants](#). Grants ranging from \$100-\$20,000 to public non-profit organizations within the Lake, Muskegon, Newaygo, and Oceana counties in West Michigan to support projects that serve youth from 0-18 years of age. Emphasis is placed on projects focused on Health, Nutrition, and Dental Issues, Early Childhood Services and Literacy, Parenting Education, STEAM Education, and Life Experiences. **Deadline: September 15th.**

West:

- [Best Start for Kids Community Well-Being Youth Led Communications Project RFP](#). Grants to support community-based organizations in King County, WA who have experience supporting youth led projects to launch a youth led communications campaign. The goal will be to reach young people who are rarely reached by traditional communications campaigns, including youth who are LGBTQ+, BIPOC, immigrants, in multilingual families, who have disabilities, and who face severe systemic challenges. **Deadline: September 16th.**

Resources

Reports

- [Mental Health America's Youth and Young Adult Peer Support: Expanding Community-Driven Mental Health Resources](#). With support from the Well Being Trust, Mental Health America has published its latest report to call for investment in a full continuum of youth peer support services to address the growing mental health crisis.
- [Mindful Philanthropy's Thriving in Schools: How Philanthropy Can Support Young Minds](#). This funding roadmap provides a framework and key strategies for funders to identify high-impact opportunities for youth mental health, from early childhood all the way to transitioning to adulthood.

Guides & Reading Lists

- [Child and Adolescent Mental Health's Game Changers Resources.](#)
These resource posters were created with CAMH's Game Changer Youth Ambassadors to create accessible mental health posters curated by and for youth. Topics include mental health, substance use, self-care, peer support, crisis and suicide prevention, and resources for adults and caregivers.
- [GLAAD's Back to \[Redacted\]: A Guide to Battling Book and School Censorship for Students, Parents, and School Staff.](#) In response to the dangerous uptick in attempts to ban books on race and LGBTQ+ issues from schools, GLAAD has curated this guide to help families and educators know their rights and advocate for inclusive libraries and curricula.
- [The Jed Foundation's Back to School 2022 Resources for Students.](#) This resource hub includes useful advice, tips, and resources to help college and high school students plan for a strong start to the school year with their mental health in mind.
- [Trans in the South: A Directory of Trans-Affirming Health & Legal Service Providers.](#) Developed by the Campaign for Southern Equality, this service provider directory and dashboard help transgender individuals identify pathways to funding and accessing gender-affirming care, as well as navigating name and gender change guidelines in their communities.
- [TransFamily Support Services LGBTQ+ Recommended Reading Lists.](#) Reading and resource book lists for LGBTQ+ youth across ages, parents, caregivers, educators, and allies. Add these titles to your reading list and share them with youth-serving professionals and families.
- [Youth-for-Youth Mental Health Guidebook.](#) Developed by Letters to Strangers, this guidebook was written entirely by 14- to 21-year-olds and reviewed by experts and medical professionals with global input from teens in Tunisia to Bhutan. Available in full color at a cost and in black and white for free with the completion of a survey.

Blogs & Issue Briefs

- [Climate Change and Health Equity: Key Questions and Answers.](#)
Published by the Kaiser Family Foundation, this issue brief examines climate change's negative effect on critical health factors, including mental health, and details the disproportionate

impact on communities of color, immigrants, and low-income communities.

- [The Trevor Project's Supporting LGBTQ Young People in the Classroom and Beyond](#). Published by Keygan Miller (they/them) with The Trevor Project, this blog post provides a lived experience perspective from a former educator on what LGBTQ+ young folks need from their teachers as they come back to school.

Upcoming Events

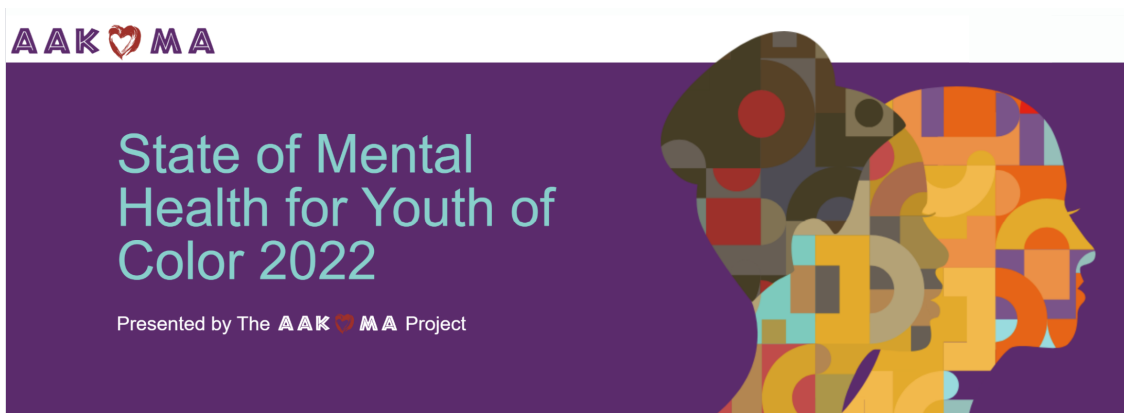
Times listed in event host's time zone

- **(Webinar) Mental Health America's Back to School: Building Social Emotional Learning Opportunities. August 25th, 3:00 PM ET.**
 - Join Mental Health America and MHA Hawai'i for this free, 60-minute webinar focused on the state of social emotional learning in schools, opportunities to partner with community-based orgs to increase SEL among school-ages children, and resources for youth, families, and educators. [Register here](#).
- **(Webinar) Global Mental Health Action Network Mental Health for All Series: Suicide Prevention and Decriminalization. August 30th, 9:00 AM ET.**
 - This episode of GMHAN's Mental Health for All series will focus on World Suicide Prevention Day and feature a panel of mental health experts discussing the progress in suicide prevention and decriminalization around the world. [Register here](#).
- **(Webinar) National Council for Mental Wellbeing's Substance Use Interest Group: Pulling Back the Curtain on Successful Prevention Campaigns. August 31st, 1:00 PM ET.**
 - National Council welcomes SAMHSA's Associate Administrator for Alcohol Prevention and Treatment Policy, Robert Vincent, to explore the innovative strategies used across multiple SAMHSA substance use prevention campaigns to better engage youth and youth-serving adults. [Register here](#).
- **(Webinar) Saving Our Children: Current Considerations for Preventing Suicide in Children and Adolescents. September 6th, 2:00 PM ET.**

- Hosted by the University of Maryland School of Social Work's Institute for Innovation and Implementation, this webinar will discuss the problem of suicidality in children and adolescents, identify cultural and COVID-19 considerations when working with youth, discuss the role of caregivers in suicide prevention, and provide an overview of common suicide screening options available. [Register here.](#)
- **(Webinar) MindSite News, Ken Burns, and WETA Present: A Conversation About Youth Mental Health and the Making of *Hiding in Plain Sight*. September 8th, 7:00 PM ET.**
 - This live panel discussion on youth mental health will feature some of the brilliant individuals behind the new Ken Burns documentary, *Hiding in Plain Sight*. [Register here.](#)
- **(Virtual Journal Club) Association for Child & Adolescent Mental Health's Virtual Campfire Journal Club on ADHD Deficit in School Performance. September 27th, 12:00 PM ET.**
 - CAMHS hosts their latest Around the Campfire virtual journal club focused on ADHD deficit in school performance across sex and parental education. This virtual session is open to clinicians, researchers, and those with lived experience. [Register here.](#)

Partners in the News

The AAKOMA Project publishes State of Youth Mental Health for Youth of Color



The AAKOMA Project has published their inaugural report, "[State of Mental Health for Youth of Color 2022](#)." Research centered on the mental health of youth of color is largely absent, contributing to the lack of evidence-based, culturally responsive interventions. In order to address this

gap, [The AAKOMA Project](#) has published this groundbreaking study to amplify the mental health experiences and needs of youth of color, particularly as it relates to the impacts of COVID-19 and racial justice.

Learn more about the state of anxiety, depression, suicidality, treatment gaps, racial trauma, and more in this [report](#).

Project DIVA International celebrates 15 years of serving Black girls



Project DIVA International, a community-based organization in Minnesota, celebrates 15 years of service to Black girls and its positive impact on over 5,000 young people. Neda Kellogg, Founder of [Project DIVA](#), shared "We give Black girls, the Native American Black girls, the descendants of slaves, a space to really just be." Project DIVA's Aviation Club, just one of its many programs designed to support Black youth, recently had the opportunity to help young girls realize their dreams of flying a plane.

Leeanna Pineda, a 12-year-old girl in the program shares her experience: "There's not very many other 12-year-olds who can say [...] 'I can fly a plane.' Once I turn 17, I'm going to have my pilot license. I never thought I was going to be able to say that. It feels so good on so many different levels. You really can't explain it."

Learn more about Project DIVA's impact and watch Leanna take her

first flight [here](#).

The Aprio Foundation awards Community Impact Grants to nine organizations, including **CHRIS 180**



Insights | News

The Aprio Foundation Names Community Impact Grantees, Awards \$55,000 to Nonprofit Organizations in Second Quarter 2022

The Aprio Foundation has awarded nine Community Impact Grants to non-profit partners, including CHRIS 180 (Atlanta, GA). The Aprio Foundation strives to make an impact in equity, education, and environmental issues by propelling each of these non-profit's annual programs, strategic initiatives, special projects, and overall mission.

[CHRIS 180](#) (Atlanta, GA) was founded in 1981 by the Junior League of Atlanta with a mission to improve the community by providing economically disadvantaged children, adults, and families with high-quality, trauma-informed behavioral health services and support systems.

Learn more about The Aprio Foundation's second quarter Community Impact Grants and awardees [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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