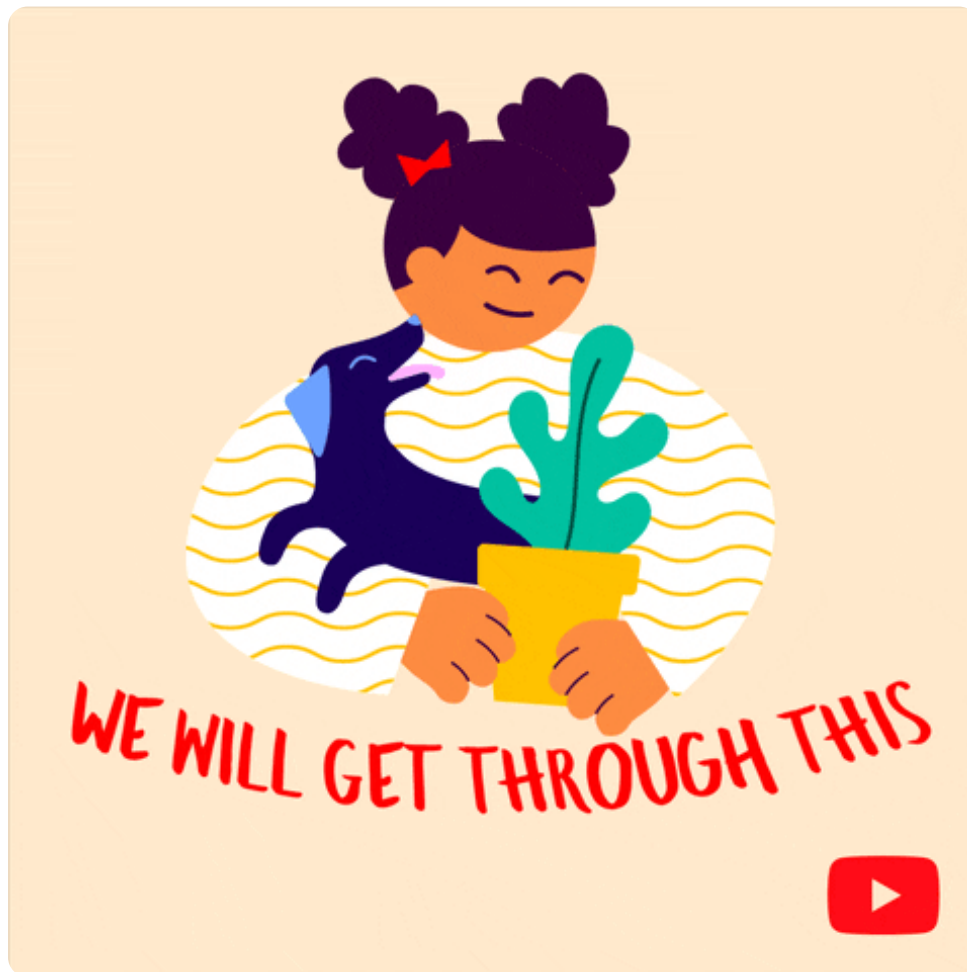


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The Upswing Fund

for Adolescent
Mental Health



Happy new year from The Upswing Fund! We hope that you and yours enjoyed a relaxing and wonderful holiday season.

Two-minute request: We're looking to improve our newsletter and want to hear from you!

Please complete our [Newsletter Survey](#) by Wednesday, February 1st! We

value your input and will use the results internally to update our newsletter cadence and content.



The National Center for Transgender Equality (NCTE) has [announced](#) that work on the only major, national transgender study has resumed. NCTE will be conducting the [2022 U.S. Transgender Survey \(USTS\)](#) and has initiated pledges to take the survey to make sure that interested individuals receive updates regarding the survey rollout. The survey will be open to all transgender (inclusive of nonbinary identities) people aged 16 years or older in the United States and U.S. territories. The data collected from this survey will serve to document the lives and experiences of trans people, ensuring that their voices are heard in shaping our future. [Take the pledge and share with your networks to help foster the largest, most diverse sample across all identities.](#)

Partner Spotlight

The LGBTQ Center of Southern Nevada



From left to right: **Holly Reese**, Director of Advocacy and Training at The Center she/her; **Jaina Nelson**, LCSW, LSW, MSW at Community Counseling Center of Southern Nevada she/her; **AJ Holly Huth**, Youth Services Manager at The Center she/they; **Percy Neavez**, Youth Resource Specialist at The Center he/him; **Christopher Brace**, LCSW, Owner at Prism LGBTQ+ Counseling LLC he/him

About Us

For more than 25 years, The LGBTQ Center of Southern Nevada has cared for, championed, and celebrated LGBTQ+ individuals and underserved populations in Nevada. We function as the heart and home of the LGBTQ+ community by making connections, delivering programs, and providing a

safe space for health and wellness, social services, arts and culture, advocacy, and community building.

Ongoing Center programs support LGBTQ+ youth, adults, families, seniors, vets, people with disabilities, those living with HIV, and underserved populations. Additionally, we are proud to offer the Center Advocacy Network, the first nationally accredited program of its kind, focusing on LGBTQ+ issues for victim advocacy.

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

At the LGBTQ+ Community Center of Southern Nevada, we are preparing our youth for the world and preparing the world for our LGBTQ+ youth. We have weekly groups to support our youth's social and emotional needs, hold fun annual events like youth prom and offer familial support.

The Pivot program supports families after a child has come out to give them the tools they need to create a more accepting home environment. We provide education, communication, techniques, and therapeutic assistance with licensed therapists or interns during a six-week closed group program. We encourage all family members to attend Pivot, including parents, foster parents, and family friends. Anyone that wants to learn how to support the LGBTQ+ young person in their life is welcome.

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

We try to listen to the needs of our community and look for innovative ways to offer support. While our focus is on the LGBTQ+ community, we offer assistance to anyone in need. Upswing has helped us develop our TOP (Teen Outreach Program) Club, which will provide life skills, leadership, emotional success to ALL youth in the area surrounding The Center. We typically serve youth ages 13-24. TOP will also allow us to extend services to youth beginning at age 11.

In addition to financial support, Upswing has provided us with opportunities to connect with other outstanding organizations across the country. It's been great to connect with and learn from other youth providers.

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

Reflecting on our yearly reports for 2021, we were proud to see that we had surpassed our 2019 goals. Like most organizations, 2020 was challenging because we had to shut our doors to primarily in-person services. Knowing that our organization was able to adapt to meet the unique needs of our community through a pandemic was impressive to witness.

We are also proud to welcome our new team member Percy Neavez, Youth Resource Specialist, to the team. Percy was one of the graduates of our first Pivot groups, and we are excited to have him on our team!

How can readers support your work?

Readers can support our work by subscribing to our weekly emails on our website [The Center](#) and following our social media channels!

Facebook: [@TheCenterLV](#) | Instagram: [@thecenterlv](#) | Twitter: [@thecenterlv](#)

If you are ever in Las Vegas, please stop by our facility to #GetCentered!

Funding Opportunities

Nationwide:

- [Aim High: Supporting Out-of-School Time Programs Serving Middle School Youth](#) [New York Life Foundation + Afterschool Alliance]. Both one- and two-year grant opportunities (applicants can only apply for one of these grant types). One-year grants up to \$15,000 will focus on supporting programs' racial equity and social justice efforts in serving middle school youth. Two-year grants up to \$50,000 or \$100,000 total, dependent on organizational budget, will focus on supporting programs enhancing direct service activities, technical assistance, and capacity building. **Deadline: February 1, 2022.**
- [50 States, 50 Grants Initiative](#) [It Gets Better Project]. Support for school-based projects that uplift, connect, and empower LGBTQ+ youth in all 50 states. This initiative will provide up to \$10,000 to one project in each of the 50 U.S. states. See website for eligibility,

application details, and sample projects. **Deadline: February 10, 2022.**

Northeast:

- [Mental Health Grant Programs](#) [Van Ameringen Foundation]. For organizations in the 5 boroughs of New York City and Philadelphia. Both Direct Service (\$25,000-\$75,000) and Non-Direct Service (\$25,000- \$250,000) grants available for up to three years. **Deadline for Letters of Inquiry: February 4, 2022.**

South:

- [Evergreen Foundation](#). Grants for providers of behavioral health, substance abuse, and developmental disability services in Western North Carolina counties: Cherokee, Clay, Graham, Haywood, Jackson, Macon, and Swain. Grant awards range from \$5,000 to \$30,000. [Apply here](#). **Deadline: February 9, 2022.**

Midwest:

- [Women & Girls of Color Fund RFP](#). This request for proposals from The Women's Foundation of Colorado seeks to support Colorado organizations that are led by and focused on women and girls of color. Funding will be used to support liberatory leadership and advance economic security, prioritizing communities which are the most underfunded. **Deadline: February 9, 2022.**
- [2022 1st Quarter Deihl Community Grants](#) [Greater Manhattan Community Foundation]. Grants to support projects likely to have a major impact on community efforts in the arts, basic human needs and youth, located in or impacting a large segment of the population. Proposal should require awards exceeding \$10,000. **Deadline: March 11, 2022.**

West:

- [Nike Community Impact Fund](#) [Oregon Community Foundation]. For non-profits and schools in the metropolitan Portland region, the northern Willamette Valley, and in southwest Washington to give youth positive experiences in sport and physical activity, and advance healthier, supportive, and more inclusive communities. Two funding opportunities are available. **Deadline: February 16, 2022**

Resources & Tools

- **(Guide)** [Advancing Comprehensive School Mental Health Systems](#). This report compiled by the [Council of Chief State School Officers](#) and [National Center for School Mental Health](#) offers a wealth of information for state education agencies on building strong, culturally responsive, and integrated school mental health care systems in the context of the COVID-19 pandemic.
- **(Interactive Tool)** [National Map of LGBTQ+ Support Centers](#). This interactive map from Family Acceptance Project allows organizations, families, and youth to locate national centers supporting LGBTQ+ youth.
- **(Guide)** [Open2Enroll's Trans Health Insurance State Guides](#). Open2Enroll offers tailored Trans Health Insurance Guides for each state, detailing laws and available coverage options to help transgender people access health care that meets their needs.
- **(Podcast)** [Therapy for Black Girls' Establishing New Routines](#). This episode, led by Dr. Joy Harden Bradford, offers advice and perspectives for establishing routines in the new year and building a schedule that supports your wellbeing.

Upcoming Events

Times listed in event host's time zone

- **(Fireside Chat) Food Justice, Nutrition and Mental Health in the Black Community. January 26th, 2:00 - 5:00 PM (PT).** [Register here.](#)
 - Available for free to members of [Inclusive Therapists](#) (free membership options available)
 - In this training, participants will be introduced to the terms food justice and food insecurity. Research shows a significant link between brain health and nutrition. However, food insecurity and food injustice are barriers to emotional and whole-body

wellness and nutritional lifestyles that may be beneficial in the Black community.

- **(Training) Approaches to Mental Health for Native Youth in School Settings. Every fourth Thurs. from 4-5:30 PM (PT).** [Register here.](#)
 - Enhance knowledge of best practices in school-related topics
 - Foster professional connections between providers and school professionals
 - Provide culturally responsive guidance that enhances the mental health wellbeing of Native American and Alaska Native youth in the education setting
- **(Forum) Buffering Intergenerational Trauma: Child Well-Being and Community-Based Resilience. February 1st, 10:00 AM - 3:00 PM (PT).** [Register here.](#)
 - Presented by the NW Children's Foundation, this forum features two esteemed speakers, Dr. Kandace Thomas and Dr. Benjamin Danielson, who will speak to intergenerational trauma and the strengths and abundance intrinsic to communities to build resilience. Registration rates range from \$25- \$45 with limited scholarships available by application.
- **(Panel) Gaps in Behavioral Health Services for Black and African American LGBTQ+ People. February 16th, 3:30-5:00 PM EST.** [Register here.](#)
 - Hosted by the Center of Excellence on LGBTQ+ Behavioral Equity, this panel discussion will create a dialogue concerning the gaps in behavioral health services that exist for Black and African American LGBTQ+ people, as well as recommendations for providers on how to bridge these gaps.
- **(Webinar) Providing Culturally Responsive Mental Health Services to Latinx LGBTQ+ Folx. February 22nd, 1:00 - 2:30 PM PST.** [Register here.](#)
 - Hosted by the Center of Excellence on LGBTQ+ Behavioral Equity, this webinar will give context to the intersectionality of race, ethnicity, sexual orientation, and gender identity faced by Latinx LGBTQ+ communities.
- **(Virtual Summit) Teen Mental Health Summit. February 26th, 10:00 AM PST - 12:00 PM PST.** [Register here.](#)
 - Hosted by Work2BeWell, a digital wellness initiative of Providence, this free, teen-led event will showcase student voices, offer key breakouts to discuss mental health themes, and

highlight clinically-vetted resources. Teens, educators, and mental health advocates from across the country are invited.

Partners in the News

Active Minds awarded \$4 Million in unrestricted funding by MacKenzie Scott



Active Minds has [received \\$4 million](#) in unrestricted funding from Mackenzie Scott, the largest unrestricted donation in the organization's history. This funding will support Active Minds' growth to double their volunteer base, increase efforts to bolster the mental health care workforce, and create tailored mental health content for high-need populations including youth of color and LGBTQ+ youth.

South Coast LGBTQ+ Network
experienced record growth in 2021



South Coast LGBTQ+ Network (New Bedford, MA) experienced their ["biggest year of growth"](#) in 2021 and continues to look towards new projects in 2022. Through new funding opportunities with The Upswing Fund and United Way, South Coast LGBTQ+ Network partnered with New Bedford and Fall River public schools to offer accessible programs and services to youth through the school year. They also launched the [Elevate Youth Initiative](#) to reduce the risk of LGBTQ+ youth homelessness in the community. South Coast offers education, training, and support to both families of LGBTQ+ youth and professionals working with LGBTQ+ youth.

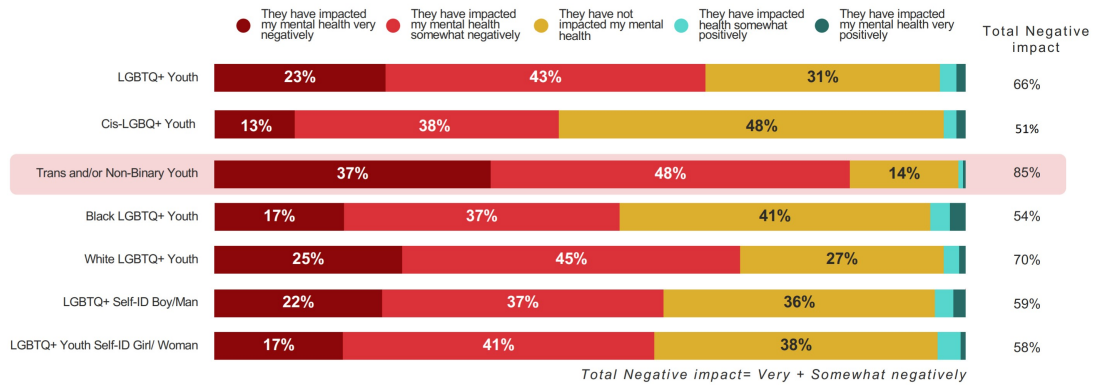
In 2022, South Coast looks towards the development and completion of its [new community center](#), which will serve as a safe and affirming space to bolster individuals' mental health and wellness.

**The Trevor Project and Morning Consult
release January 2022 Polling Analysis of
Issues Impacting LGBTQ+ Youth**

ISSUES IMPACTING THE TRANSGENDER COMMUNITY

Two-thirds of LGBTQ youth report that the recent debates about state laws restricting the rights of transgender people has impacted their mental health negatively. This impact is even more dramatic among transgender and/or non-binary youth where more than four in five of them (85%) report it has impacted their mental health negatively.

How have recent debates about state laws restricting the rights of transgender people impacted your mental health?



In partnership with Morning Consult, The Trevor Project recently released the [January 2022 Polling Analysis of Issues Impacting LGBTQ+ Youth](#). The poll was conducted from September-November 2021 and the study sample captures the experiences of 820 LGBTQ+ youth ages 13-24. Among The Trevor Project's many significant findings, it was documented that state laws restricting the rights of transgender people negatively impacts 66% of LGBTQ+ youth, with an even greater negative impact on transgender and/or non-binary youth (85%).

[Read more](#) on issues impacting LGBTQ+ youth, including racism, mental health, COVID-19, sports bans, and barriers to medical care access.

If you would like to be considered to be featured in our monthly newsletter or have exciting news and/or accomplishments to share, please reach out to Sierra at upswing@panoramaglobal.org.

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