

The Upswing Fund

for Adolescent
Mental Health



As Suicide Prevention Awareness Month comes to a close, we send a heartfelt thank you to providers, caregivers, and peers who actively listen, speak out, and offer support to those in need.

In this month's newsletter, we share courses, fact sheets, and toolkits on suicide prevention in our Resources section.

And a reminder of resources available 24/7:

- If you or someone you know is experiencing a mental health crisis, call or text **988** immediately.
- If you are uncomfortable talking on the phone, you can chat with the Suicide & Crisis Lifeline at 988lifeline.org.

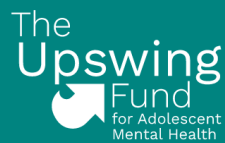
Integrated Care Models

Meeting Youth's Holistic Needs

Learning Session hosted by

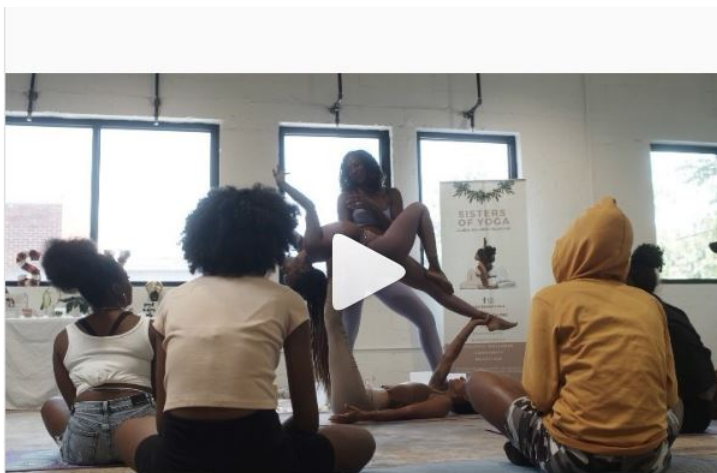
Dr. Angela Diaz and

Joey Martinez



Check out the latest in our series of Advisor-led Learning Sessions featuring Dr. Angela Diaz and Joey Martinez on the topic of integrated care models [here](#).

Partner Spotlight: Black Girls Smile



blackgirlssmile • Follow

Beyoncé • Be Alive (Original Song from the Motion Picture "King Richard")



blackgirlssmile Another peek into our recent Sisterhood Summit! Enjoy this recap that conveys the magic and joy hosted by one of our recent big events. The girls had so much fun, and it was truly a wonderful experience for all involved.

If you missed this event, no need to worry! Stay tuned for event announcements, and sign-up to our



74 likes

SEPTEMBER 3

About Us

Black Girls Smile Inc. is a nonprofit organization that focuses on empowering the mental health and wellbeing of Black women and girls through connection with culturally competent providers and facilitating mental health literacy programming and intersectionality workshops uniquely through a cultural and gender-responsive lens.

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

Black Girls Smile maintains and works to create an inclusive environment with all of our programming, marketing, and processes. We are intentional as an organization and community about creating space and empowering young Black girls and women through our programming and initiatives while maintaining inclusivity in all of our work and outreach. We work to consult, uplift, and focus on the voices of young women and girls. Our organization maintains inclusive language, marketing, and programming to create space for all genders, sexual orientations, nationalities, and religious beliefs. Our programs focus on providing gender and culturally sensitive and relatable examples, content, and activities.

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

Support from The Upswing Fund has supported our work specifically related to increasing mental health literacy in Black communities and producing more intersectionality workshops, such as [‘And That’s on Period: Discussing Menstrual Cycles and Healthy Habits’](#) with researchers at Columbia University School of Public Health and an amazing interview entitled [‘Tending to Our Gardens: An Interview with Ms. Alice Walker’](#) about her recent memoir and healing journey.

Having support from The Upswing Fund on these core areas of our work has enabled us to increase the number of trainings and workshops offered receiving positive survey feedback that demonstrates an increase in mental health literacy, decreases in suicidal behaviors, and increases in participants’ sense of community surrounding their mental wellness.

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

One of our most recent successes was our Sisterhood Summit which you can see a recap of [here](#). The Black Girls are Magic Sisterhood Summit was a day-long activation for high school-aged girls ages 13 to 18 with a focus on cultivating strong interpersonal skills, bolstering confidence and mitigating the effects of social isolation from Covid-19. This Sisterhood Summit is an extension of the conversations started during our annual Black Girls are

Magic Conference. Our goal was to bring together Black teenagers from throughout Atlanta to meet, learn and connect about topics that directly impact their experience. This retreat served as the first time many of the girls and young women in our community met each other in person.

How can readers support your work?

We are preparing to expand our school offerings this fall and spring so please let us know if there is a school or community center in your network that is interested in incorporating mental health programming for Black girls and young women into their offerings. You can do so by completing [this short interest form](#). We'll also be piloting our Black Girls Smile Suicide Prevention Program this fall so make sure that you're [signed up for our newsletter to receive updates](#) on it and other programs.

Support the work of Black Girls Smile

Funding Opportunities

Nationwide:

- [Resiliency in Communities After Stress and Trauma \(ReCAST\)](#). Federal grant opportunity via SAMSHA to promote resilience, trauma-informed approaches, and equity. Eligible entities include public or private non-profit community-based organizations, tribal organizations, States, and local municipalities. **Deadline: October 17th**
- [FORE Community-Driven Responses to Opioid Use Disorder and Overdose Mortality](#). FORE will be awarding grants of up to \$75,000 for two years. Requests must address substance abuse and the opioid crisis in at-risk communities. Academic institutions, health care systems, and national organizations are ineligible but may partner with a CBO who is the lead applicant and recipient of most of the funds. **Deadline: October 21st**

Northeast:

- [Community Foundation of Tompkins County Resilient Communities Grant Program](#). Unrestricted support of up to \$10,000 to organizations that serve the community amidst the pandemic. Applicants must be residents of Tompkins County, New York, and must serve residents of Tompkins County. **Deadline: October 12th.**

- [Connecticut Community Foundation Building Equitable Opportunity Program](#). Average grant sizes of \$5,000 to \$10,000 for applicants whose projects: build equitable pathways, promote access to quality culturally responsive education, support the development of jobs and career pathways with livable wages, promote opportunities to build assets for BIPOC families, and target education interventions that support BIPOC students. **Deadline: October 14th.**

South:

- [Charlotte Mecklenburg Community Foundation Social Capital Grants](#). Grants ranging between \$2,500 to \$10,000, with larger amounts considered for exceptional proposals. To support organizations and programs with a focus on linking or bridging social capital with a focus on providing life navigation and promoting a culture of caring for children, youth, and families within Charlotte-Mecklenburg, North Carolina. **Deadline: October 14th at 12 noon ET.**
- [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. The Foundation requests appropriately costed budgets for projects with a duration of between 12 to 18 months. All states in the U.S. South are eligible. **Deadline: October 28th.**

Midwest:

- [The Women's Fund of Stark Community Foundation](#). Grants up to \$5,000 to applicants supporting projects or programs in Stark County, Ohio impacting women and children. Efforts must fall within three impact areas: economic stability and advancement, mental and emotional health support, and neighborhood-based programming. **Deadline: October 14th.**
- [BlueCross BlueShield of Kansas Foundation: Healthy Habits for Life](#). Grants up to \$2,000 for programs that reinforce positive mental health, reduce cardiovascular risk, promote physical activity, or encourage healthy eating among students. Applicants from all Kansas counties except Johnson and Wyandotte are invited to apply. **Deadline: October 21st.**

West:

- [Seattle Foundation, Communities of Opportunity RFP for Systems and Policy Change](#). Grants of up to \$125,000 for individual organizations and \$200,000 for coalitions of organizations leading community-led and community-engaged efforts to reduce inequities and racism related to health, housing, economic opportunities, and community connections in King County, WA. Organizations and coalitions should be focused on advancing policy and systems change. Priority will be given to groups that reflect the communities they serve. **Deadline: October 11th**
- [Washington Women's Foundation Rest & Repair Awards](#). Ten \$100,000 awards to ten Black women who have made contributions to the Washington community with no restrictions on the use of the awards. Five of the awards will be awarded in 2022 while the remaining five will be awarded in 2023. All applicants must be Black women living in Washington State and working with an in-state non-profit organization. **Deadline: October 18th.**
- [Washington Women's Foundation Collective Grants](#). Grants will be awarded in two categories: *Advocacy* and *Women & Girls* across three funding priorities: school-to-prison pipeline, mental health & housing, and community cultural preservation. Three to nine *Advocacy* grants of \$5,000 to \$15,000 and three *Women & Girls* grants of \$15,000 will be made each year. Organizations must have a connection to the state of Washington. **Opening October 2022. Deadline: January 2023**
- [Colorado Community Builders](#). Led by Nonprofit Finance Fund (NFF) and supported by The Colorado Health Foundation, this three-year program will offer consulting, convening and funding opportunities to organizations that funders have often overlooked, but play a vital role in building healthy Colorado communities. Leaders of these organizations will elevate their most significant priorities – and co-design the solutions that will best help them advance health equity across Colorado. **Deadline: October 5th**

Resources

Reports

- [UCLA Center for Scholars and Storytellers: Teens & Screens 2022](#). A comprehensive overview of adolescent attitudes surrounding media and content. A nationwide survey revealed

what teens want to see in media and what content they consume.

- [The Kids Are Not Alright: Pediatric Mental Health Care Utilization from 2016-2021](#). Clarify Health Institute's report on pediatric mental health care utilization over 5 years highlights the importance of addressing mental health concerns in youth populations as they continue to rise.
- [What it Means to be Asian in America](#). Released by Pew Research Center, this report highlights the importance of understanding Asian identity and provides a rich set of data points to provide context for this group.

Guides & Reading Lists

- [A Primer on Youth Mental Health and Well-Being](#). Interested foundations and organizations may request a copy of this primer from Mindful Philanthropy, which provides insight into youth mental health and well-being.
- ["Bad B— Have Bad Days, Too"](#) from Megan Thee Stallion. Resources, therapy platforms, and hotlines including directories for therapy for Black girls and men and LGBTQ psychotherapists of color.
- [Bisexual Identity & Health: The Facts](#). This fact sheet from the nonprofit #StillBisexual provides a comprehensive list of facts about Bi+ folks, encouraging readers to learn more about the specific needs of this community.
- [Child Mind Institute Resources](#). Resources for medical practitioners to distribute to the general public. Free brochures address anxiety, depression, and ADHD and are available in both English and in Spanish.
- [LGBTQ+ Youth: Mental Health Support Through Inclusive Care](#). This guide featured in ADDitude for Professionals provides clinicians with guidance around protecting and serving LGBTQIA+ youth. The guide focuses on initial steps that clinicians can take to avoid stigmatization and underscore inclusivity.
- [Mental Health America: Workplace Mental Health Toolkit](#). Designed to address how employers and people leaders can develop or improve workplace policies that uplift workers, ensure they are valued and heard, and improve an organization's overall culture of well-being.
- [Spanish Language Mental Health Toolkit](#). Mental Health America's widely available toolkit is now available in Spanish. This toolkit focuses on the uniqueness of individual communities and

highlights six core cultural categories. Within each cultural category, you will find information on historical context, barriers to well-being, cultural beliefs, strengths and resiliency factors, and calls to action. In addition, access sample social media posts, downloadable images, culture-specific resources, worksheets, and more are also available through the toolkit.

Suicide Prevention Resources:

- [Help a Friend in Need](#). Developed by Facebook and Instagram in partnership with The Jed Foundation and The Clinton Foundation, this guide includes ways to spot warning signs of suicide among your friends through social media.
- [SPRC Online Library](#). Reports, fact sheets, guidelines and recommendations, templates, webinars, and more.
- [Suicide Prevention Campaign Toolkit](#). Created by the American Academy of Pediatrics, this toolkit specifically addresses youth suicide through tip sheets, videos, blog posts, posters, and graphics.
- [The Columbia Protocol](#). Created by Columbia University, an evidence-based suicide risk assessment tool to detect and prevent suicide.
- [The Relationship Between Bullying and Suicide](#). Addresses research on linkages between bullying and suicide.
- [#chatsafe: A young person's guide for communicating safely online about suicide](#). Provides young people with guidelines for communication about suicide in digital spaces.
- [Youth Mental Health First Aid](#). A guide designed for caregivers, teachers, peers, and health and human services workers to help an adolescent experiencing mental health or addiction challenges.

Job Opportunities

- [Managing Director, Mental Health & Addiction Services \(MusiCares\), The Recording Academy \(Full Time\)](#)
 - In partnership with the Vice President, Health and Human Services, the Managing Director of Mental Health and Addiction Services will spearhead all elements of the mental health and

addiction services team strategy and execution. The position will be responsible for overseeing, expanding, and enhancing all elements of the mental health and addiction service program delivery. (Santa Monica, CA). **Deadline: open until the position is filled.**

- **Community Engagement Manager (Full Time) - Boston Alliance of Gay, Lesbian, Bisexual, and Transgender Youth (BAGLY)**
 - As the Community Engagement Manager, you will help develop, implement, and measure BAGLY's annual marketing, communications, and outreach plan(s). You will also work closely with your peers and colleagues to raise BAGLY's profile, articulate BAGLY's mission and impact, and craft strong written and presentation materials. **Deadline: September 30th.**
- **NAMI Next Gen Young Adult Advisory Board (Part-Time)**
 - NAMI Next Gen is an advisory group made up of a diverse group of 10 young adults aged 18-25 with the intention of helping youth and young adults across the nation affected by mental health conditions. This group provides vital perspectives on how NAMI can best serve our nation's youth. If you're looking to break the stigma on mental health, and use your voice for change, NAMI Next Gen is the opportunity for you. **Deadline: September 30th.**

Upcoming Events

Times listed in event host's time zone

- **(Online Conference) Annual Gender Spectrum Family Conference. October 1st and 2nd.**
 - Open to parents, guardians, and other caregivers to provide resources to support their transgender youth. Tune in on [10/1 to hear from Kathie Moehlig](#), ED of Upswing grantee partner TransFamily Support Services on navigating insurance. Register [here](#).
- **(Webinar) Findings from the UK's largest study on the social impact of COVID-19. October 4th, 14:00 BST.**
 - The Nuffield Foundation will be presenting its findings from The COVID-19 Social Study, revealing insight into psychological and social experiences during the pandemic. A report summarizing

the study's findings and impact will be released in advance of the webinar. In early 2023, the full dataset from the study will be made available to researchers. [Register here.](#)

- **(Town Hall) Providing Healthy Supports to Latino LGBTQ+ Youth: Town Hall in Spanish**

October 4th, 6:30-8:00 PM ET.

- For parents, caregivers, mental health professionals, and service providers who care for LGBTQ+ youth. Topics include the importance of inclusive language, risk factors, ways family members, service providers, and mentors can support the mental well-being of LGBTQ+ youth, and local and national resources available. [Register here](#)

- **(Webinar) Mental Health in the Context of Human Mobility: Perspectives from Researchers and Practitioners. October 10th, 4:00 PM ET.**

- Panel discussion about the challenges and innovations for supporting the mental health and psychosocial well-being of populations on the move. [Register here.](#)

Partners in the News

Active Minds announces Fall 2022 Mental Health Advocacy Academy Class



Active Minds announced the start of the second year of their fall Mental Health Advocacy academy, a leadership opportunity for BIPOC and LGBTQ+ high school students to create change in their schools and communities.

Read more about their work and selected 2022 youth participants [here](#).

The American Family Insurance Institute features Founding Director and Upswing Advisor **Solomé Tibebu** to discuss positivity and mental health.



The American Family Insurance Institute for Corporate and Social Impact Features Solomé Tibebu, advisor to The Upswing Fund. In light of Suicide Prevention Week, The Upswing Fund was amplified by @AmFamInstitute on Twitter to discuss positive messages about mental health and closing equity gaps. In the video, Solomé discusses mental health, equity, system enablers, and resources.

Watch the video [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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