

The Upswing Fund

for Adolescent
Mental Health



In the spirit of [International Women's Day](#) on March 8th, we would like to take a moment to recognize the fierce and compassionate women leading many of our partner organizations. We thank you for your work, your journeys, and your strength.

This month's newsletter features two exciting announcements from The Upswing Fund, a return of our Partner Spotlight, new funding opportunities, and critical new resources!



**CALLING YOUTH TO JOIN
OUR ADVISORY
COMMITTEE!**

The Upswing Fund is seeking diverse youth ages 18-25 to help inform our work

Apply at: bit.ly/UpswingYouthAdvisor

Youth Advisor Application Announcement!

We recognize the value of youth voices and insights on the mental health issues impacting them, their peers, and their communities. That's why The Upswing Fund is excited to launch an open call for youth (ages 18-25) who are passionate about supporting equitable mental health care for LGBTQ+ adolescents and youth of color to join our Advisory Committee.

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.

Applications will be accepted until 5:00 pm PT on Friday, April 1st.

Know someone who might be interested? Learn more about the opportunity and share the application [here](#).

Partner

Showcase

*Culturally responsive resources
and innovations from Upswing
Grantee Partners*

The Upswing Fund 

New Partner Showcase Releases

The Upswing Fund 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. **The following Partner Showcases are now available on our website:**

- [Family Acceptance Project](#) (San Francisco, CA)
- [Fox Lab and Lab for Scalable Mental Health](#) (Denver, CO)
- [Rise Recovery](#) (San Antonio, TX)
- [Youth Move National](#) (Decorah, IA)

Partner Spotlight:
Young Women Empowered



Young Women Empowered Youth Leadership Council members Fatra and Aliyah. Photo credit: Devin Munoz.

About Us:

The Mission of Young Women Empowered (Y-WE) is to cultivate the power of diverse young women* to be creative leaders and courageous changemakers through transformative programs within a collaborative community of belonging. We create a community of belonging in which youth are enabled to participate in an intergenerational community of care, in which their voices are centered, and they can both trust and be trustworthy for others. Y-WE is majority women-of-color-led, and we excel at creating meaningful engagement through responsive and culturally relevant programs supported by committed mentors.

Though we focus on youth ages 13-19, we also have alum and young adult programming for youth ages 19-26. All of our programs provide youth with unique opportunities to learn new skills and encourage them to take

creative risks as a catalyst for building self-confidence. Our programs include:

- Y-WE [Create](#)
- Y-WE [Write](#)
- Y-WE [Tech](#)
- [Youth Leadership Council](#) (YLC)
- [Y-WE Nature Connection and Grow](#)
- Seasonal Cohorts (which include: Healthy Boundaries, Podcasting, Theater of the Empowered, Journey into Jewelry Making, Everyday Healing, and more)
- [Alum Programs](#)
- [Black Girls Matter Mentorship Program and Additional Black Affinity Cohorts](#)
- [T Parties/ LGBTQ Affinity Spaces](#)

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

We center young women, trans, and gender-expansive youth who often lack access to the kinds of mentorship, resources, and support that we provide. In doing so, we know that the mental health outcomes of the populations we serve have been exacerbated by the pandemic. In addition to the typical stressors of adolescence (school, extracurriculars, college preparedness, and interpersonal relationships), we have witnessed an uptick in anxiety, overwhelm, depression, and suicidal ideation and attempt. To that end, we have a full-time social worker and therapist on staff who provides direct support and also referrals for youth and families. We host community wellness days. During the pandemic, we sent care packages and mutual aid to participants and their families and create a meal delivery program to provide hot meals to families. In the fall we hosted an 8-week cohort on everyday healing to explore best practices for healing in real life. This spring we launched a Healthy Boundaries program.

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

Support from The Upswing Fund has enabled us to continue to center youth wellness and mental health as a top priority. This has looked like:

- The emergence of growing affinity groups
- The hiring of a full time licensed social worker for increased mental health support
- Increasing our community care and mutual aid networks

- Creating intentional spaces for youth to share their anxieties and concerns in community
- Specific wellness events for Black and Muslim youth

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

Last Saturday, we hosted a community day of wellness, where youth learned street medic safety, transformative justice methodologies, participated in podmapping, and were invited to explore how to create healthy boundaries in their relationships and what it means to heal from abuse. After hosting a Black Girls Matter Day of Wellness in December, one of the youth who helped to plan this event became so inspired that she partnered with her friend to organize a Muslim Girl Day of Wellness which took place last Saturday, March 19th. We are very proud of Fatra and Aliyah (pictured above!) for taking initiative to apply the skills they are learning to create spaces for their specific community.

How can readers support your work?

Love our work? Share [our programs](#) with a young person in your life! In addition to helping us reach our Bloom campaign goals, you can support our transformative programming through our [website](#), where you can find donation options and mentorship opportunities.

[Support Young Women Empowered](#)

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:

- [Erie Community Foundation's Hear Erie's Youth! \(H.E.Y!\) Grant Program.](#) Erie Community Foundation will provide grants of up to \$10,000 to support projects supporting youth needs in the Erie County, PA area. This year, priority consideration will be given to projects that address the relationship between mental health and the impacts of poverty and racism. **Deadline: April 4th.**
- [Richard King Mellon Foundation's Educational Attainment and Children and Young Adults' Mental Health RFP.](#) The foundation aims to address barriers impacting low-income children and youth's access to prevention, detection, and early intervention mental health services in the Allegheny and Westmoreland counties of Pennsylvania. Collaborative proposals engaging multiple partners are encouraged. Support will be provided through two grant types: Planning & Innovation Grants (Up to \$250,000 over 18 months) and Scalability Grants (Up to \$400,000 over 2 years). **Deadline: April 20th.**

Midwest:

- [The Medica Foundation's Behavioral Health Grant.](#) Grants of up to \$50,000 will be awarded to support behavioral health programs providing services in the Native Nations of Minnesota, North Dakota, South Dakota, and certain counties of Wisconsin (see list online). Programs should provide services for serious mental illness and addiction recovery, including those addressing equity gaps, integration of physical and mental health care, and mental health needs of children experiencing homelessness. Preference for organizations demonstrating strengths-based and trauma-informed approaches. **Deadline for Initial Applications: April 1st.**

Southeast:

- [Charlotte Mecklenburg Community Foundation's Children, Youth, and Young Adults Grants Cycle.](#) This grant program will provide funding to non-profits, governmental entities, educational institutions, and congregations for projects serving the youth of Mecklenburg County, North Carolina. The two focus areas for programs increasing youth opportunity for success and wellness are Early Childhood (birth to

Kindergarten) and College & Career Readiness (elementary school to age 24). **Deadline: April 8th.**

West:

- [Community Foundation Boulder County's 15 Forever Fund RFP](#). This grant opportunity seeks to support non-profits, governmental entities, or educational and religious institutions providing youth mental health services for those 0-18 years of age. Funding can be used for a project, program, or general operating support. Diversity, equity, and inclusion across all levels of organization are a central part of application review. **Deadline: April 3rd.**

Resources & Tools

- **(Guide)** [The National Child and Traumatic Stress Network's \(NCTSN\) "Talking to Children about War."](#) In light of the attack on Ukraine, NCTSN has created a guide to help parents and caregivers navigate conversations about war with their youth. It includes information about media exposure to war in children and tools for fostering resilience at home.
- **(Resource Kit)** [Girls for Gender Equity's Police Free Schools: The Resource Guide](#). This comprehensive resource guide includes videos, book recommendations, informative reports, toolkits, and more to help educate and activate care professionals, policymakers, community members, advocates, and youth on the issue of police-free schools.
- **(Guide)** [Sound It Out's Caregiver Guides](#). These quick and accessible guides provide parents and caregivers with basic information and tactics for discussing difficult mental health and well-being topics (such as depression, racism, sexuality, loneliness, and more) with their youth.
- **(Interactive Tool)** [Headstream's Digital Delta: Making Digital Experiences Healthier and More Beautiful for Young People](#). This open-source interactive map allows users to explore the fundamental contributors to adolescent well-being in digital spaces. Primary categories of data include Connection to Others, Personal Skills, Exposure to the World, Taking Care of Self, Seeing Things Clearly, Access to Resources, and View of Self.

- **(Guide)** [School Avoidance Alliance's "For School Avoidance Families: The Ultimate Guide to Working with Your School."](#) This free, comprehensive guide for parents and caregivers provides information about school avoidance behaviors, youth mental health needs, and how to navigate school systems that may be undereducated and ill-prepared to help your child transition back to school.

Upcoming Events

Times listed in event host's time zone

- **(Webinar) Mental Health For All: Financing Mental Health through Universal Health Coverage (UHC). March 29th, 10:00 AM (ET).** [Register here.](#)
 - Hosted by United for Global Mental Health, this next installment of their webinar series will focus on universal health coverage and what it means for funding mental health services.
- **(General Assembly) GSA Network's TQ Youth General Assembly #1. April 5th, 3:00 - 4:30 PM (PT).** [Register here.](#)
 - Hosted by GSA Network, this is the first TQ Youth General Assembly quarterly meeting that serves as a national opportunity for transgender and nonbinary youth and their allies to connect, hear updates from policy and youth experts, and build towards TQ youth power.
- **(Virtual Forum) Exploring the Physical, Psychological, and Structural Impact of Racism: Implications for the Work with Justice Involved Youth. April 6th, 10:00 - 11:15 AM (ET).** [Register here.](#)
 - Hosted by Judge Baker Children's Center, this virtual forum featuring Dr. Alisha Moreland-Capuia will discuss the neurobiology of fear and its intersection with trauma, analyze racism as a form of trauma and its impacts, and utilize trauma-informed practices to prevent racialized trauma.

Partners in the News

GSA Network launches Devising Freedom, a strategy to combat the negative effects of anti-trans legislation



GSA Network has launched Devising Freedom, a national strategy to help transgender, gender non-conforming, and nonbinary youth thrive amidst persistent attacks on their identities by anti-trans legislation.

In the last two years, there has been a sharp increase in proposed and enacted anti-transgender and anti-LGBTQ+ legislation which has continued to target the rights, safety, and well-being of transgender and gender non-conforming youth. Devising Freedom will work to cultivate a strong, youth-led movement championed by the collective power of thousands of trans and queer youth in the United States. As part of this strategy, GSA Network will invite transgender and queer youth and their allies across the nation to join the first General Assembly meeting to hear from policy and youth experts, join upcoming actions, and connect with other youth changemakers.

Learn more about GSA's strategy, related statements, and their upcoming youth assembly [here](#).

Partnership to End Addiction publishes new report, "Rethinking Substance Use Prevention: An Earlier and Broader Approach"



Partnership to End Addiction has released a new report, "Rethinking Substance Use Prevention: An Earlier and Broader Approach," that takes a close look at how early and middle childhood experiences coupled with biological vulnerabilities can impact their future risk for developing a substance use disorder. Existing prevention efforts are typically focused on risk reduction among high school adolescents and usually do not address broader social determinants of risk. This report aims to provide a comprehensive approach to early prevention of substance use that champions collaboration between fields of educators, early childhood professionals, mental health care providers, and researchers.

Read more from the report [here](#).

Colorado Education Initiative and Grit Digital's Nod App helps teens connect and navigate overwhelming emotions



Colorado Education Initiative and Grit Digital's Nod app has been piloted across eight high school districts, helping students develop new ways to connect face-to-face with friends in the wake of the COVID-19 pandemic. Grit Digital's Nathan Demers, Vice President of Clinical Programs and Strategic Partnerships and a clinical psychologist, described today's teens as "the loneliest living generation." The Nod app offers accessible strategies for navigating difficult emotions, developing coping strategies, and practice new skills for forming relationships, expanding social circles, feeling more confident, connecting over shared interests, and exploring opportunities after graduation.

Learn more from their recent feature in *The Colorado Sun* [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 Sierra at upswing@panoramaglobal.org.

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