

The Upswing Fund

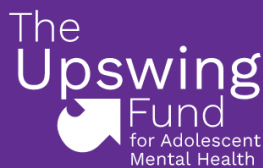
for Adolescent
Mental Health



In honor of Pride month, we honor the difficult path to equality and equity that LGBTQ+ people and many others have faced throughout their journeys. In light of recent challenges, this is a critical time to come

together and support our young people's holistic mental health and well-being needs.

We continue to value the impactful work of our partners around the country in uplifting youth and their communities. Their culturally responsive practices and innovative solutions are paving the way for a more equitable mental health care ecosystem for LGBTQ+ youth and youth of color. As The Upswing Fund welcomes our new Director Mark Long, we look forward to building on existing momentum in the mental health field to increase support for youth-serving mental health organizations.



Helping lead the charge, and
the change, our youth deserve

Announcing our new
Director, **Mark Long**



Welcome our New Director, Mark Long, MSW, DSW(c)!

We are excited to announce the newest addition to our team: Director Mark Long! Mark joins The Upswing Fund from a career focused on work in social justice, social services, student affairs, and human advocacy. Looking to the future, they will build upon Upswing's work to date to build new partnerships and increase support for youth-serving mental health organizations, particularly those uplifting the well-being of LGBTQ+ youth and youth of color.

Learn more about Mark and their vision for The Upswing Fund [here](#).

You can also tune in to Mark's one-on-one conversation with Upswing advisor Atlas Alvarez, Bilingual Youth Programs Coordinator at [Trans Family Support Services](#), [here](#).

nod

A RECENT PARTNER SHOWCASE HOSTED BY

The Upswing Fund for Adolescent Mental Health

Highlights the Nod for High School Pilot's initial success in:

- Identifying challenges related to student loneliness and engaging in the right solutions to address it.
- Creating opportunities for future use of Nod in the high school setting.
- Prioritizing student co-research and design for success with the intervention.

The Upswing Fund
for Adolescent
Mental Health

Colorado
Education
Initiative

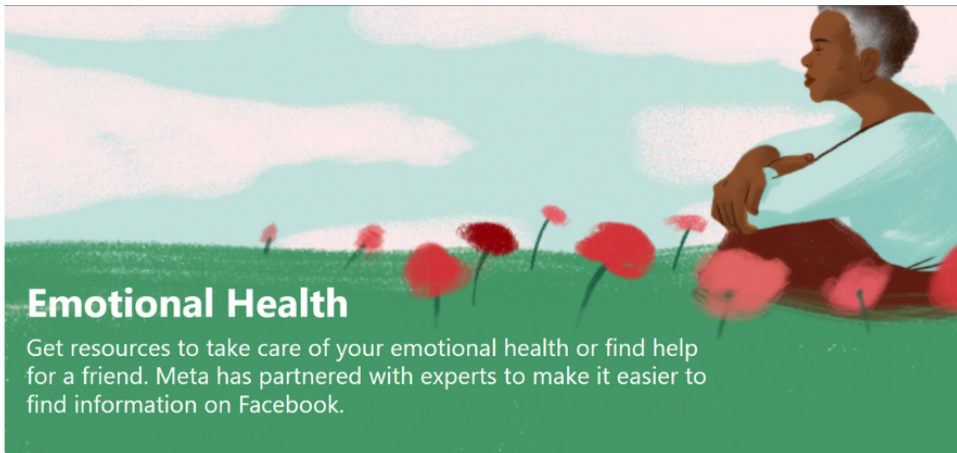
GRIT
DIGITAL
HEALTH

New Partner Showcase Release!

This month, we hosted our latest partner showcase featuring Colorado Education Initiative and Grit Digital's development of Nod, a mobile app to support adolescent well-being currently being piloted in select Colorado high schools. Throughout the app's development, CEI and Grit Digital's teams have incorporated direct feedback and preferences of high school-aged youth in designing a platform that effectively engages youth. Nod is an exciting demonstration of the power and scalability of digital mental

health tools for youth.

Learn more about the development of the Nod app and early learnings from its pilot program [here](#).



It's Pride Month

How to support the mental health of LGBTQ students

Learn ways to create a safe and supportive learning environment.

Source: The Jed Foundation - JED

[Visit website](#)

Protect LGBTQ+ youth from substance use

Learn how to respond to signs of substance use.

Source: Partnership to End Addiction

[Visit website](#)

Partnership with Meta on Emotional Health Resource Cards!

For Pride 2022, The Upswing Fund partnered with Meta to feature resources for LGBTQ+ youth and families from our partners on Facebook's Emotional Health center. This center provides an accessible landing page for youth and their caregivers to find mental health support through social media. View the cards and resources from Partnership to End Addiction, The Jed Foundation, CenterLink, and Family Acceptance Project [here](#).

Partner Spotlight:
We Are Family (Charleston, SC)



We Are Family's Queer Youth Prom 2022

About Us:

[We Are Family](#)'s mission as a Southern grassroots nonprofit is to provide affirming spaces for LGBTQI+ and ally youth in South Carolina through direct support, leadership development, and community engagement, with a focus on those who are low-income and BIPOC. Created by the father of a gay son in 1995 when he could not find affirming support for his child, We Are Family (WAF) is the [oldest LGBTQI+ youth organization](#) in SC. Since then, WAF has responded to the needs of LGBTQI+ youth to create safer and supportive spaces and currently serves 700+ youth in SC annually through supportive programs, community education, and youth-led advocacy.

WAF offers a wide variety of [youth programming and movement-building initiatives](#) focused on: 1) leadership development and social support; 2) health and wellness; and 3) community engagement and advocacy. Our vision is that LGBTQI+ and ally youth feel empowered to find their places in the world, in their families, and in their communities.

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

WAF's [Mental Health Assistance Program](#) offers free and affirming mental

health services to LGBTQI+ youth in the SC Lowcountry. This project includes (1) crisis intervention and linkages to care; (2) a free therapy program that connects LGBTQI+ youth with affirming therapists; (3) three social support groups, including “SafeSpace” (for middle/high schoolers), “QueerSpace” (for youth 18-24), and “The Q Crew” (for queer and trans youth of color); and (4) one peer discussion group for parents/guardians of LGBTQI+ youth (ParentSpace). The primary goals of this program are to decrease isolation, depression, and suicidality among LGBTQI+ youth and increase LGBTQI+ youth’s access to supportive services.

WAF works to ensure that our efforts not only serve diverse LGBTQI+ youth (especially BIPOC youth) but are designed by, led by, and centered on them. We do this through centering the leadership of queer and trans BIPOC (QTBIPOC) youth; operating with an intersectional social justice framework, with an emphasis on racial justice; and providing QTBIPOC-specific programming. By offering programming and advocacy for and by QTBIPOC, WAF provides a unique lifeline for QTBIPOC youth in our region and can better work toward creating spaces in which QTBIPOC youth can connect, find affirmation, and reduce social isolation.

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

The Upswing Fund is an instrumental partner and a fierce champion to ensure our Mental Health Assistance Program (MHAP) offers free and affirming one-on-one therapy to LGBTQI+ and BIPOC youth in South Carolina! WAF provides this supportive programming in the heart of the Bible Belt. Much of SC is vehemently anti-LGBTQI+, and there are no statewide nondiscrimination protections for LGBTQI+ people and limited local protections. Moreover, we have witnessed a growing number of [anti-trans and anti-queer policies](#) proposed on the state and local levels, which create a more hostile environment for the LGBTQI+ youth we serve. For LGBTQI+ youth in particular, there is a dearth of affirming resources available in SC, including affirming mental health services, and WAF is one of just a few organizations specifically serving LGBTQI+ youth in our state. As such, currently, MHAP is the only program providing LGBTQI+ youth with free and affirming mental health services in the SC Lowcountry—and in our

state. We are proud that The Upswing Fund is the champion our LGBTQ+ and BIPOC youth deserve!

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

One of our youth clients shared this reflection on their participation in our MHAP: "This kind of thing should be the norm, and I'm happy this program exists. My therapist and I have gotten more done in six sessions than any other therapists I've seen in the past."

Since we launched our Mental Health Assistance Program (MHAP) in April 2021, we have provided over 500 hours of therapy for 60 LGBTQ+ youth; 20 youth have served on the Queer Youth Approval Board (QYAB) which trains and vets our network of affirming mental health providers, and 12 therapists have been recruited and trained for our provider network. In addition, we have trained more than 38 mental health providers in LGBTQ+ youth cultural competency. Additionally, we brought our social support groups (which we have facilitated since 1997) under the MHAP umbrella; last year, 165 young people participated in our social support groups for LGBTQI+ youth, and 53 adults participated in ParentSpace.

How can readers support your work?

It takes a village to ensure all queer and trans youth in SC and the South can thrive! One where queer, trans, and ally youth are empowered to find community and senses of belonging, can lead from a place of authenticity in their communities and spheres of influence and are affirmed for ALL parts of their authentic selves. For those wanting to support and learn more about our work, please visit our website at waf.org. There are many ways to [get involved!](#)

[Support the work of We Are Family today](#)

Funding Opportunities

Nationwide:

- [Detwiler Family Foundation](#). Provides funding to non-profit organizations that improve the lives of children through education and the arts in one of the following communities: Chester and Montgomery Counties, Pennsylvania; Flathead County, Montana; Atlanta, Georgia; Upper Valley Region in Vermont/New Hampshire; and Portland, Oregon. **Deadline: July 1st.**
- [American Psychological Foundation's Marian R. Stuart Grant](#). This single grant of up to \$20,000 will be awarded in support of research, practice, or education of an early career psychologist exploring the connection between mental and physical health, particularly for work that contributes to public health efforts. **Deadline: July 1st.**
- [Born This Way Foundation's Apply in Kindness in Community Fund](#). This opportunity will provide grants of \$25,000-\$50,000 to organizations that provide free, accessible, community-informed mental health support for youth. The request for proposals is for 501(c)(3) organizations based in U.S. metro areas included in Lady Gaga's The Chromatica Ball Summer Stadium Tour. Organizations should be focused on mental wellness, informed and/or led by young people, rooted in practices of inclusion and equity, and provide free and accessible resources. Current tour cities include Atlanta, Boston, Chicago, Dallas, Hershey, Houston, Los Angeles, Miami, New York City, San Francisco, and Washington, D.C. **Deadline: July 8th, 12:00 PM PT.**
- [Morgan Stanley's Children's Mental Health Innovation Awards](#). These awards aim to identify and fund mental healthcare solutions for children and young adults across the U.S. Selected 501(c)(3) organizations will be awarded a grant of \$100,000, receive consultation and training from industry professionals, learn from peers and build powerful connections, and present their work at the Innovation Awards Showcase. **Deadline: July 15th.**
- [Women's Sports Foundation Well-being for All Fund](#). This grant opportunity supports women of color entrepreneurs and women of color-led organizations committed to making wellness and fitness more accessible and to making well-being resources more inclusive of female BIPOC communities. Grants of \$10,000 will be awarded. **Deadline: July 15th, 5:00 PM ET.**

- [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](#). 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.**

Midwest:

- [The Women's Foundation of Colorado Women & Girls of Color Fund](#). This community-developed, community-led fund provides grants to Colorado-based non-profit organizations that are led by and focused on women and girls of color. Priorities include liberatory leadership rejecting systems of racism, classism, homophobia, and patriarchy, and advancing economic security through the principles of intersectionality. **Deadline for Letters of Interest: July 13th.**

West:

- [Silicon Valley Community Foundation LatinXCEL Fund](#). Created in partnership with the Castellano Family Foundation, this fund aims to reverse longstanding inequities by investing in people and organizations that address the infrastructure needs of non-profit organizations serving Latinx communities. The fund will support organizations in the Santa Clara and San Mateo counties that are: led by Latinx individuals reflective of their community; established

community anchor organizations with a historical presence in Latinx communities; emerging organizations rooted in Latinx community with locally-focused mission and racial equity agendas. Priority is given to Latinx-led organizations with budgets under \$1 million.

Deadline: July 2nd.

- [Los Angeles Dodgers Foundation](#). Provides funding to Los Angeles area non-profit organizations working in education, health care, homelessness, and social justice for youth and their families. Grant applications are accepted two times per year with a three-month review cycle. **Deadline: August 1st.**

Resources & Tools

- **(Report)** [World Health Organization's World Mental Health Report: Transforming Mental Health for All](#). As part of their many efforts to bolster global mental health services, WHO has released the World Mental Health Report in 6 languages, featuring the latest evidence on the state of global mental health, examples of best practices of care around the world, and the voices of people with lived experience.
- **(Resource Hub)** [American Foundation for Suicide Prevention's Project 2025](#). AFSP has launched a nationwide initiative to reduce the annual rate of suicide in the U.S. 20 percent by 2025. The site includes resources and information across their four focus areas: firearms, healthcare systems, emergency departments, and corrections systems.
- **(Virtual Program)** [National Alliance on Mental Illness's Virtual Mental Health Education Program for Teens](#). NAMI has launched a free virtual education program for middle and high school students: NAMI Ending the Silence. This program includes educational videos, a library of 12 personal stories told by a diverse group of young adults, and resources for educators and

teens on important topics in mental health treatment, self-harm, and coping skills.

- **(Resource Hub)** [Child Mind Institute's Gender & Sexuality Resource Center](#). Child Mind Institute includes several articles and resources identifying key risk and protective factors for LGBTQ+ youth, recommendations for supporting LGBTQ+ and questioning children, and information on gender dysphoria.
- **(Article)** [The 74: "Pandemic Seriously Altered Teens' Relationships."](#) This article explores the latest Pew Research Center data on teen relationships with their parents, friends, extended family, classmates, and teachers.
- **(Mobile App)** [Be Me](#). This mobile mental health platform specifically created for and with teens in mind serves to improve adolescent well-being by bringing together the best aspects of social, gaming, and streaming engagement along with human coaching and clinical care.

Upcoming Events

Times listed in event host's time zone

- **(Film Premiere) Well Beings "Hiding in Plain Sight: Youth Mental Illness" Film Premiere on PBS. June 27th & 28th, 9:00 PM ET / 8:00 PM CT.**
 - Part of the Well Beings Youth Mental Health Project, this Ken Burns film focuses on the importance of awareness and empathy. Watch the latest trailer for the film ahead of its premiere next month [here](#).
- **(Webinar) Mental Health America's Webinar on Gender Identity: Support from Exploration to Transition. June 29th, 2:00 PM ET / 11:00 AM PT.**
 - Dr. Mercedes Kwiatkowski (Psychiatrist, Sutter Health) and Dr. Barry K. Eisenberg (Internal Medicine, Sutter Health) will explore how physicians, families, and community members can impact

the overall health and well-being of those who may be exploring their gender identity or transitioning. Register [here](#).

- **(Webinar) Evidence & Interventions to Support & Affirm LGBTQ+ Children & Adolescents. July 7th, 2:30 PM ET / 11:30 AM PT.**
 - Hosted by the [Center of Excellence for LGBTQ+ Behavioral Health Equity](#), this session will provide an overview of new guidance from the Substance Abuse and Mental Health Services Administration for supporting and affirming LGBTQ+ youth. Register [here](#).
- **(Panel) All About the I: Panel Discussion on Intersex Intersectionality. July 12th, 1:00 PM ET / 10:00 AM PT.**
 - Explore the concept of intersectionality within intersex populations through moderated and audience questions. Register [here](#).
- **(Webinar) Congressional Briefing and National Webinar - Pain in the Nation: The Epidemics of Alcohol, Drug, and Suicide Deaths. July 14th, 1:30 PM ET / 10:30 AM PT.**
 - Hosted by [Trust for America's Health](#) and the [Well Being Trust](#), this webinar focuses on their recently released report, "[Pain in the Nation: The Epidemics of Alcohol, Drug, and Suicide Deaths](#)." Register [here](#).
- **(Webinar) Leadership in Transformation: Creating Conditions Necessary for Systems Transformation. July 20th, 2:00 PM ET / 11:00 AM PT.**
 - Hosted by the [University of Maryland's School of Social Work Institute for Innovation and Implementation](#), this session will explore the role of child-focused assessments. Register [here](#).
- **(Webinar) The Impacts of Digital Technologies on Mental Health and Addictions Series: Bridging the Digital Divide to Optimize Health Outcomes and Experiences for Youth. July 21st, 1:00 PM ET / 10:00 AM PT.**
 - Hosted by the [Centre for Addiction and Mental Health](#), this webinar is part three in a series on the impacts of digital technologies on mental health. This installment will focus on how young people engage with social media platforms, the

negative impacts on their mental health, as well as opportunities to improve youth well-being through digital apps. Register [here](#).

- **(Webinar) United for Global Mental Health's Mental Health for All Series: Mental Health and Intimate Partner Violence. July 26th, 9:00 AM ET / 6:00 AM PT.**
 - This July's Mental Health for All series webinar will focus on the intersection of mental health, intimate partner violence, online violence, and the impacts of violence on families. Register [here](#).

Partners in the News

Lauren Carson (Black Girls Smile) and Joni Holifield (HeartSmiles) among Goldman Sachs Black Women Impact Grants recipients




Goldman
Sachs
**One MILLION
BLACK WOMEN**

Black Women
Impact Grants

As part of their One Million Black Women initiative, Goldman Sachs has invested \$10 million in 50 Black-women led non-profits from across the country through their Black Women Impact Grants. These impact grants are multi-year unrestricted general operating funding ranging from \$50,000 to \$250,000. Among the many incredible leaders and non-profits selected for these impact grants are Lauren Carson, Executive Director and Founder of [Black Girls Smile](#) (Atlanta, GA), and Joni Holifield, President and Founder of [HeartSmiles](#) (Baltimore).

As Christina Lewis, Philanthropy Leader and Co-Founder of Giving Gap, explains "Unrestricted grant funding is crucial to the ability of these Black women to lead in a way that affords them the freedom to innovate." **Learn more about the One Million Black Women initiative, the impact grants, and the incredible non-profit leaders who received them [here](#).**

Indiana Youth Group celebrates 35 years of service to LGBTQ+ Youth with new in house counseling services



This Pride 2022, [Indiana Youth Group](#) celebrates 35 years of service to LGBTQ+ youth and families with the launch of in house mental health counseling services to reach youth where they are in the place they trust most. Since its establishment in 1987, Indiana Youth Group has continued to grow and increase service offerings to LGBTQ+ youth in need of a safe space to land.

Today, IYG provides counseling, case management, support and affinity groups, sexual health education and testing, and a risk prevention program. In addition to mental health services, IYG meets youth's basic needs through their Project Prism Rapid Rehousing program, food pantry,

clothing, access to basic hygiene needs, and transportation assistance.

Learn more about Indiana Youth Group's history and celebration of their 35 year anniversary [here](#).

Doc Wayne speaks on the impact and legacy of the Robert Wood Johnson Foundation's Sports Award



Since 2015, the [Robert Wood Johnson Foundation](#) Sports Award has recognized and supported professional sports teams, athletes, coaches, and community-based organizations that use sports to catalyze and sustain positive changes to make their communities healthier places to live, learn, work, and play. **As the first recipient of the RWJF Sports Award, [Doc Wayne](#) (Boston, MA) reflects on the impact that the award had on accelerating their work to reimagine youth mental health through the lens of sport-based group therapy.** This award has served as a powerful representation of the impact that philanthropic giving towards non-traditional approaches to mental health and well being support for youth can have on communities, families, and young people.

In the [video](#) above, hear from David S. Cohen, CEO of Doc Wayne, on the impact of RWJF's Sports Award on the ability to serve youth.

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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