

The Upswing Fund

for Adolescent
Mental Health

As advocates for youth mental health and well-being, we are devastated by the mass shooting in Uvalde, Texas. The tragedy of yet another school shooting will have lasting traumatic effects on families and communities around our country. And sadly, the blame is placed on mental illness which deepens the stigma on mental health and those who live with a mental health condition or illness. But, as a powerful and generous nation, can we take a closer look at *how* and *why* our country's gun violence continues to rise.

Below we share some resources:

- SAMHSA Disaster/Distress Hotline: 1-800-985-5990
- Centers for Disease Control and Prevention: [6 Guiding Principles to a Trauma-Informed Approach](#)
- Nat'l Center for School Mental Health: [Supporting Students, Staff, Families, & Communities Impacted by Violence](#)
- Nat'l Child Traumatic Stress Network (NCTSN): [Resources for Addressing School Shootings](#)
- NCTSN: [Helping Teens with Traumatic Grief - Tips for Caregivers](#)
- NCTSN: [For Teens Coping after Mass Violence](#)



May – which is Mental Health Awareness Month and Asian American Pacific Islander (AAPI) Heritage Month – has been a critical time of progress and innovation in the field of mental health. Across the country, mental health professionals, advocates, and organizations came together to elevate the national conversation on mental health through campaigns and events like Mental Health Action Day and the Mental Health Youth Action Forum.

Read about our experience at the Mental Health Youth Action Forum, new mental health tools, and funding opportunities below.



First-Ever Mental Health Youth Action Forum

On May 18th, the very first Mental Health Youth Action Forum convened in Washington, D.C., featuring First Lady of the United States Dr. Jill Biden, U.S. Surgeon General Dr. Vivek Murthy, Selena Gomez, White House representatives, and 30 amazing young mental health advocates.

As one of 18 mental health non-profit partners in the event, The Upswing Fund had the opportunity to mentor a group of these youth advocates in developing their unique projects to change mental health culture through storytelling and media. We had the great honor of attending the Forum live in Washington, D.C. and seeing this incredible event come to life. **Hear from Sierra Fox-Woods, Program Officer, on her experience and reflections from the forum [here](#).**

Partner Spotlight:
Homeless Children's Network



Executive Director Dr. April Y. Silas (left) and Ma'at Youth Leadership Coordinator De'Janay Mathews (right).

About Us:

Since 1992, Homeless Children's Network (HCN) has been providing culturally affirming, trauma-informed mental health and wellness services to San Francisco's most vulnerable youth and their families. HCN serves over 2,400 clients a year—including hard-to-reach Black/African American and LGBTQIA+ adolescents—at no cost to clients. One of HCN's core programs for the last 10+ years provides direct mental health services to LGBTQIA+ homeless and at-risk adolescents and families.

HCN's other programs include:

- [Ma'at Program](#): A holistic therapeutic community, in which HCN centers and works with Black/African American youth and families in San Francisco. Ma'at addresses head-on the historical legacy of intergenerational racism, inequity, and trauma. Check out this [video](#) about the Ma'at program.
- Ma'at Youth Leadership Program: Peer groups empower Black/African American youth via community building, advocacy, storytelling, and self-care activities. Youth also receive one-on-one mentorship to help them set and achieve their own goals in areas such as education and

employment. Learn more from this [recent blog](#) on our Social Justice Showcase.

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

Through our revolutionary Ma'at Program, HCN provides Afro-centric mental health and wellness care for Black/African American adolescents—including Black LGBTQIA+ youth. In Ma'at, Black therapists and program staff work with Black youth and family members to help them feel seen, understood, and echoed. Launched in 2019, HCN's Ma'at Program is already having a profound impact on Black adolescents.

Key findings from HCN's most recent Ma'at Program Evaluation Report include:

- Having therapists who are Black/African American is extremely important to clients
- Working with Ma'at therapists has a positive impact on young people's understanding and acceptance of their own Blackness
- Participating in Ma'at helps remove the stigma of receiving mental health services

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

Support from The Upswing Fund is helping make it possible for HCN to provide urgently needed services at a critical juncture for as long as youth and families need support. It is also:

- Increasing HCN's capacity to reach more Black/African American and LGBTQIA+ adolescents through our programs
- Helping HCN build up our infrastructure to provide mental health services through a hybrid model that combines telehealth and in-person services to best meet the needs of each young person and their family during the time of COVID-19
- Supporting outreach to our communities and schools about mental health and wellness and opportunities open to Black youth through the Ma'at Youth Leadership Program
- Providing support for youth-centered community events such as our recent Ma'at Youth Social Justice Showcase where youth leaders spoke out about topics such as the importance of families having access to fresh produce ([see blog.post](#))

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

Ma'at Youth Leadership Coordinator De'Janay Mathews regularly organizes workshop series for youth led by Black/African American community members. Last month, she partnered with Leilani Marie from Creativelei Design on a series of workshops about digital design skills. Ma'at youth leaders learned to create their own logos, which were printed on shirts and bags for them to take home.

May is Mental Health Awareness Month, so our current Ma'at Youth workshop series focuses on whole-person wellness. Community members leading these weekly workshops have included a nutritionist who spoke about food nurturing the body and mind, a personal trainer who spoke about the link between physical activity and mental health—including how exercise helps him deal with anxiety, and an HCN therapist who spoke about mental health and the impact of our surroundings on our mental wellbeing.

How can readers support your work?

Join the HCN community to support a revolution in Black mental health! Sign up for [email updates](#) to receive our monthly HCN Herald and follow us on social media. You can also learn more about the work we do on our [blog](#) and [website](#), where you can find donation options and other ways to support HCN. Together, we can uplift one another as our youth and families reach towards a place of healing and strength.

Support Homeless Children's Network

Funding Opportunities

Nationwide:

- [Lululemon's 2022 Here to Be Grant](#). This grant opportunity will provide up to \$50,000 in general operating support to non-profit organizations focused on improving the physical, mental, and social well-being of their communities. Organizations should actively create access to movement, mindfulness, or connection programming, serve communities most impacted by systemic inequity, and be grassroots

or community-led organizations with an annual budget of less than \$1,500,000. **Deadline: May 30th.**

- [American Psychological Foundation's Kenneth B. and Mamie P. Clark Fund](#). This grant opportunity will provide a graduate student with up to \$8,000 in support of research and demonstration activities that promote the understanding of the relationship between self-identity and academic achievement, focusing on children in grades K-8.

Deadline: June 15th.

- [MONAT Gratitude Youth Program Grants](#). MONAT Gratitude's program provides non-profit organizations with single-year grants ranging from \$5,000-\$20,000 to support new and existing initiatives in arts and culture, youth sports and recreation, and youth entrepreneurship for youth in grades K-12. **Deadline: June 4th.**
- [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.**

Northeast:

- [Brooklyn Community Foundation's Spark Prize](#). Five Spark Prize awards of \$100,000 will be awarded to organizations based in Brooklyn and committed to equity with a strong vision for the future of their work in Brooklyn and beyond. Organizations must serve the people and communities of Brooklyn, be in operation for at least five years, have a minimum organizational budget of \$200,000, a 501(c)(3) letter or memorandum of understanding from a fiscal sponsor, and an active governing body. Join their application clinic webinar on June 7th at 11:00 AM for more information. **Deadline: June 24th at 5:00 PM.**
- [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:

- [James R. Thorpe Foundation's Minneapolis Youth Programs Grants](#). This opportunity will award grants to organizations serving the Minneapolis area working to provide youth ages 12-18 with the support and services needed for a healthy and successful transition to adulthood. The Foundation supports efforts that promote the development of self-awareness, self-management, and interpersonal skills for success in life, work, and school, as well as participation in the arts and other enrichment activities that incorporate positive youth development goals. **Deadline: June 15th.**
- [The Colorado Health Foundation's Supporting Coloradans in Recovery Through Non-Clinical Programs Fund](#). This grant program will support Colorado organizations that provide culturally and linguistically responsive non-clinical programs under SAMHSA's purpose or community dimensions of recovery. Please see the application for full eligibility details. **Deadline: June 15th.**

Resources & Tools

- **(Resource Hub)** [National Alliance on Mental Illness' \(NAMI\) Resource Hub for AAPI Mental Health](#). NAMI's webpage provides an overview of the most pressing issues facing AAPI communities, the resulting impact on mental health, and resources for seeking help and coping with these concerns.
- **(Resource Hub)** [Asian Mental Health Collective](#). This resource directory allows individuals to search for local, state, and national organizations and hotlines that best fit their needs, plugging them into community support.
- **(Guide)** [Active Minds' CALM Microaggression Relationship Repair Tool](#). Active Minds has curated an informative guide to help people understand microaggressions, identify when they commit microaggressions, and how to appropriately repair the relationship and recognize the harm caused.
- **(Guide)** [Well Beings' Mental Health Language Guide](#). This guide is designed to equip adults, regardless of their experience, with the language and tools that they need to discuss mental health concerns with youth.

- **(Toolkit)** [EQUIP's Family Eating Disorder Toolkit](#). This toolkit helps family members and friends identify signs of a potential eating disorder, learn how to open up a dialogue with their loved one, and how to assist their loved one with seeking help.
- **(Guide)** [GSA Networks' Suggested Practices for Inclusive Online Spaces](#). This guide is the second installment of GSA Network's Supporting Neurodiversity Online series. It provides information and resources about accessibility needs, how to leverage platform accessibility features, creative inclusive agendas and activities, and inclusive language practices online.
- **(Resource Hub)** [American Psychological Association's Resource Hub for Gun Violence Trauma](#). APA provides a comprehensive web page with trauma-informed resources for both counselors and clients experiencing the impacts of gun violence.
- **(Guide)** [Trevor Project and Instagram's "Protect Your Space and Well-being on Instagram" Guide](#). This tool helps users understand the impact of social media on their mental health, how to use platform tools to take ownership of their accounts, and strategies for cultivating positive online presence and interaction.

For more online resources and accessible campaigns driving mental health action, see our blog post [Letting Youth Lead](#).

Upcoming Events

Times listed in event host's time zone

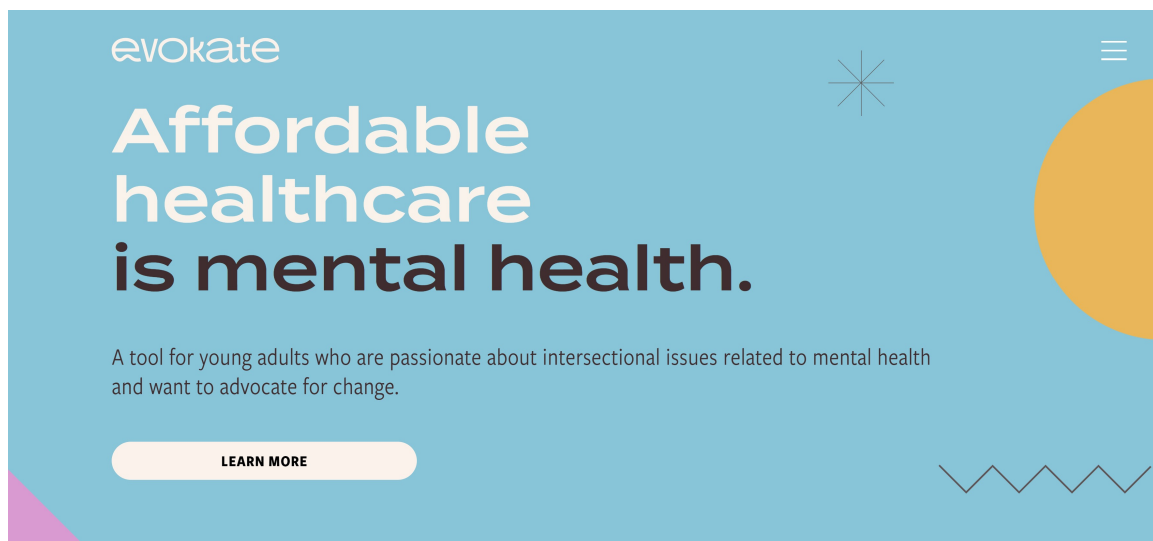
- **(Webinar) Athletes & Mental Health: The Role of Sports in a Young Person's Life. May 26th, 12:00 PM PT.**
 - Hosted by Positive Coaching Alliance and The Jed Foundation (JED), this conversation centers creating positive athletic environments for youth to thrive. Panelists include: Shana Alexander (San Francisco Giants Employee Assistance Program Director), Suzanne Button (Clinical Psychologist, The Jed Foundation), and Drew Robinson (Mental Health Advocate & former San Francisco Giants Player). Register [here](#).

- **(Webinar) National Alliance on Mental Illness (NAMI) Ask the Expert: History of 911 and Lessons Learned for 988. May 26th, 4:00 PM ET.**
 - This webinar will feature a discussion of Implementation of 911, 311, and other alternative lines that give evidence for caution, and sometimes pause, about how to proceed with lines like 988. Register [here](#).
- **(Webinar) National Alliance on Mental Illness (NAMI) Ask the Expert: Lessons on the Impact of Trauma. May 31st, 2:00 PM ET.**
 - This webinar will feature insights from experts on how trauma impacts mental health, communication, and relationships. Experts will share ideas on how to create safe spaces for those who had traumatic experiences and impact from ACEs, as well as communication strategies to foster awareness and sensitivity. Register [here](#).
- **(Virtual Conference) Going Digital: Behavioral Health Tech Conference. June 6th - 10th.**
 - This free event is the leading virtual behavioral health conference committed to expanding access to mental health and substance use services through technology and innovation. Register for the conference and check out the speaker schedule [here](#).
- **(Virtual Forum) American Foundation for Suicide Prevention's 13th Annual Advocacy Forum. June 7th, 3:00 PM ET.**
 - The event, which will be broadcast live on Facebook and YouTube, is an opportunity for mental health advocates to speak directly with legislators and encourage them to prioritize suicide prevention and mental health policies that we know can save lives. You'll hear from members of Congress, professional athletes, mental health advocates, and leading experts representing emergency medicine and mental health organizations. Access the virtual page [here](#).
- **(Virtual Forum) National Council for Mental Wellbeing's Hill Day at Home 2022. June 8th, 1:00 - 4:00 PM ET.**
 - This free virtual policy institute provides an opportunity for mental health experts, advocates, youth, and communities to urge mental lawmakers to support mental health and substance use treatment initiatives. Learn more about the event, check out the session schedule, and register for free [here](#).

- **(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.**
 - This upcoming film gives voice to the experiences of young people who struggle with mental health challenges and focuses on the importance of awareness and empathy. Part of the Well Beings Youth Mental Health Project, the film is co-directed by Erik Ewers and Christopher Loren Ewers with executive producer Ken Burns. Watch the latest trailer for the film ahead of its premiere next month [here](#).

Partners in the News

The National Mental Health Advisory Board, supported by Active Minds, Well Being Trust, and Young Invincibles, releases Evokate



The National Mental Health Advisory Board, powered by Active Minds, Well Being Trust, and Young Invincibles, has launched Evokate - a new mental health policy and advocacy digital tool focused on empowering youth to advocate for mental health and social issues important to them. The National Mental Health Advisory Board which has led the vision, development, and creation of Evokate, is comprised of 20 young adults ages 16-24 from across the United States, ensuring that this digital tool is

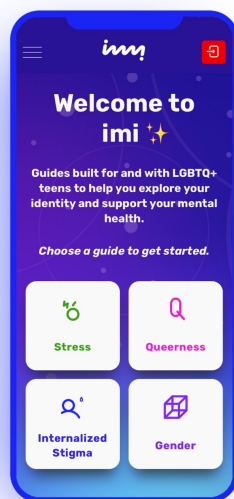
created by youth, for youth.

Evokate includes three primary action areas in mental health policy and advocacy: Racial Justice & Mental Health, LGBTQ+ Health and Well-Being, and Equitable Mental Health Care. Each of these areas provides a wealth of information to help young people learn about the issue, expand their understanding, and direct them to action-oriented next steps to advocate and change minds on the issue.

Evokate also provides a hub of stories that share diverse youths' firsthand accounts of real-life experiences with mental health and accessing care.

Learn more about the tool and take action to advocate today at evokateapp.org.

CenterLink, Hopelab, and It Gets Better Project set to launch imi, a free, digital mental health tool in June 2022



Guides built for and with LGBTQ+ teens to help explore their identity and support their mental health.

imi is a free, digital, science-backed mental health tool for queer teens. Learn coping skills, hear stories from real LGBTQ+ teens, and explore resources that will affirm queer identities and boost mental health.

Get notified when it's launched

CenterLink, Hopelab, and the It Gets Better Project have partnered to create and launch imi, a free, science-backed, digital mental health tool for LGBTQ+ teens. Imi has curated guides built for and with LGBTQ+ teens to help them explore queerness and gender, as well as understand the role of internalized stigma, and the impacts of stress. The app will offer youth opportunities to hear stories from other LGBTQ+ adolescents, learn coping

strategies, and explore affirming mental health resources. Learn more about this innovative digital tool and get notified when it launches in June 2022, [here](#).

CenterLink launched a video series showcasing twelve years of the The Johnson Family Foundation Mental Health Initiative



In honor of Mental Health Awareness Month, CenterLink released a video series celebrating twelve years of the Johnson Family Foundation Mental Health Initiative. Established in 2009 by the Johnson Family Foundation, the initiative works to increase the capacity, resources, and support for mental health related programs at LGBTQ+ community centers across the country.

To date, the Foundation has granted over \$2 million to the Initiative, benefitting over 61 LGBTQ+ community centers. As Dr. John Pachankis (Yale Public Health & Psychiatry) explains,

"Since the beginning of the LGBTQ+ rights movement, centers have been at the front lines of providing mental health support for their communities - people who might not otherwise be able to receive care or feel comfortable receiving care in their more general community settings."

Read more about the initiative's impact [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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