

The Upswing Fund

for Adolescent
Mental Health



Happy Pride Month! During this time of celebration, and calls for action to support our LGBTQ communities, there is a wealth of opportunity to learn about the history of both the LGBTQ community and Pride itself. Not sure where to start? Try [History's dedicated Pride page!](#)

The Upswing Fund is also excited to announce our Ask the Expert series, where we'll be discussing mental health topics with leaders in the field of adolescent health. In honor of Pride month, our first discussion is on

Gender Affirming Care with Dr. Jack Turban. Check out the video below and look out for future series sessions on our social media! Follow us on [Twitter](#), [LinkedIn](#), and [YouTube](#) for the latest.



Ask the Expert: Dr. Jack Turban on Gender Affirming Care

Partner Spotlight: TransFamily Support Services

This Pride month's partner spotlight is with TransFamily Support Services in San Diego, California. Learn about their impactful work below and check out their local and national [resource hub](#)!





About Us:

TFSS' mission is to save lives by shaping a gender-affirming community. For us, that community starts with the family and moves out to school, city, county, state, and country. We provide support groups for youth and their parents, mentorship programs, and referrals to mental health providers. We are also committed to expanding the field of educated providers. We strive to meet the needs of our youth where they are and help move them to a place of self-advocacy.

With the support from The Upswing Fund we've been able to hire new staff specifically for coordinating and expanding our youth programming, providing broader care and more options depending on need. Our new hires have used the past year to create a Discord server, grow our mentorship program, and begin developing a youth leadership program that would give our youth the skills needed for future work in advocacy.

Recent Success:

We recently signed a contract with our County Health and Human Services Agency to provide training for all employees on Creating an Inclusive Climate. Even before the first class, an employee reached out to thank us for offering the training. There are non-binary and was afraid to 'come out' at work. They were so grateful that their fellow employees would be educated and better understand to honor and respect their pronouns and gender identity.

Engage With Us:

Visibility is everything to this work—being able to share our stories and our successes just as passionately as we speak out against the attacks against our trans youth

means that more people will see the joy of this community. Engage with us, collaborate with us help us in amplifying the voices of our trans/non-binary youth. We believe it will take all of us working together to truly create a gender-affirming world.

Learn how to support TransFamily Support Services

Resources & Tools

- **(Call for Speakers) Wellness Together's 5th Annual Student Mental Wellness Conference** has an open call for speaker proposal submissions until **June 25, 2021**. Check out the conference and submit proposals [here](#).
- **(Resource) 2:00 PM EST, Tuesday, June 22nd - Young Mental Health Leaders Series: LGBTQ+ Youth Mental Health:** Hosted by Mental Health America, this free webinar moderated by Dr. Progovac from Harvard Medical School and Cambridge Health Alliance centers on three youth presenters - Georgia Messinger, Ari Sokolov, and Juan Acosta. Register [here](#).
- **(Toolkit) [American Academy of Family Physicians' LGBTQ Health Toolkit](#)** includes guidelines, clinical recommendations, and physician education resources. They also house tools and resources for physicians, patients, community engagement, and advocacy.
- **(Resource) [Erika's Lighthouse Parent Handbook on Childhood and Teen Depression](#)** is a comprehensive resource for families that covers everything from how to start conversations with your youth & family to understanding different therapies and medication types available.
- **(Resource) [National LGBTQIA+ Health Education Center Learning Modules](#)** offer a variety of online trainings on LGBTQ Behavioral Health, Clinical Care for Transgender and Gender Non-Conforming Patients, PrEP & HIV, and Health Equity. Many of the courses are eligible for CME credit.
- **(Resource) [The Trevor Project's Federal Legislative Priorities](#)** provides an informative breakdown of legislation which serves to support youth mental health, specifically LGBTQ youth, foster youth, youth in crisis, and youth struggling with addiction. **Use**

this guide to inform your efforts and call your legislators to ask them to support these acts!

Upcoming Partner Events

- **June 17th - 18th, Aliviane Behavioral Health Virtual Conference:** Hosted by Aliviane, this two-day virtual conference features sessions on youth suicide prevention, post-COVID-19 self care, domestic violence and more. Access their sessions calendar [here](#).
- **6:00 - 7:00 PM EST, Friday, June 18th - Girls Write Now Graduation Celebration 2021 (Virtual Event):** Hosted by Girls Write Now this virtual event will feature art and stories from graduates, as well as conversations with thought leaders Abby West, Chimamanda Ngozi Adichie, Edwidge Danticat, Meisha Porter, Solome Tibebu, and Tayari Jones. Register [here](#) with a donation to the organization or for free.
- **June 18-19th & 27-28th - TransYouth Care (Training):** Hosted by TransFamily Support Services this comprehensive 16-hour training is designed for professionals, parents, and others wanting to learn more about providing sensitive and competent mental health and medical care for transgender and gender non-conforming youth. Register [here](#).
- **10:00 AM - 12:00 PM EST, June 23rd - Breaking the Silence: Addressing Mental Health in Youth Sport (Virtual Training):** Hosted by Laureus, Doc Wayne's Rebekah Roulier, LMHC and Ivy Watts, MPH lead an interactive training on having conversations about mental health in youth sports and the role coaches and leaders play in youth well-being. Register [here](#).
- **1:00 PM EST, Tuesday, June 29th - Race, Gender Identity, & Sexual Orientation: Healing & Well-Being for Young People of Color (Virtual Event):** This virtual community conversation hosted by The Steve Fund, moderated by Dr. David Rivera, and with panelists Dr. Nadine Nakamura & Dr. Daniel Phillip centers on the unique assets and resiliency of queer youth of color. Sign up for the Zoom meeting [here](#).
- **9:30 - 3:00 PM CST, Wednesday, June 30th - Youth Mental Health First Aid (Training):** Hosted by Teen Health Mississippi, this virtual no-cost training session is designed to educate parents, family

members, caregivers, educators, peers, and service workers on how to help an adolescent experience a mental health or addiction challenge or who is in crisis. Register [here](#) for free.

Partners in the News

The Mental Health Center of Denver will operate a new Behavioral Health Solutions Center, under contract with the Denver Department of Public Health and Environment.



The Behavioral Health Solutions Center is part of Denver's *Road to Wellness* and *Empower Denver* strategy plans to address the behavioral and mental health needs of the city's residents. The Solutions Center houses three distinct components - a Drop-Off & Crisis Triage Center, a Crisis Stabilization Clinic, and a Transitional Shelter. With this center, the city seeks to provide longer-term recovery options, while diverting those in crisis away from unnecessary law enforcement interaction or psychiatric holds. [Learn more here.](#)

Doc Wayne Youth Services: Recent Publication & "Project Innovation" Grant from Boston NBC & Telemundo Stations

Doc Wayne Youth Services recently published the research article "[Re-Envisioning School-Based Counseling: Sports-Based Group Therapy for Elementary School Students Exposed to Trauma](#)" in the *Journal of Education*. Their research encompassed 65 elementary school youth between the ages of 5-13 who were enrolled in an innovative sports-based group therapy intervention. Of this cohort, 72.3% of students exhibited clinician-reported reduction in symptoms over the course of treatment, demonstrating the effectiveness of Doc Wayne's sport-based therapy which promotes access while minimizing stigma.

Doc Wayne is also a proud recipient of a [2021 Project Innovation grant award from Boston NBC & Telemundo Stations](#)! These funds will further uplift their work developing accessible, innovative sport-based therapy for at-risk youth and increase their ability to serve their community. Learn more and support their work [here](#).

PROJECT
INNOVATION

CONGRATULATIONS

2021 BOSTON NBC & TELEMUNDO STATIONS PROJECT INNOVATION WINNERS

A total of \$315,000 given in grant funding
Powered by the NBCUniversal and the Comcast NBCUniversal Foundation

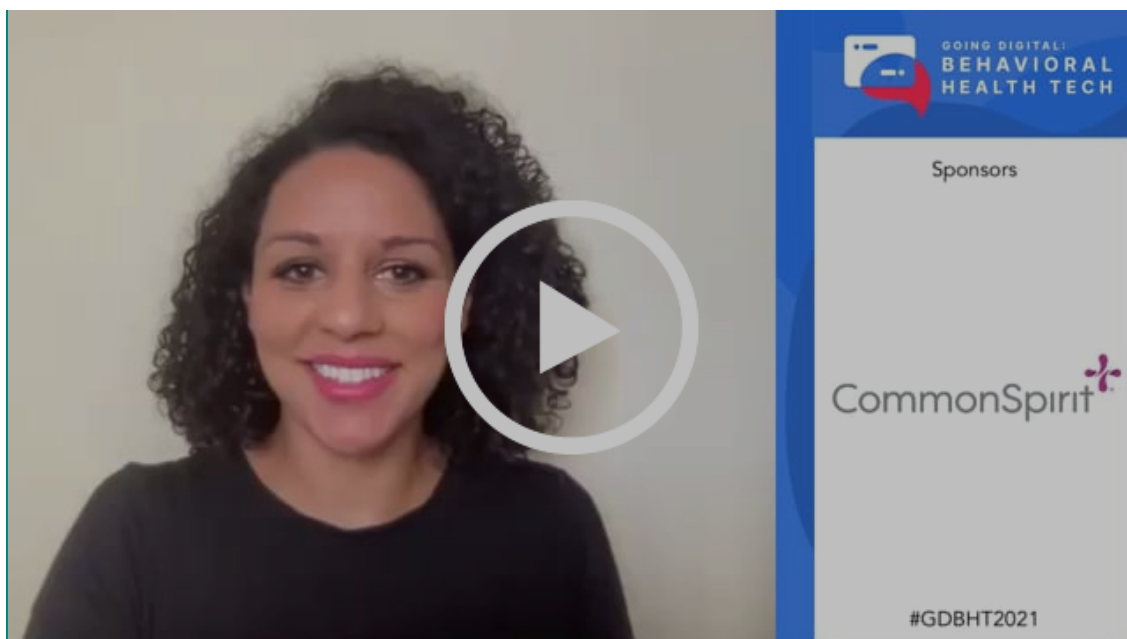
   

Indiana Youth Group collaborates with community leaders to submit a case brief in support of using students' chosen names in schools

Indiana Youth Group (IYG) works to serve and create safe spaces for LGBTQ+ youth and their allies in the community. They offer programs and services free of charge, in addition to advocating for LGBTQ+ youth in schools, the community, and family support services. Learn more about their work [here](#).

In conjunction with the American Medical Association, American Academy of Pediatrics, and the National Association of Social Workers, Indiana Youth Group filed a [case brief in Kluge v. Brownsburg Community School Corp.](#) The case concerns a Brownsburg Community School Corp. policy which requires administrators, faculty, and staff to refer to students using their chosen names and pronouns indicated in the school database. A former teacher who resigned after refusing to abide by the policy is suing the school, citing religious beliefs. The case brief submitted by IYG, AMA, AAP, and NASW seeks to inform the judge of the harm caused to transgender and gender non-conforming students when their chosen names and pronouns are stigmatized and asks that the court not allow the lawsuit to continue.

The Upswing Fund Partner Panel at Going Digital's Behavioral Health Tech Conference discussed serving BIPOC & LGBTQ+ youth digitally



GOING DIGITAL: BEHAVIORAL HEALTH TECH

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Going Digital: Behavioral Health Tech Conference's The Upswing Fund Panel

Solome Tibebu, Director of The Upswing Fund, sat down with four leaders from our partner organizations to discuss the benefits and barriers to serving BIPOC & LGBTQ+ youth through digital platforms during Going Digital's Behavioral Health Tech Conference. Featured speakers were: Christina Guilbeau (Founder, Hopebound), Dr. Jessica Schleider (Director, Lab for Scalable Mental Health), Dr. Fred Muench (President, The Partnership to End Addiction), and Sam Dorison (Chief Strategy & Innovation Officer, The Trevor Project).

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

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